



# HealthPass

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## What's Gonna Get You Across The Road?

Why did the chicken cross the road?

No, this is not a trick question. The answer, of course, is to get to the other side!

Apparently, it doesn't take much to motivate a chicken to cross the road. Or maybe chickens don't work full-time, have groceries to buy, traffic to battle in, and dishes waiting at home to wash. Add children, or other obligations to the mix and it's no wonder that people always tell me that they are too busy to live a healthy lifestyle.

But the heart of the matter (no pun intended), is that your health is the most important priority to not just yourself, but to your family and friends. You put everyone's needs first, right? But if you don't take care of yourself, your loved ones will not have you around to take care of them!

Face it, without good health, you're up the creek without a paddle. And often times, the decline in our health is so gradual that by the time we realize it, we may have done damage that can't be reversed.

So what's going to motivate YOU to cross the road to a healthier lifestyle? Are you tired all the time? Do you come home, open a bag of chips and watch television for a few hours? Eating junk food and being sedentary can be what's causing you to feel tired. Junk food can cause your blood sugar to rise and crash, leaving you tired and sleepy. Being inactive actually makes you want to be more inactive. Think instead of how you could feel if you ate healthier and became more active. Imagine feeling energized, vibrant and alive!

But, you say, I feel so tired. That is where your motivation comes in. Think of what will get you off that couch. Be specific, not "I want to lose 20 lbs", but "I want to lose 20 lbs so when I see Aunty at Christmas she won't make comments about how I'm putting the weight on." Or not just, "I want to be healthy for my kids" but "I

**Motivation is what gets you started. Habit is what keeps you going.**  
- Jim Ryun

want to be able to keep up with my kids and have them think of me as active and fun." You get the idea.

The reason specifics are so important is because these thoughts are your weapon when you get tempted to skip your exercise "just this once" or give in to that piece of chocolate cake.

Stop, visualize yourself 20 pounds lighter, or playing with your kids, and realize that skipping exercise or eating that cake is exactly the habit that is holding you back. Break the habit!

While you exercise, visualize how your arteries are getting cleaner, your heart is getting healthier, and your waistline is getting smaller. While you eat that apple instead, appreciate the crunchy sweetness and feel all the great nutrients that you are putting into your body.

In an hour, you will feel great about yourself, knowing that you are moving across that road. If you had skipped your exercise or ate that cake, you would now be feeling lousy, thinking to yourself, "I wish I hadn't done that."

Remember that your health is the sum of the many, little decisions you make each and every day. You don't have to always make the healthiest choices 24/7, but if you are conscious of your decisions and strive to do what you can, you are creating healthy habits that will keep building into healthier habits.

Give it time and keep imagining how great



**Life is the sum of all your choices. -Albert Camus**

you will feel once you accomplish your goal! So think of your motivation, and let's get started across the road!

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 Created for busy people like you, by Sheri Kishaba-Leaman, R.N., HealthPass Health Consultant, & chauffer, head cook and tennis mom to 2 busy kids, 1 dog, 1 cat & 1 mouse. She can be found on the H-1 commuting from Mililani to Kaimuki every day, so she can relate!