

A VACATION SWEET SPOT

by: Nadia Bender



Here we are in Boston, on vacation, at the famous Mike's Pastry Café. It's jam-packed at 5 p.m. on a Friday evening. I am standing in front of a pastry counter filled with chocolate and cream-filled desserts and I am scanning everything to see what catches my eye. Yes, I am no saint when it comes to something sweet!

The weird thing is, everyone else in line knows what they want. But I, the one who usually knows what I want, can't make a decision. I was trying to have my stomach think for me because I was hungry, but my mind kept taking over - just looking at the desserts made me fill up on the spot. This is so unlike me as I find food, especially anything sweet, so delicious!

Funny thing is, what was running through my mind was how much exercise I would need to do to burn this off ... and I hadn't even ordered yet! So we asked the waitress what the most popular dessert here is, and she suggested the lobster tail. It was a puff pastry filled with three types of creams, so of course we gave it a try.

It was delicious - definitely worth a try! But after a few bites the novelty wore off and I no longer felt like I had to finish it. It was an awesome feeling to know that I had control over what my body was telling me.

"Everything in moderation" is my belief – yes, even on vacation. Feeling satisfied was so much more appealing than feeling full from the dessert, a lesson I learned that is worth sharing.

Don't deny yourself the little things that make you happy - just use moderation. Remember to balance what you put into your body with exercising it off. So, when you return from vacation and need some help getting some balance back into your life just give us a call.

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