

Lying for a reason
by Mike DeCinti

I have a confession to make. It's been bothering me for a while now, and I just have to get it off my chest. The truth is, I've been lying to all of you years now. I'm really sorry. Honestly.

You see, I thought I was helping, but I realize now I may actually have been making things worse.

So what have I been lying about? Well every other week I try to write an article dealing with health and wellness, and often times they discuss proper nutrition and physical activity. And for as long as I have been writing about this topic and answering questions, I have always said that getting fit is easy. You only have to do three things... eat right, exercise, and quit smoking. You see I thought if I made it sound simple, someone might be encouraged enough to start.

But the truth is, it's hard, really hard. It's hard to wake up at 5:00AM on a cold morning and go for a run. It's hard to push yourself beyond a point you think you can't reach. It takes commitment to get to the gym or pop in an exercise video on a regular basis. It takes willpower to skip the fast food drive thru and eat something healthier. It takes a great deal of strength to put down those cigarettes for good. And it doesn't get easier over the years. Bottom line, it's hard work, but it's also one of the most rewarding things you can ever do for yourself and your family.

And what's worse is that I wasn't the only one lying to you. A 30 billion dollar weight-loss industry attempts to convince the 40% of Americans who are overweight that it doesn't have to be that hard. The problem is, with everyone in the weight loss industry sugarcoating the truth, the general population is filled with false hope. If the majority of the diet companies were made to tell the truth about what works long-term, failure rates would be lower and there would be many more people who would accept the realities of healthy weight loss and not try to fix everything with another fad diet or magic pill.

The FDA has declared that not one single company in the entire weight loss industry can show a record of long-term success. Research has shown 95% of those who lose weight using fad diets, gimmicks and weight-loss pills, eventually gain it back within three years. Beyond three years it's even worse. In reality, almost no one loses significant weight and is able to keep it off.

Recently, I found a blog published by a typical fad diet victim who finally decided that she had enough. She was finally going to put in the hard work and as she puts it "Suck it up Princess!" The following is a quote from her site.

"With almost 70 lbs to lose, I need to be tough. My mindset requires a 180-degree shift away from allowing discomfort and inconvenience to throw me off course, from letting a 'low-frustration tolerance' derail me, and from trying to deny the fact that, mixed in with

the triumphs and improved self-esteem, weight loss can be plain old hard work. Complaining and procrastination has been a one-way ticket to Fatsville. And even if it means walking the entire way, I will make it to Fatsville.”
So although I am sorry for how I tried to motivate you, I am not sorry for trying. Getting healthy is hard work and it’s about self-control and consistency, chances are you will not love the process but you’ll love the results.

On a completely different subject, I want to remind all of you that the 47th Annual Kiwanis Pancake Festival will be held Friday, November 13th from 5:00-9:00PM and Saturday, November 14th 6:30-9:00AM at the Bill Sapp Center. Tickets are \$6.