

## **Be Realistic With Your Diet**

**By: Robert Notter**

People often say "you are what you eat," and they're actually right. The food you choose affects your body size, skin, energy levels, immune system, sexual stamina, mood and even your sleep patterns. If you want to look and feel better, you need to give some honest consideration to your diet. The following tips should provide you with a strong start towards positive changes.

### **Be realistic**

Think about what you want to accomplish, and develop a reasonable timeframe. Set goals that you think you can actually achieve, without drastic measures. And realize it takes time. After all, you didn't get that beer belly overnight, and you can't buy new biceps on eBay.

### **Make gradual changes**

It's unlikely you'll switch from four slices of pizza at lunch to a just a salad in two days. You can, however, make small changes gradually. If you have four cups of coffee for breakfast, try three and add a glass of water. If you eat a burger and fries, order a side of veggies or soup, and don't finish the fries. Over time, keep making small substitutions. This will help you stick with and reach your goals.

### **Read labels**

If the first ingredient in your sports drink is sugar, followed by 20 chemical ingredients, it may not be the best choice. Read labels and choose whichever brand has the least sugar and artificial ingredients.

### **Reduce processed foods**

Fast food may be convenient, but if your diet is mostly processed, from a can, or consists of energy bars at the gym, you probably aren't getting the nutrients you need. Reduce these foods as often as you can.

### **Switch to a healthier variety**

Cookies are tasty sometimes, and you'll probably enjoy the variety from Whole Foods or Trader Joe's as much as the Chips Ahoy. Thanks to high demand, healthier options now taste just as good -- if not better.

### **Increase water intake**

Drink more. Most people are dehydrated, and it causes poor health and reduced energy.

### **Buy food ahead of time**

If your office snack machine only has junk food, buy healthier options and bring them to work with you. That way you'll be less tempted to go for the candy.

### **Don't judge yourself**

One night you may binge on ice cream. If you do, don't beat yourself up. You're only human. Take this process one day at a time, do your best ... and, above all, have fun.

**Robert C. Notter, HHC**, is a certified Lifestyle & Health Coach. He works with individual and group clients, and additionally facilitates corporate workshops and educational seminars. The focus of his work is on stress reduction, healthier nutrition, and happier living. He coaches clients on how lifestyle, thought patterns, motivation and food choices affect how they feel and look. His clients learn to identify their specific life and health goals, and receive the tools and support to actually realize these goals.



Additionally, he leads the Marketing Education Program at the Institute for Integrative Nutrition in New York City, and the “Building A Practice” Course at the New York Open Center. He has lectured to over 6000 people nationwide about how to create the life of your dreams.

If you are interested in learning more about life coaching, and how to take steps to improve your life, please contact Robert.

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