

“Sohaila Says”

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Q I just have 10 pounds left to lose to reach my goal weight. I know I can do it, but I am wondering if there is a healthy way to stay at that “happy place.” A few years ago, I lost those 10 pounds and I was lean, but I know I was not healthy. Anonymous, 39

A I often talk through this question with clients who exercise and eat healthy most of the time. They are often frustrated that despite their efforts, their body still doesn’t meet their standards. The question I ask is, “What changes can you make to reach your goal without making eating and exercise your life’s top focus year-round?”

When eating and fitness is one’s primary priority, it’s easy to become obsessive about it, and to prioritize this goal above other important aspects of balanced life, and above the needs of family members as well as important career and life goals. ■

Often frustration in meeting goals comes from mixed messages we’ve “heard” and have accepted as fact. For example:

– “I exercise three times a week, why am I not losing weight?”

The American College of Sports Medicine advises that frequency for health and weight maintenance. To keep it at just a few days a week, we are talking about intense exercise. But if your goal includes weight loss, it may take 60-90 minutes most days of the week.

– “I eat much healthier than everyone around me; I thought if I ate healthy I would be lean.”

Eating healthy is tremendously important for body systems to work at their best and for disease prevention. However, eating healthy without controlling your portions will put weight on you in a hurry, which will increase your disease risk after all, if it leads to obesity. Moderation is key. All the time.

