Healthy Living Lifestyle from Teresa Utley

I have struggled with weight most of my adult life. I’m not a size five but I strive to be a healthy size. I know personally how hard it is to get to the root of “Why can’t I stick to a diet or better yet, why I can’t be a healthy person?” Many people can “diet” but typically most cannot change their lifestyle to a healthy lifestyle. Unless you get to the root of “why you eat” and “what triggers the constant eating,” you are setting yourself up for failure. I have enjoyed seeing more shows on television about weight loss, some more realistic than others; The Biggest Loser, Losing it with Jillian, Ruby, Fit Nation, Fit TV channel, and more. I believe there is a psychological factor to why we eat. I have read many books and research articles on the subject and tried several different diet plans. The brain has a lot to do with our challenges of eating properly. I really recommend Dr. Daniel G. Amen’s books and website to all clients. Dr. Amen really gets to the root of the brain’s influence on weight loss and for changing our life style, in general. For example, did you know that caffeine restricts blood flow to the brain, dehydrates the brain, interferes with sleep, can be addictive, upsets the stomach, interferes with infertility and accelerates heart rate and raises blood pressure (Amen, 2010)? All these factors have an influence on our ability to lose weight and most importantly, live a healthy lifestyle.

I have a few guidelines for losing weight and these are just some of the topics I cover in my sessions and weight loss support group (call for times and location).

1. Admit your addiction or challenge with food (I use food to comfort myself or I’m bored, so I eat).
2. Recognize the triggers (I use food to fill a void)
3. Get a buddy/ support (two are better than one)
4. Do it for yourself to glorify God (He gave us this shell and it is up to us to maintain it)
5. Reward yourself by setting goals (write them down, keep it simple and obtainable)
6. Eat fresh (not canned or processed) Keep a journal of the foods you eat
7. Eat small portions – snacking in between on fruits and raw vegetables
8. Exercise is essential
9. Get a physical with full blood work; always consult with your doctor before any exercise or diet plan. (I joined Fitness One and Tuscaloosa Weight Loss Program)

If you are interested in setting up an appointment with a buddy or joining a support group, please call (205)242-6261 to make an appointment with Teresa Utley. Individual hour sessions can be with two or a group session will be of four or more, typically for two hours. Starting in September I will be facilitating Healthy Living Lifestyle at First Wesleyan Church in Northport (www.firstwesleyan.com).