

A Seeker's Journal

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CHOOSE THE ACTION; FACE THE CONSEQUENCE

MY WIFE and I are regular viewers of the popular television show hosted by Dr. Phil McGraw. We often agree with Dr. Phil and occasionally disagree, but never find his reasoning to be unbelievable or outrageous. One of the points that Dr. Phil often makes is that when we choose an action, we choose the consequences of it. Let's explore that a bit.

As year-end holidays often do, those just passed have left us both with a few extra pounds that we don't want to retain. It seems both worthy and expedient to take steps now toward shedding the extra weight—and so, with the best of intentions, we resolved to do whatever it takes to bring our weight and our general health to a level consistent with current medical guidelines.

With that firm resolve in place, we began our journey toward better health by gathering the information we already had, and by reading recent books on weight loss and nutrition. What a job! I don't believe we could read all the available information in less than six months!

Both of us had been diagnosed as Type II diabetics a few years earlier, so we already had the basic guidelines we needed. Armed with a list of recommended fruits and vegetables, I prowled the produce aisles of our favorite grocery store and selected an appetizing variety of good stuff. I don't like cooked cauliflower, broccoli, or even carrots, but I can eat them raw, and cabbage for coleslaw was already a staple for us. Apples and strawberries, as well as bananas were also part of our diet. Just one loaf of 100% whole wheat bread would suffice, but two gallons of reduced

fat milk would be necessary. Cookies? Nothing but low fat graham crackers allowed. By the time I was ready for checkout I felt that we were really doing the wise thing at last.

My wife prepared the raw veggies, packaged them in sandwich bags for the refrigerator, and dated each bag. This would be easy; fruit and a bag or two of veggies from the fridge, plus milk or juice and maybe a slice of bread plus a hotdog made meal planning a snap.

Reviewing our plans, we realized that one key action had been omitted: exercise. Doing the laundry and mowing the lawn simply didn't meet the requirements. We needed to walk, but walking was not easy for my wife because of a hip problem. We still have to resolve the exercise situation, although we both swim regularly during the summer, so it's only a cool weather problem. We're working on it.

In the meantime, our first week of healthy food choices has passed. What are the results? Even without regular exercise, I have lost almost four pounds and my wife has lost almost two—we are quite pleased. With the same attention to food and portions combined with daily exercise, we expect to make good progress in the weeks ahead toward losing the weight we want to shed.

Dr. Phil is right; with a choice comes its consequences. Care in planning meals is essential in order to avoid too frequent duplication which is certain to have an adverse effect on enthusiasm for your program. This is where a lot of reading is beneficial in finding additional food choices and methods of preparation. Also, there are a number of cooking shows on television with recipes to aid in maintaining healthy diets.

There is no doubt that determination is a requirement in a weight loss plan, but when your scale begins to register fewer pounds every week, your determination grows accordingly! #

