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Gauging Your Progress a Day at a Time

Treat setbacks as a learning experience, a necessary detour towards being the best that you can be!

Make a small change today for a better you tomorrow!



Stress for energy and stimulation, not exhaustion. Tune into your body. Know when to pull back.

STRESS REDUCTION

Energy comes from a balance in food, activity, and attitude. Too much stress can drain your energy level. Just as you eat and exercise for energy, you can find the stress level that is comfortable and stimulating for you without the feeling of being overwhelmed. Find the balance in your life so that stress can work for you to make you feel alive and vital.

Through the process of self-discovery you can learn how to pull back when the stress level gets above your comfort zone. Here's how to do it.

1. By *not dieting*, you reduce both physical and mental stress.
2. By setting yourself *free from perfectionism*, the "all-or-nothing" way of thinking that can transfer from food to other areas. If something does not go quite the way you planned, ask yourself what is the worst possible thing that could happen. Could you live with the outcome? This usually puts things in perspective.

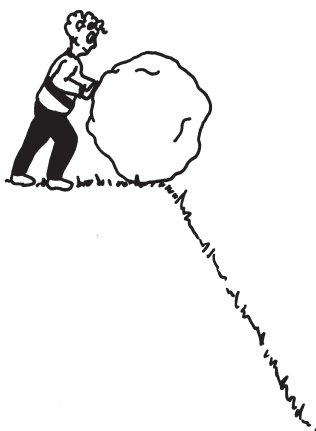
Often when the events in your life go wrong another opportunity presents itself. When one door closes, another opens. Be responsive to new ideas. In order to grow, some pain may be involved, yet you will gain a sense of freedom and wisdom, and you will know yourself better. Growth can be inspirational.

Consider these points in your daily routine. Enjoy activity as a release valve so that you exercise for fun. Even if it's hard to get going, if you tune into your body's needs the benefits of vitality and feeling good about yourself gained from physical activity will keep you going.

ACTION CREATES MOMENTUM

Build in time for yourself. When you put that *pause* into your day you have time to catch your breath and enjoy life, rather than let it pass you by. Assess and evaluate your own situation.

Practise some relaxation techniques such as deep breathing. This helps you to unwind.



Too much stress can drain energy even if you are eating in a healthy manner and exercising regularly.

Incorporate some exercises that can be done at the desk during the day (semi-circles, shoulder shrugs/rolls, biceps and triceps curls, calf stretch, lunge, hamstring stretch, ankle rotations, etc.) Refer to the warm-up and cool-down section in Chapter 3 for more examples.

Like yourself and accept yourself the way you are. This does not mean that you won't do anything to try to improve yourself. It means that you care enough about yourself to nurture yourself and take care of your body and mind. Be the best that you can be!

Allow yourself to be YOU. Release yourself from attaching your self-worth to

- the number on the scale,
- your accomplishments,
- what others say about you,
- compliments or criticism.

Unlock the little child in you. As people grow older they tend to become more serious and are bogged down with a planned and organized life. Restore some spontaneity and fun in your routine to keep you interested and vital. *Lighten up! Relax! Learn to laugh at yourself.*

Believe in yourself and have the confidence in your own ability to accomplish goals by using skills such as confrontation in everyday life situations. By confronting situations and dealing with them you will not move past your stress level zone. Focus on your progress. The ability to take things calmly can diffuse a potentially difficult and explosive situation.

Be proactive rather than reactive.

BELIEFS AND ATTITUDES AFFECT EXPECTATIONS

If you need praise to feel good about yourself you may feel badly if you do not receive it. Self-doubt may set in. Remember the affirmation: "I like myself. I am a worthwhile person, no matter what anyone says or does." Turn your negative feelings into something positive. Catch yourself when you put yourself down and praise yourself instead.

YOU COUNT,
CALORIES
DON'T

Rather than feel defeated, accept setbacks as part of the growing process.

If you feel that you can do it, you can. The inner strength you gain from a positive attitude will translate into the ability to get things done. Accept that some things cannot be changed and stop trying to change them. Be satisfied with the things you can do.



Enjoy the journey instead of focusing only on the destination. *Focusing on the process rather than the end result reduces the stress level and you will, with time, reach your goal.*

A DAY AT A TIME

Small accomplishments in life-style changes can be compared to building a wall one brick at a time. Once you begin to make life-style changes the wall will begin to become stronger, making it more difficult to knock down. Don't be discouraged by temporary setbacks. They are part of the growth process. Don't forget that Edison had about 2000 temporary setbacks before the light bulb got invented!



Success is an ongoing process. It is the daily expression, acceptance, and appreciation of yourself. Each time you achieve a mini-goal and make a life-style change more permanent, you feel good and your self-esteem goes up. The life process itself is 95 percent of the fun and 100 percent of the reward. Using your energy to point your life in the right direction will help you to learn, practice, and enjoy your way to better health. This is your lifetime goal.



Building a wall one brick at a time lays a strong foundation

Earle and Imrie in their book, *Your Vitality Quotient*,¹ used the analogy of an archer to describe this life direction. You are not so much focusing on the end result of aiming at the target as you are becoming at one with the process of drawing the bow and releasing the arrow. You are the flight of the arrow. The bonus is that when you truly focus on the process, you inevitably hit the bull's-eye. The

difference in this way of thinking is that your energy is focused on the process itself (i.e. life-style changes) rather than solely on the end result (i.e. numbers on the scale).

Redefining success in terms of life-style changes and health status rather than the tangible result of weight loss puts a new perspective on how you feel about your weight. What does success mean to you? In the past it may have been defined as weight loss visible on the scale. Chances are this success was not long term. Why not try for something more permanent.

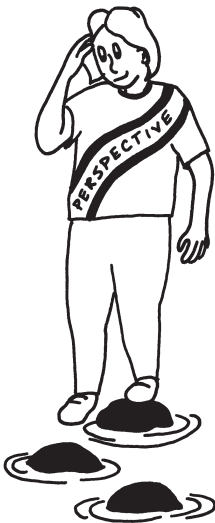
Keep in mind that with rare exceptions, none of the available programs for treating obesity are based on current scientific knowledge. If they were, according to Wayne Callaway, Associate Clinical Professor of Medicine at George Washington University, these programs could not promise rapid weight loss.² It seems we have been using an inaccurate and ineffective measuring tool to judge long-term success.

The 3 Ps to
Long-Term
Success

- Perspective
- Priority
- Perseverance

THE THREE Ps TO LONG-TERM SUCCESS

A fresh new approach to health is that the internal changes made by life-style change motivate people to keep practising those life-style changes. The HUGS™ approach can be labeled as the three Ps to long-term success. Here they are.



Perspective With a positive perspective on life, you learn to be more flexible, accept life's highs and lows, and learn from them. You no longer isolate specific instances and blame others or yourself for shortcomings; you put the problem into proper perspective. This new lease on life gives you the opportunity to savor the precious moments and deal with the "downs" as a stepping stone to something better. It is part of the plan to mold you into reaching your full potential in health and in life. Breathing new excitement into life allows you to take on new challenges and strive to be the best that you can be in every aspect of life!

Priority With the new attitude that you have learned, you need to take time for yourself and make this a priority. We know that you have the choice to

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keep your life in balance or to be overwhelmed with your unending list of duties and responses to external cues. Feeling better about yourself and having confidence in your ability minimizes the effect that comments from others have on you.

When you set your priorities and schedule “time off” for yourself, you leave some time for unexpected emergencies. Improving your self-esteem shows you that you do not have to answer to anyone else but yourself. There will always be those who try to sabotage your best efforts or make you feel insignificant. You have learned to put this in the proper perspective. The final decision is yours.

With an improved self-concept you no longer need as many compliments to prove yourself to others. It no longer matters to you what others think. You strive for excellence in the best way that you know and you realize that the struggle for perfection is not worth the effort. Perhaps it is superficial, artificial, and energy-draining rather than a constructive, meaningful experience contributing to your growth.



Persistence “Hanging in there” is certainly worth the effort. The result is a new life-style that puts your life in balance and gives you an inner glow that radiates outward and brings with it health and vibrancy. You have a sense of accomplishment. This way of life is one of celebration and it is for a lifetime; it doesn’t end when you attain a temporary goal.

The key to keeping life-style change going is to enjoy the process. Just as a flower buds, and only with time does it come into full bloom, so your process of growth will also be gradual.

You could take the time to note the more positive ways that you are dealing with situations, and savor freedom to live your life to the fullest.

SUCCESS REDEFINED

One source of stress in people’s lives is that they don’t feel good about themselves and they lack self-esteem. They have a lot of anxiety. They feel they’re “losing it.”

Gauging Your Progress a Day at a Time

By redefining success as the process of improving your health and life-style your physical and mental stress is reduced. Consider these points.

- Feel “in charge.”
- Feel good about yourself; improve your self-image and gain more confidence.
- Increase your activity gradually and enjoy it.
- Make gradual life-style changes because you want to.
- As your waist/hip ratio improves it indicates a lower risk for heart disease, high blood pressure, and diabetes.
- Simplify your life-style for healthier living.
- Celebrate food in its proper place. Food is no longer the center of life.
- Look forward to getting up in the morning.
- Feel free to eat.

Overall, the above points define an improved health status. Healthier individuals in both body and mind are more apt to reach their full potential that makes life fuller at every moment.



RATE YOUR PROGRESS IN THE PROCESS OF HEALTHY LIVING

Complete the Life-style Quiz again on p270 and compare this evaluation to the assessment you made at the beginning of the book (p19). Note where your greatest improvement in life-style behavior occurred. Use the checklist on p272 to pinpoint areas that need more focus to achieve your new life-style. Focus on

LIFE-STYLE QUIZ

- 1 Always
- 2 Very often
- 3 Often
- 4 Sometimes
- 5 Rarely
- 6 Never

- I am unhappy with myself the way I am.
- I am preoccupied with a desire to be thinner.
- I weigh myself several times a week.
- I am more concerned with the number on the scale than my overall sense of well-being.
- I think about burning up calories when I exercise.
- I am out of tune with my body for natural signals of hunger and fullness.
- I eat for other reasons than physical hunger.
- I eat too quickly, not taking time to focus on my meal and taste, savor, and enjoy my food.
- I fail to take time for activities for myself.
- I fluctuate between periods of sensible, nutritious eating and out-of-control eating.
- I give too much time and thought to food.
- I tend to skip meals, especially early in the day, so I can "save up" my food for one big feast.
- I engage in all-or-nothing thinking. I tend to feel that if I can't do it all, or do it well, what's the point?
- I try to be all things to all people.
- I strive for perfection in my life.
- I criticize myself for not achieving my goals.
- Total Add 4 to the score to determine your percentage.

Please share your success with others

Now that you've discovered the true benefits of healthy living and size acceptance, you can help spread the message.

Your assistance is important. Our programs are fine-tuned through the research data that is requested in the life-style quizzes. Your response to these questions is the key to the process. Total professional confidentiality is assured, and your reward is the satisfaction of knowing that HUGS™ will be more effective and have broader appeal.

How to participate

1. Make a photocopy of your beginning quiz (p19).
2. Make a photocopy of the concluding quiz (p270).
3. Now that you have worked through the book and made adjustments to your life-style and attitude, there will undoubtedly be a change in your response to these same questions. Mentally celebrate your new score!
4. Complete the mailing address information below.
5. Send your photocopies and address to the HUGS™ office at
**Hugs International Inc., Box 102A, RR# 3
Portage la Prairie, Manitoba, Canada R1N 3A3.
or FAX (204)428-5072.**
6. In appreciation of your participation we'll provide you with 2 complimentary issues of the HUGS™ newsletter—a biannual publication full of healthy living inspiration and ongoing practical help ideas.

NAME

ADDRESS

CITY

PROVINCE

POSTAL CODE

HOME PHONE

WORK PHONE

THE HUGS™ HEALTHY LIVING CYCLE

*It begins with self-acceptance,
simply feeling good about yourself.*

As you follow our healthy living steps, your physical and mental well-being will be constantly improving.

- Chapter 2 • **Throw the scales away and focus on rebuilding health.**
- Chapter 3 • **Exercise regularly at your own level with an activity you enjoy.**
- Chapter 4 • **Balance your meals appropriately to fill your needs for fullness and energy.**
- Chapter 4 • **Eat regularly starting with a balanced breakfast.**
- Chapter 5 • **Be creative in food preparation using herbs and spices to replace fatty ingredients.**
- Chapter 6 • **Tune in to your natural hunger signals. Eat whatever you want whenever you want, as long as you are physically hungry.**
- Chapter 7 • **Eat until you are physically satisfied, and not overly full.**
- Chapter 8 • **Focus on the internal rewards of energy and well-being.**
- Chapter 9 • **Use skills of confrontation to cope with bursts of psychological hunger.**
- Chapter 9 • **STOP, TASTE, SAVOR and ENJOY your food to the fullest.**
- Chapter 10 • **Exercise your choice in the purchase of products suited to your new taste.**
- Chapter 11 • **Ensure you are hungry, not merely thirsty.**
- Chapter 12 • **Take time for yourself and relax. You are special too!**
- Chapter 13 • **Treat setbacks as a learning experience, a necessary detour towards being the best that you can be!**
- Chapter 13 • **Make a small change today for a better you tomorrow!**
- Chapter 14 • ***You Count, Calories Don't.***

BE THE BEST THAT YOU CAN BE!

your improvement in attitude and life-style change.

Can you identify with any of the comments from HUGS™ clients who were asked how the program helped them?

“I became more in touch with my body and mind as related to becoming a healthy individual.”

“I have benefited in many ways, especially not feeling guilty about everything I eat. I feel happier with myself, which makes me feel more confident.”

“Increased understanding of the role of carbohydrates in my diet has increased my awareness of factors affecting my eating behavior. I

have gained a new guilt-free acceptance of myself.”

“HUGS™ has helped me get off the diet roller coaster. If I eat something that’s fattening, so what? Nothing is blown. I’ll eat healthier tomorrow. I also have more reasonable expectations about myself. I’ll get healthier in time and have fun doing it!”

“HUGS™ has shown me a life without diets. Also it has shown me that by thinking of myself, I am becoming a better person, better meaning healthier.”

“HUGS™ is a good program that has made me think more about myself, what I want, and the other things in my life that need to be managed.”

“HUGS™ helps to put food in perspective. Instead of it being the focus, fitness and a healthy life-style are more important.”

“You are taught to think about life-style changes in both nutrition and exercise. You don’t feel the scale is number one. You learn to be motivated by gradual and positive change.”

“The HUGS™ program was very informative and enjoyable. It helped me realize that people have the power to change their way of thinking and eating and their attitude about themselves through other methods than dieting.”

“HUGS™ doesn’t end when you achieve your goal. It incorporates life-style change and balance.”

“HUGS™ got me to change my attitude. I didn’t need self-control, I just needed to think normally. This program has given me the ability to look at my eating as part of my life, not as an all-consuming hobby. I still have lots to work on, but I now have the tools to deal with the problems as they arrive.”

“My focus has changed. I am not afraid to eat certain foods. I am also more aware of what I am doing and eating.”

“HUGS™ has given me a new outlook on food. I think differently than I did about food and nutrition. It’s a great program.”

“HUGS™ has taught me how to implement permanent life-style changes. Diets in the past were only

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temporary weight-loss practices which ultimately ended in weight gain."

"HUGS™ focuses on change in life-style and there are no strict "can" and "cannot" guidelines on what to eat."

"HUGS™ is a different approach to food and eating. I have not lost weight but I do feel better. The effects may settle in on me later. HUGS™ is more insight-oriented than prescriptive."

"HUGS™ means well-balanced eating, to be easy on myself, to realize this is for life. Thanks for a great learning experience!"

"The other programs tell you what to do but don't attempt to address the reasons why you have weight to lose in the first place."

"HUGS™ helps to develop life-style changes and helps to tune into what your body is telling you. I have gained a better understanding of why my previous eating habits were so poor."

"HUGS™ is reasonable, I understand it. It has definitely helped me tune into myself. I don't feel guilty about food. Overall I am happier, no more diets."

"HUGS™ addresses reasons why others (diets/programs) fail, (i.e. deprivation, lack of self-esteem). It answers why and educates us on how our bodies work."

"HUGS™ is better than other programs because the philosophy is right and because dieting leads to obsessions with food and self-hate. I am sure I will look at dieting quite differently from now on. And I will be eating in a healthier way."

"HUGS™ concentrates on the positive rather than the negative. It looks at long term (i.e. life-style rather than immediate weight loss) and takes away the guilt."

"I really enjoyed the HUGS™ program. It was very enlightening to learn that a lot of my eating behaviors were part of the 'dieter's' thinking and not a result of 'psychosis' on my part. I'm not any thinner yet, but I