

Greetings to all. I've heard that Thanksgiving was quiet, nice, different; Christmas quiet and pleasant, uneventful to peaceful, the way Christmas should be! And lastly, "I am so grateful the New Year is here!" 2020!

I'm glad that we have this established. Next, 2019 is over, in the past, and we are moving forward into the new year with hopes of changing behaviors, breaking old habits, becoming better emotionally, mentally and physically. Physically is as challenging as emotions, and mentally putting it all into perspective. Mentally and emotionally one knows that they want to lose weight. It is balancing the physical aspects of doing exercise with emotions and mental responsibilities of what it is they want to accomplish in many aspects of life. Currently we are focusing on your physical challenges that you would like to change. Be it 10 pounds, 15 pounds, or 35 pounds, or 50 pounds. The first and most important here is setting a goal, and slowly work at it with determination and perseverance. The other aspect to remember is, what works for one person may not work for someone else, so it is important to find what works for you. For example is it Weight Watchers, T.O.P.S. (Take off pounds sensibly group), or the Mediterranean diet. Sometimes it's just modifying how and what one is eating. For example, eating more vegetables, green, red, yellow and leafy; eating more fruits such as grapes, halos, peaches, pears, apples, etc. Speaking of pears, did you know they are good for your genitourinary system? The same is for other foods people don't realize. Like avocado, plums, apricots to name just a few. They are good for your digestive system, endocrine system and cardiovascular system as well as doing some type of cardio exercise. Raising the heart rate for 20-30 minutes of day. Applying all of this and putting it into action equals a program that anyone can do!! Exercise or being physically active regularly helps your body function better in multiple ways. Your brain function improves; your muscles stretch and contort enabling you to build muscle, flexibility and endurance. Sleep improves and you will sleep better. One's overall mood and affect improves helping one to be emotionally, mentally and physically adaptable throughout the day. It also improves the productivity of work deadlines and projects. The list goes on how exercise helps the body. If you want to know more about how to accomplish these goals, please feel free to contact me and I will go over a plan for you and give the first 30 minutes free of charge.

The biggest culprit facing today's society is stress. Stress in everyday living, work stress and familial stress. Stress can be controlled and here are some suggestions. Stressbusters include but not limited to: staying connected to family, friends, and coworkers. Being grateful equals involvement and gives one accountability. Next, list seven areas of your life you are blessed to have or are grateful for, and to always be thankful. Being thankful and saying "thank you," says you care! Plus, this means a lot to the other person.

Lastly, by putting all of this together one is establishing a set routine or a program that works for them. It is important to value your body-mind-connection. They all work together. I recently commented about being mindful, consciousness and conscientious. After reading the three definitions, it appears they all go together hand in hand! So, you tell me, what works for you? See you in one of my classes or power walking or simply out enjoying life's events!

Until the next time ~ Healthy Blessings, Arlette~