

## **Think Healthy Eating and Exercise Are Enough? Think Again!** **By Debi Silber, MS, RD, WHC The Mojo Coach®**

Think healthy eating and exercise are enough? While they're definitely steps in the right direction, it's not enough in order to look, feel and live your best.

Have you ever noticed how you may be eating well but a stressful situation encourages you to binge? Maybe you've lost energy and enthusiasm for your current exercise routine because of struggles within your relationships. Perhaps negative emotions discourage you from taking the time to preplan healthy meals and snacks. If any of this sounds familiar, here's why.

While we're all unique, our needs fall within six areas. It's only when all six of those areas are strengthened and tended to do we look, feel and live our best. Those six areas are: nutrition/weight loss, fitness, stress control, emotional health, relationship wellness and spirituality. This is exactly why a one-size-fits-all approach to health and wellness doesn't work. It's only when we strengthen the areas that we struggle with most do we create lasting change and improved health and wellness.

Let's start with nutrition/weight loss. It's important to discover what causes your eating struggles in the first place. The obstacles usually lie within one of these three areas: your choices, your portions or your habits. As for choices, would healthier options or preplanning help? Now look at your portions. Are you "super sizing", "economy sizing" or "value-mealing?"

Finally, when we talk about habits, have you found that you're eating emotionally, binge, social or mindlessly eating? What is it that you're using food for? Is it to find comfort, to soothe, numb, calm or relax? It's only when you've identified what drives your eating behaviors can you then move towards creating healthier habits.

Next, take a look at your "fitness personality." What motivates you to work out? Have you found an exercise routine you enjoy? Do your workouts bring results? Have you created the perfect workout plan for you, based on your current fitness level, your needs, goals, budget and time? Only when these questions are addressed and obstacles reviewed can you create a program you can actually look forward to.

Next, take a look at your stress. While your level of stress may not change, the way you react to it certainly can. For example, picture two people sitting in traffic. It's the same event for both but one

driver may be catching up on phone calls, listening to music and enjoying some time alone to unwind. Another driver may be cursing, banging on the steering wheel and drowning in a sea of stress induced hormones. It's the same situation for both but it's their perspectives which create health and wellness...or illness and disease.

Speaking of stress, unmanaged chronic stress creates aging, weight gain, illness and disease. When we're feeling stress (and something is only stressful if we've decided that it's stressful) we flood ourselves with stress induced hormones and chemicals such as adrenaline and cortisol. These chemicals were only meant to be released periodically and are eventually replenished. It's this stress response that keeps you safe and alive. For example, if a car were approaching, it's this stress response that allows you to quickly jump the curb to safety.

With chronic stress, this same response is ignited...but doesn't turn off. So this system that's protecting you during the short term is actually causing significant wear and tear over the long term. Hormones and chemicals that are only meant for short-term use are depleted with no time to replenish and rebalance themselves. Have you ever seen someone and thought, "Wow, that person looks like they've had a hard life." The way they've handled their stress is written all over them.

It's also important to take a look at your relationships. Supportive, nurturing, positive relationships are actually good for your health! The love, support and friendship we get from these relationships have been found to strengthen our immune system, which offers bodily protection. Our immune system is like an internal army; when it's strong it offers protection. When it's weak it's as if this internal army is fast asleep.

Negative relationships on the other hand cause significant physical, mental and emotional wear and tear. Think about it. If you're spending your time with people who are negative, judgmental, critical and pessimistic, how do you feel? Chances are you feel deflated, discouraged and uninspired. If your goal is to become your personal best, it's crucial to see how those in your life are contributing towards your goal.

Finally, take a look at your spirituality. What brings you joy, passion and purpose? What are your unique gifts, strengths and talents? If you don't know or can't imagine what these gifts are, take a look at what's prevented you from discovering it. Chances are, you may find fear to be behind it all. Fear of failure, the unknown, fear of change, hard work and even the fear of success may be what's kept you from pursuing your passion and living your dream.

While healthy eating and exercise are vital to looking, feeling and living your best, true health and wellness involves nurturing your body, mind and soul.



**Debi Silber, MS, RD, WHC The Mojo Coach®**, President of Lifestyle Fitness and the Founder of [www.TheMojoCoach.com](http://www.TheMojoCoach.com) is *THE* secret behind some of the healthiest, most influential, charismatic, influential and successful professionals visible today. Sign up for a free special report “The Secret to Becoming Your Personal and Professional Best,” a full year of Mojo Tips and a subscription to Debi’s bi-monthly newsletter Mojo Moments. All free and all designed to inspire, empower and help you reach your peak potential and ultimate success. Get yours now at [www.TheMojoCoach.com](http://www.TheMojoCoach.com)