

September 15, 2002

## Fat loss -- a mind game

In continuing our discussion on the dynamics of permanent weight loss, we cannot overlook the power of the mind. We must transform our thinking so that the mind can better work the body.

In most of us, our brains foil our attempts by

negative self-talk.

We tell ourselves

we lack will power,

time, and that metabolism is slow.

Certainly, we all have will power, which is defined as the ability and strength of mind to carry out one's decisions, wishes, and plans. The very fact that

you have gotten this far in life and are able to read this column indicates your will power.

However, it is personal commitment that makes will power work. There is no reason to

assume you are fat because you are lazy. Excess weight is



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**BLOCK**

ALL THINGS  
MEDICAL

caused by going against the formula stated last week -- consuming more calories than are burned. While it is true that some of us burn at a higher rate, and have trouble gaining weight, there is no individual that will not allow the body to lose weight. The fact is, we have to markedly cut down on the amount of food we eat and drastically increase our activity level to burn calories in order to lose those stubborn pounds.

The excuse of not having enough time is bogus. It isn't a lack of time. We all have the same 24 hours and we *all* think we are busier than anyone else. I have known many busy people, including myself, that still make that required commitment. It's a matter of priorities and values. If you value your body -- both looks and health -- the commitment needs to be within the top four or five of the most important tasks in your everyday life. You don't need to neglect higher priorities like your life's partner, children, church or career, but neither should lesser things like entertainment, excess sleep,

shopping, or socializing take the place of this important activity. A Therapeutic Lifestyle Change (TLC) at the very least once during a day is *Priority One*.

There are many formulas to lose weight and they are all basically the same -- restrict intake and increase outgo. Women, on the average, need only 1,200 calories, men 1,500, depending on their activity level. Many folks go on various diets and lose hundreds, if not thousands of pounds during their lifetime and still end up fat. One should not make the decision of TLC lightly. Edison said, "Success is 1 percent inspiration and 99 percent perspiration." When that inspiration comes, one needs to be ready for the perspiration (from increasing the burn from exercise).

Exercise at least that bare minimum of 3 1/2 hours a week of aerobics plus weight-resistance training. Begin lightly and work your way up. You will begin to enjoy your workouts, your renewed vigor, and as time goes by, your new body.