

For the Week of:

January 24 -  
January 30, 2008

ISSUE #325

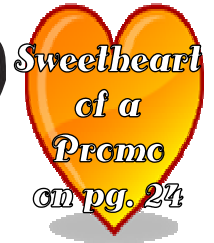
Weekly  
Community  
Magazine

~ Priceless ~

# Here's the Scoop

## No News is "Good" News!

Produced and distributed by ADvance Distribution this week to over 14,500 homes and businesses in Airdrie and surrounding areas. Reach us at [Heresthescoop@shaw.ca](mailto:Heresthescoop@shaw.ca) or call 948-5529



### TWO LITTLE WORDS

*Tamara L. Carmell*

Diet and exercise. Two little words I hate. Every January it's the same thing, we're inundated with it. TV commercials run every few minutes with the same message: "lose weight!", "get the body you want!", in other words "get rid of all that extra fat you're lugging around, you look awful!" At the same time, they make it sound so easy. Now, you're going to have to use your high-pitched voice for this line... "Oh, look at me, I'm so beautiful. I used to be 190 pounds heavier, but just a few minutes a day on this handy little machine and voila!" At this point, I turn off the TV and take my "huge" behind with me.

Now, if I saunter over to the grocery store, it attacks again. The magazines that outline the checkouts are all screaming the same message, "lose weight", "best new diet of the year", blah, blah, blah. Ever notice that those magazines are right by the chocolate? Umm, chocolate or the magazine that tells me I'm too fat? No brainer, I go with the chocolate.

Now, if I had my way, exercise and weight loss would work in my favour. For instance, if I jump on the treadmill for ten minutes, I think it's only fair that I lose ten pounds. Now, that would work for me! But exercise is never that easy. It takes a lot of work and a lot of time. I don't have the energy for the work, and I certainly don't have the time.

So, what's a gal to do? I mean, I'm depressed enough as it is, I don't need the constant reminders. I know I need to lose some weight, but I'll never be the girl on the cover of a magazine. I'm just your ordinary mom with four kids, a great husband and a very busy house. Most times I feel I should just give up on the thought of losing weight and love who I am and not what I look like. My days of a nice figure are long gone ... right?

Wrong. I couldn't be more wrong. It struck me this last Christmas, that I really do need to lose some weight. I am terrified to look at the scale, I know that number is inching higher every day. I try to watch what I eat, but honestly, I'm not overly strict with myself. Pretty much, I've let myself go, and you know what? I'm too young to do that, I'm only 37. I don't want to be a mom who is too heavy to run around and have fun with the my children. It's time for me to change - big time. I need to make the time and put in the effort.

So, having had the talk with myself, and with the encouragement of my husband, I went to a local gym. I felt awkward. I can't remember the last time I was in a gym. I don't even own any gym clothes! And my runners, I'm sure

*(Continued on page 2)*

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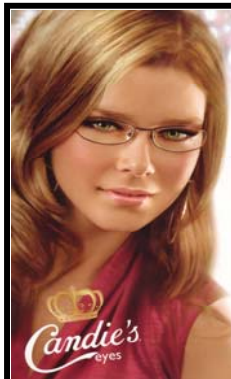
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(Continued from page 1)

they're from high school! I spoke with the fitness rep and she calmed all my fears. "You're not the only one, you know," she said. "Everyone comes in here a little fearful, but that's going to stop. You've made the first step and we're here to see you through this." Wow! I was energized already!

My first official trip to the gym was January 8, 2008, and I had a certified trainer waiting for me at 7am. After taking my measurements, which I didn't even look at, she walked me over to the scale. My eyes nearly popped out of my head! I had to lose 50 pounds to be at my recommended weight. After getting over the initial shock, she then guided me through phase one of getting this fat off ... Cardio. "Just hop on this machine here for twenty minutes. I'll see you in a few." She was all smiles and I was confident I could last twenty minutes. No such luck! After 5 minutes I thought I was going to die! I pushed myself to 7 minutes, then to 8, 9, 10, before I hit the stop button (it's a good thing they show you that!). I got off and my legs felt like Jell-o. I was so embarrassed and I started to think I was in over my head. My trainer came up to me and said, "Oh, twenty minutes already?" I smiled, "No, I didn't quite make it." "Don't worry, you will next time!" She was so upbeat. She showed me stretches to do to ease the muscle soreness I might feel the next day. She encouraged me to go on, don't give up. The thing that really hit home was that I wasn't the only one in the gym who was out of shape. Overall, day one was a good experience.

Why am I telling you all this? Well, I guess I wanted to encourage men and women alike to get fit. I don't want you to lose weight because society dictates that you're too heavy. I don't want you to go on a diet and starve off those pounds. We, as a society just need to change our lifestyle. I've learned that diet and exercise aren't bad words, they are words that have been overused and misused for years. We need only to change our eating and physical fitness habits. We should be happy in doing something good for ourselves and, ultimately, for our children.

The good news is that I've been to the gym each day, except Sunday's, since. I've managed to get from those measly ten minutes of cardio to forty. I've also been introduced to circuit training - yikes! I've encouraged myself that I really can do this. I've pushed myself just a little harder each time and have learned to give myself some slack if I really can't do it. I'm no fitness guru, I'm only interested in what makes me feel better. What gives me more energy to face each day. What gives me the energy to keep up with four children. Losing weight and changing a few ingredients in my life won't hurt me, they help me. And the most important thing I'm learning is that if I can teach my children good eating and fitness habits now, they win in the end. That, readers, is something I can't put a price on. Please stay tuned as I join the throng this year in the weight loss challenge. Because I'm in Calgary, I won't be able to be under Penny's care, but I am going to do this with folks in my community. This year, I really *am* going to do it!

P.S. I received another motivation last week... it's the 20 year reunion for the grads of Bert Church High Class of 1988 ... Oh, you bet, I'll be working out!!

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"One of the most important trips a man can make is in meeting the other fellow halfway."  
- Anonymous



## Virtue of the Week Forgiveness

Being forgiving is giving someone another chance after they have done something wrong. Everyone makes mistakes. Instead of revenge, make amends. Forgive yourself too. Instead of feeling hopeless after a mistake, decide to act differently, and have faith that you can change.

You are practicing **forgiveness** when you:

- Remember that everyone makes mistakes.
- Share your feelings without taking revenge.
- Stop giving uncaring people a chance to hurt you.
- Accept people without judgement or criticism.
- Take responsibility for your own mistakes.
- Make amends instead of punishing yourself with guilt.

### Affirmation

I am forgiving of others and myself. I am willing to give and receive amends. I learn from my mistakes. I have the power to keep changing for the better.

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- Delores Huerte

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