

NEW to Mom's Moments!!

I am very pleased to announce a new addition to Mom's Moments. Caroline is a wonderful, intelligent, passionate woman, wife and mother. I am excited to join with Caroline, since our goal is the same - to connect with moms and encourage and support them. Read on and enjoy her first article. Welcome Caroline! - Anna

Health Nut - Wellness in a nutshell

I love new beginnings! The New Year brings new hopes and dreams, new resolutions and goals. Year after year, people make promises to themselves, vowing that this time, they will succeed. Whether it's losing weight or leading a healthier lifestyle (ex. regular physical activity; healthy food choices; smoking cessation), health issues are often among the goals we set for ourselves. So why is it that last year's ten pounds are now fifteen pounds?

What's your excuse? No doubt, you're a busy woman trying to juggle all aspects of your life without going crazy! I get that! Here is a list of excuses I've heard or even used myself. Any of them sound familiar? Read on for the *silver lining!*

- GUILT - Do you feel guilty that you should be with your child every time you slip on your running shoes to go for a run? All you need is a shift in perspective. Think of guilt as a meter of how much you care. Just think of how much more patient and loving you will be if you are energized and rested.
- SHORT ON TIME - No explanation needed! Who doesn't feel that there just aren't enough hours in a day? Ever heard the saying, "if you want something done, ask a busy person"? Ever wonder how they do it? I believe that people fail because they fail to plan. Start planning!
- FATIGUE - Can't get out of bed in the morning to exercise? Too tired to exercise in the evening or to plan your menu for the next few days? I know there are many reasons for us busy women to feel exhausted! But, unless you have a medical reason for this (ex. anemia, thyroid problem, diabetes, or depression - all treatable) you might want to consider exercise and healthy food choices to help boost your energy!
- "ALL OR NOTHING" BARRIER - So your lunch wasn't perfect, is that a reason to make poor food choices the rest of the day? So you missed your early morning workout, is that the only time you can get it in? This is where the planning comes in. Always have a backup plan in case your plan A doesn't pan out.
- NO MOTIVATION - No interest in fitness classes or personal trainers? Can't be bothered with all the preparation needed to eat healthy? Why do healthy lifestyle

choices have to seem so painful to implement? Physical activity can mean lots of things such as a nature walk with the kids or taking a family bike ride. Try taking a healthy picnic along to make it even more special for the entire family. Try new foods and activities! Motivation is a goal-directed behaviour. What's your goal? Have FUN with it!

- LACK OF RESOURCES - Don't have money to join an expensive fitness club? Don't know where to start? Whether it's exercise programs or reading a nutritional label, many of us are intimidated by our lack of knowledge regarding what we can do to improve our health. You don't have to spend money for a good sweat! And as for nutrition, it's an ongoing learning process. The desire to learn is the perfect place to start!
- FOOLING YOURSELF? - Are you telling yourself that you can't understand why the weight isn't dropping? You're eating well, you're exercising regularly... but really... are you being honest with yourself? Write down everything you eat and every time you do some type of physical activity (be specific: cardio, resistance, flexibility and its intensity) for one week and see what you think then? Still not sure? Have a knowledgeable friend or a professional review it for comments. You might be surprised!
- TOO FAR GONE - Do you feel as though it's too late for you? IT'S NEVER TOO LATE TO START! Just keep in mind that the quick fix solution is quick to failure. Be patient. CONSISTENCY is the key. You have to believe that YOU ARE WORTHY!

Now that those excuses are a thing of the past, let's focus on the present. A goal is a dream with a deadline. What are your goals? What are your sources of happiness? Dig deep! Now how do you plan to get there? If you want to succeed, focus on the process. In other words, all the baby steps you'll need to take are the real goals. The destination is the ultimate joy of achieving all those small goals along the way, which in turn have made you what you are today. Your future awaits!

I am a Primary Health Care Nurse Practitioner and a personal trainer specializing in pre and postnatal fitness. I am passionate about health and fitness and am looking forward to sharing this with you in this monthly column. I'll offer an exercise of the month along with a nutrition tip of the month. I welcome any questions, suggestions or feedback you may have. I hope I got you thinking! God bless!

- Caroline Deschamps, PHC-NPP, PTS, PFS

Email all suggest health topics/questions to healthnut@momsmoments.ca