

ARE YOU HIGH MAINTENANCE ABOUT FOOD?

by: Nadia Bender



Well I'm not too shy to say I am high maintenance. (Disclaimer: I am not a certified nutritionist, nor am I a dietitian.) I do, however, know a lot about food - from my own experience with a love for it, from professional development courses, from reading up on it, as well as through the success stories of hundreds of my personal training clients.

My clients ask me, "Do I have to give up the sinful treats that I love?" My response: "No." I definitely don't! What you do have to consider is the worth of each item you decide to consume.

My children have their stash of Halloween candy still lingering around the house, and I, a chocoholic, have not even dipped into the basket. How is this possible? Is it willpower? Definitely not - I enjoy chocolate way too much. So what is it that is stopping me from opening up each chocolate wrapper? Well the word "freshness" comes to my mind. The chocolate bars in those wrappers are not freshly made - I can't smell the aroma, there is nothing that arouses my senses when I open the package, so why bother? I would rather smell the chocolate, taste its freshness and indulge in every sense of the pleasure of enjoying a small but high quality piece of chocolate. I don't even miss the mass produced chocolates I used to crave, and that is a powerful feeling to experience!

So last weekend I was at a restaurant reviewing the menu, trying to decide what I felt most like eating. As I decided on my appetizer I was also considering what I would have for my main dish - and, of course, looking at what dessert should follow (or not). I was considering the big picture for the meal of the evening, not just each item individually. My feeling is that I only want the best when it comes to food and dessert; otherwise I ask myself, is it worth it?

When you tell me there is comfort in food, I can agree with that. But what I now consider more important is how I experience the comfort - enjoy the moment and never deprive myself! My motto on food is moderation not elimination. I've also learned that not all foods give me the same comfort so I am able to ignore some treats completely and thank goodness for that! Yes, I am high maintenance about food and that is an honourable badge to wear!

The next time you are confronted with a decision on whether or not to indulge, consider how you feel about the food and ask yourself, is it truly worth it? If you would like more information, drop by Fitness that Fits to learn more about how to look at food and indulge in the right choices!

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