

BEGINNING OF THE JOURNEY

THURSDAY, MARCH 16, 2006

I've committed to this year being when I'm going to get back into shape and really try hard at being healthier. There are a lot of factors on why this has happened that I'll post about another time.

Right now I've been contemplating how success causes a backlash in my mind for self-sabotage. For instance, if I receive a compliment on weight loss, or the scale shows that I've lost weight, I feel a need to eat MORE! and/or I will deny that the weight loss is "significant" or that I can 'do it.'

It's a terrible cycle and I'm trying to figure out ways to break it.

I surely didn't realize at the time how much this decision would change my world...

Self-sabotage would become a reoccurring theme



“Before” photos
taken prior to
Jan, 2006.



Saturday, April 29, 2006

Leslie Sansone – Walk Away the Pounds

The exercise program that I started my Healthy Lifestyle on is Leslie Sansone's Walk Away the Pounds - www.lesliesansone.com

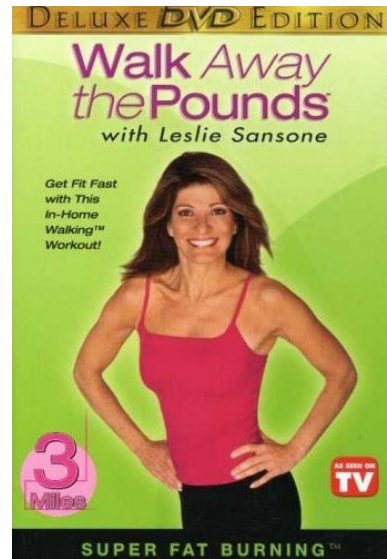
Leslie's in-home walking program is great for non-exercisers, coming back to exercise, older exercisers, those with injuries, and anyone for any reason who needs to take it easy and thus choose LOW IMPACT (i.e. high impact is step, jogging, and running).

I love how the program can be progressive. For instance, I started with a 1 and 2 mile program, and later moved on to 3 and 4 miles. For more intensity add upper body movements and even light hand weights.

Leslie even states, and I completely agree with her, that you need to change your routine. Experts agree that it takes the body about 6 weeks and then it has adapted to the new exercise. If you want to continue to gain ground, lose weight, get fit, you have to change it.

By changing it I mean up the intensity (add weights, add upper body, move to a step, jog etc...) or increase the length of the program. That is why I've now added a 4 mile (60 minutes) to increase me from my 3 miles (45 minutes).

If you find that you have a plateau with Leslie's dvd's examine the program that you are doing. More then likely it's time for you to move on and add an extra mile or add weights.



I was horribly out of shape. Leslie Sansone's Walk Away the Pounds became a lifesaver.