



## TRUTH IN FITNESS SUMMER 2008

MAC DODDS M.A., CSCS



# REAL WEIGHT LOSS

There's so much to talk about what is the right thing to do when it comes to making weight loss a reality for you. What do you really need to do? How much weight can someone lose safely? Is restricting calories necessary? These are questions that people often want to know the answers to but don't necessarily know where to look. The good news is that there is good information out there, but that's not the real issue regarding weight loss.

It's easy to pick up a magazine or do an internet search for weight loss to get some answers to these tough questions. One problem is that readers are often bombarded with ads, for weight loss products and businesses that offer quick solutions. A lot of times there is conflicting information that is confusing. Other times we seek out the information that we want to hear and make our decisions based on that which seems the easiest or quickest.

I've worked with folks who never quite seem to reach their goals, and it's very frustrating for the exerciser and the coach/trainer. I believe some people don't reach their weight loss goals because they keep looking for the easy solution. They try to find the loophole in whatever diet or program they engage in. They are good at doing parts of the program, or making

some changes but don't seem to grasp the real picture when it comes to weight loss.

No one really knows why it's so hard to lose weight, but I have a few ideas. I think most people are either afraid to succeed, or really believe that there is a magic pill or product they need to try to lose weight. It's easy to see why people get distracted with pills, thigh burners and gimmick ab-crusher machines. I think it happens like this: someone is sitting at home during one of the first 6 weeks of an exercise and nutrition program designed for healthy, long-term weight loss and they say to themselves "I really want to eat some ice cream right now, but I know I should eat some sugar free Jell-O or fruit." Then a commercial for a fat loss pill or some other diet that "lets you eat anything you want!" comes on TV. and they think, maybe that's the answer. Maybe their friend on the phone says, I heard a friend lost 15 pounds by doing Pilates. Well, maybe Pilates is the answer. I agree that Pilates is great exercise and has many benefits, but it's not the complete picture and not a magic pill.

Here's the secret, are you ready? Weight loss takes . . . Lifestyle change. It's that simple! Not easy, not by any means. In fact, change is one of the hardest things for us (humans) to do. Changing your lifestyle is a very difficult

thing but is a necessary step to achieving weight loss. Change is uncomfortable, you are used to a certain way of doing things and living your life, and now that has to change. Just grasping that is kind of a big deal.

My advice is to accept that you need to make some changes to your LIFE, not necessarily the kind of salad dressing you use, or the type of machine that you use to attack your abdominal fat. Why not do exercises for every part of your body, multiple times a week, mix in some cardio a few hours a week and, make a plan to start eating right? If your answer is "because that sounds hard" or "I don't have time" you are probably in dire need of change. Extra time will not appear magically, you need to make time and accept change, if you want change to really happen that is.

It comes down to believing in yourself and sticking with a plan long term. You need to leave the old you behind and embrace your new lifestyle. Any personal trainer can help you set up a realistic plan, get the right exercises for you, and teach you how to eat right. Then it's up to you to do it for the rest of your life, your new better life. It's yours to take. Go get it!



## EXERCISE PSYCHOLOGY TIPS

Exercise is as much about psychology as it is physiology. I want to talk briefly about the value of exercise psychology. However, first I want to mention physiology and how it is very valuable to know something about exercise in order to understand how it effects your body. Most of us know that exercise is important, as is eating healthy. But that's just the thing I am talking about. We know a lot about exercise and how to get results and how to become a healthy individual. But why is America less healthy than ever before, and less healthy than most of the world? It's all in the decisions we make.

We get to choose who we are and how we behave. Some of us choose to exercise regularly and eat healthy foods. Some of us choose not to exercise and choose to eat foods that are more convenient than healthy. I believe that it's really that simple. The difference between a long, happy and healthy life and a disappointing, fat and unhealthy life isn't based on whether you bought the ab-coaster or the fat-factor pills. It's based on the decisions you make over and over. That's the power of your mind. Your mind makes the decision and your body reaps the rewards or takes the abuse.

The point that I'm trying to get across is that we all have the ability to get into shape and be healthy. There are lots of great resources out there, like personal trainers, books and current fitness research to teach the way to get in shape. But that's only the how. To truly achieve health and fitness, you've got to make those healthy decisions over and over. That's not going to come from a gimmick product, that's going to come from your mind. You must make the decision to exercise and eat right.

That's the importance of exercise psychology. That's what really separates those who fail from those who succeed. Those who succeed make healthy choices over and over. For some that means committing to make healthy decisions every day, for some it means leaving notes around their house and office to remind them to workout and eat vegetables. Some people utilize the accountability of a personal training appointment to make sure they keep doing the things they need to do to be healthy. Those are the people who succeed. When you are ready to succeed make the decision, you have the power to change. We all do.

## SUMMER RECIPE

### CHILI-RUBBED TILAPIA ASPARAGUS & LEMON

#### INGREDIENTS:

2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces  
2 tablespoons chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon salt, divided  
1 pound tilapia, Pacific sole or other firm white fish fillets  
2 tablespoons extra-virgin olive oil  
3 tablespoons lemon juice

#### PREPARATION:

1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

#### NUTRITIONAL INFORMATION:

Per serving: 210 calories; 10 g fat (1 g sat, 6 g mono); 48 mg cholesterol; 8 g carbohydrate; 24 g protein; 4 g fiber; 418 mg sodium; 645 mg potassium.

Nutrition bonus: Vitamin C (37% daily value), Folate (33% dv), Iron (33% dv), Fiber (24% dv).

*Mac Dodds, M.A., C.S.C.S., is a Strength and Conditioning Specialist, Speaker, and Personal Trainer Certified through the National Strength and Conditioning Association since 2002.*

**Contact me by emailing: [mac@healthnation.biz](mailto:mac@healthnation.biz)**