

FIT FACTS FOR BUSY BODIES

The “Yo-Yo” Syndrome

By Trish Schwartz

DILEMMA:

I have been on a mission for over twenty years to get fit and keep my weight at a healthy level. I have constantly battled 30 pounds during that time. I have been on several weight loss programs that have helped me get my weight down to within 10 pounds of my goal weight, but I always gain it back. I believe the problem is not that I don't know what to do, but it is that I cannot stay with the program. I desperately want to find a solution to my dilemma.

SOLUTION:

I call this the “Yo-Yo” syndrome. Do you **really** know what you are suppose to do to keep fit and keep your weight down? If you did, you should not be going back up every time. The mentality of many people, when pursuing a fitness and weight loss program, is to go on a very regimented and specific plan in order to achieve their goals. The problem with those programs is usually that they are NOT something you can realistically stay on for the long term. A true fitness regimen includes more flexibility and enjoyment than typical diet programs allow.

Many people feel that they have to give up all the things that they “think” are bad for them in order to be successful with fitness and weight loss. The key is, if you are going to be successful with keeping the weight off, you do not allow deprivation in your eating regimen. In addition, you do not take on an exercise program that is difficult to stay on. I've said it before and I will say it again, “human beings are pleasure seekers and pain and deprivation are not pleasurable”!

So, get off the “diet” mentality. You should NOT be on a diet. The exercise program you choose should be something that you can fit into your schedule and continue to do it as part of your lifestyle. You should enjoy it and it should make you feel good, not bad. So, whatever it is, do it. The food you eat should be food that is good for you that you like to eat.

The bottom line is, stay within an appropriate food intake that gives you the amount of calories your body needs to lose weight without feeling starved. The food you eat should be food you like to eat. If you don't know how to do this, then get some help from a weight management counselor that gives you a flexible program guide that allows you to choose what you eat. In addition, find a personal trainer who will counsel you to the right exercise program for YOU!