

## **COLLABORATIVE LIFE COACHING**

### **November 2009 Newsletter**

By Jeanne Erikson, PhD



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Sometime before 500 B.C., the Chinese author Lao Tzu wrote words translated to:

“ Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power.”

I think besides our spirit, he was also referring to our physical body. Mastery is a challenge. This article is about mastering your body so you can have live your life with real power.

When we are not in health mastery, we tend to run along like cattle blithely ignoring the cliff in the path of the stampede. Do you need to get in charge of your body health instead of going over your own cliff?

I find clients have to solve three problems to gain this mastery:

1) Thinking that you lack the time.

Most diet change is a matter of 20 small decisions a day that take very little extra time. Realistically, you might have to give up one TV show or internet surfing session a day in exchange for this time and power. Could you find time to eat a health bar or peanut butter spread on a piece of fruit for breakfast instead of a donut? Could you take ten minutes to plan three or four healthy meals before you go to the store? Could you take the additional five minutes at the store in the produce and meats sections and pick seasonal fruits and vegetables and lower-fat meat or fish or poultry? Could you spend an extra fifteen minutes relaxing and enjoying the smells of cooking fresh food instead of watching the news or checking your Face Book?

Could you eat at the table instead of in front of the TV so you talk to your children or spouse and notice when you have had enough? Could you find the discipline to turn off the TV or computer at 9:30 or 10 p.m. instead of 11 p.m. so you wake up rested and don't use sugary food and caffeine all day to lift your sagging energy? Do you know it takes less time to get a drink of water than to make coffee or drive by McDonald's or Starbucks?

2) Thinking that you lack the money.

Knowing your basic health numbers (weight, BMI, cholesterol, blood pressure, pulse, thyroid function,

etc.) is like reviewing our own grade card at “personal health school.” Free or low-cost health screenings are advertised at churches, in the newspaper, and you can also find opportunities by calling the Health Department in your county. You can get your blood pressure taken at most fire stations. This is money and time wisely spent. If your son were failing math, or were unemployed, would you advise him to sit by and let these events continue?

You don't have to have a Bowflex at home, belong to the YMCA, or be comfortable with aerobic exercise. If you are healthy enough to start, you likely have what you need right at home. You probably have a TV and DVD player; exercise videos are as cheap as \$10 on sale. Do you have stairs in your home or on the porch? Trotting up and down stairs is one of the better aerobics exercises. Do you have books and canned food? You can lift these as arm, shoulder, and chest weights. Do you have a couch? You can sit on the edge and repeat half-lifts to almost standing. You can do sit ups on the floor or squatting with your back supported over the edge of a stuffed chair. You can jog in place. You can walk outside.

3) Denial. " It will never happen to me. Or if it does, I will be so old it won't matter. My body will hang in there with me."

Good luck. Denial is not a river in Egypt. An 85+ year old relative recently said to me, "If I had known I was going to live this long, I would have taken better care of myself!"

Do you want true power in life? Master your own body.

To your wellness,

Jeanne Erikson, PCC, PhD

p.s. I have updated my web site and hope you like it. CollaborativeLifeCoaching.com It is not yet perfect, but it is launched and much improved. Please also tell your friend to check it out!