

## KNOW YOU ARE WORTHY

Do you ever find yourself thinking of things you'd like to change? Two years ago, I found myself newly divorced, 39 years old, and nearly 200 pounds. I determined I was going to be 40, fit, and fabulous. By the time of my fortieth birthday, I had let go of 20lbs, and was on my way. I still keep at it with tiny steps of persistence.

So, how do we turn our lives around and change old patterns? A great place to start is with your Naturopathic, Chiropractic, or Medical Doctor. Your health care provider can help you determine if there is an underlying physical challenge. After you know what is safe for you, you're ready to get started. When people ask me, "How'd you do it?" I say, "The old fashioned way, diet and exercise."

Let's take a look at exercise. My favorite is walking and hiking. I walk around my office or neighborhood. My favorite place to hike is Kennesaw Mountain. At first I started with five minutes and increased five minutes a week. Another exercise I really enjoy is Yoga. It can be done anywhere without special equipment, and brings me peace. This year, one of my Christmas presents to my girls and myself is tennis rackets. Adams Park has excellent lighted courts. Are walking, yoga, and tennis not your thing? Then find something that is! Make a choice and a commitment. Remember to make it attainable and sustainable. Ease into exercise. The City of Kennesaw is a wonderful resource for exercise programs. Check the complete listing in the Bright Side.

Next we come to diet. One area I really needed help was resisting fast food. The solution was to "treat" myself to carrots, spinach, tomatoes, and bell peppers. Keeping foods like these in my car saved me from the monster called Starving. I also keep tuna, walnuts, and almonds handy. Soft, sweet bananas are very satisfying. Beside keeping the foods that help, I avoid foods that hurt. I don't have cookies, cokes, or peanut butter in my house. What are your stumbling foods? Get them out of your home. Your children will be fine without them. Adequate water is also important. Be sure to drink eight glasses a day.

Now we come to attitude. Reading books helps me to change the things I can. Praying helps me to change the things I can't. I am writing Galatians 5:1 in my food journal everyday. Not a Christian? I like the philosophy of AA. Choose a God of your own understanding. Three books that helped me were The Choice by Og Mandino, Dare To Win by Jack Canefield and Mark Victor Hansen, and Overcoming Emotional Chaos by Doc Childre and Deborah Kozman, Ph.D. Once you become open, the right books will find you.

Lastly, do things that make you feel good. I first sought out massage because my feet hurt. Massage stimulated my digestive and endocrine systems. As my body began to feel better, I wanted to look better. There are other things you can do to help yourself. Go buy some candles. Light them all over your house. Play beautiful music. Treat yourself to a luxurious bath with essential oils. Buy yourself a bouquet of flowers. Get a pedicure. Most important of all, KNOW YOU ARE WORTHY!

