



JULY 2016

SMALL CHANGES, BIG BENEFITS

Last year I had a milestone birthday. The birthday, coupled with various messages from the universe, led me to participate in a year-long wellness coaching program. I selected this particular program because it was consistent with my core beliefs regarding nutrition, exercise, rest, and behavior change. Each day I completed a lesson, a workout and a journal entry. Every two weeks, I introduced a new lifestyle habit. After trying it, I would either keep it or toss it. I then shared my progress with my coach-- my weight, my measurements, photos, and thoughts on what I could do either more or better. The results over each two-week period were unremarkable. Taken over the year, however, the lifestyle changes that I kept led to some serious health and fitness gains.

LIFESTYLE CHANGE #1: DRINK ONLY CALORIE-FREE BEVERAGES

As a student of holistic nutrition, I have long espoused the principle of eating a diet of whole unprocessed foods. Thus, most of the nutrition lessons were already part of my lifestyle, except one—drinking only calorie-free beverages. The only caloric beverage I ever drank was red wine. I cut it out on day one and never looked back. Initially, it felt odd when eating dinner in restaurants or attending social events. The discomfort passed quickly but I am looking forward to a celebratory meal with a very dear friend this weekend. There will be red wine.

NUTRITION LESSONS



LIFESTYLE CHANGE #2: MOVE EVERYDAY

Moving every day was not new, but I stepped it up – literally. My baseline exercise program was 10,000 steps per day, five minutes of yoga poses in the morning and two one-hour Pilates classes per week. Over the course of the year, I increased my daily step count modestly to 11,000 steps per day, kept the yoga poses and added three intentional workouts to the mix. I now do three Pilates classes, a five-mile walk on Saturdays, and a 45 minute rowing class. I can remember dreading walking the dogs in the evenings! Now I can't wait to hit the rowing machine and the evening dog walking requires no galvanization whatsoever.

EXERCISE LESSONS





the supplement
FACILITATING VITALITY

LIFESTYLE CHANGE #3: FIND BUDDIES

I could not have made the lasting changes that I have without the support and accountability provided by my buddies. Thank you to my friends and colleagues who shared salad lunches and long walks. Thank you to my Pilates instructor and classmates who supported me and joined me on my new forays into hip hop cardio dance (No!) and rowing (Yes!). Thank you to my sons who ate the same meals over and over again without complaint while I did my own thing. And finally thank you to Dolly and James, my furry friends, who held me accountable to my 11,000 steps per day.

REST & RECOVERY LESSONS



BEHAVIOR CHANGE

- Eat slowly
- Stop eating when 80% full
- Take a five minute action
- Focus on behaviors, not outcomes
- ★ Find buddies
- Do a little more
- Do a little better
- Assess your progress and make adjustments
- Celebrate your successes
- Wipe the slate
- Abandon perfection
- Create and practice your fitness mission

If you would like to start your journey to better health and fitness, try on one of these habits for a few weeks and notice what happens for you. If it works, keep it. If it doesn't, move on. Either way, persist in trying one thing at a time. Small changes practiced consistently can lead to big benefits.



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Patricia M. Fuller has dedicated the last 18 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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