

Change happens through action, not by awareness
By Mike DeCinti

The other morning I was running with my friend, let's call him "Steve" and he made a comment to me that my last article was a bit misleading. Although the title was about healthy eating, he said I spent too much time talking about quitting smoking. I told him that I was just following up on my previous articles trying to tie them all together and that over half of the article did in fact discuss healthy eating. He then mumbled something and I told him to quit complaining and pick up the pace.

Later in the week I received an e-mail from a new friend, who we will call "Katie" who also commented about the misleading title, however Katie didn't mind as much as Steve, she used the article, and her e-mail to me, as a way to remember what her life used to be like.

You see Katie was a 30-year, 2 pack a day addict. She started smoking at 15 and tried to quit off and on for 12 years. Finally she quit cold turkey in 2004. She credits an informational website (www.whyquit.com) and her strong desire to live a healthier life that made it work this time. You see, whether it's eating right, getting more exercise or quitting smoking, all the information in the world won't help unless you have that desire inside to make the choice to do something about it. Katie made that choice. You can too.

I e-mailed Katie back to thank her for sharing her story, and tell her how proud I was to hear that she has been cigarette free for over four years. I told her that although I plan on discussing a variety of topics in my articles, maybe it's not a bad idea to always start out trying to help someone find the strength to quit, just like she did.

So with that said, on to the topic of the day...exercise. Now I know I'm getting into the area that Kathy Hansen usually writes about so well, but I'll just do it this one time to finish up with our 3 simple steps to living a healthier life.

For those of you who have quit smoking and started eating healthier it's now time to add a little exercise to your routine. But don't worry it's not as difficult as you may think, and the more you do it, the easier it will become. Simply try to exercise for 20 to 30 minutes a minimum of 3 days a week. You can walk the dog, jog around the neighborhood, go swimming, take an aerobics class, actively play with your children, shoot some hoops, go play tennis, ride your bike...anything.

As long as it gets you moving and gets your heart rate up, it will do. In fact you may have seen the news recently about a man who is mowing all the yards in his neighborhood to loose weight, or the guy calling himself "Fat Man Walking" who walked across the country to get healthier. These may be a bit extreme, but it demonstrates that you don't have to chain yourself to a treadmill or participate in some activity you hate to get your needed exercise. It really is as simple as getting off the couch and getting a little movement in your life. That's it. I won't go into any more detail than that. Just stand up from wherever you're reading this article and do some physical activity for the next half

hour. Go ahead...I'll be back in two weeks to see how you did, or like Katie did, e-mail me and let me know how things are going. I'd love to hear from you.

Mike DeCinti is the marketing director for Lumberton Radiological Associates. He can be reached at mdecinti@lraxray.com or by calling 738-8222, Ext. 258.