

Curve Balls Help You Plan

By
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Fall is finally in the air and one indication is that the baseball playoffs are in full swing. This past week I watched as my Phillies were swept by the Colorado Rockies in the Division Playoff series and I couldn't help but notice, that if those same Phillies could only have hit a curve ball, they might still be playing. Many a major league career has been cut short by the inability to hit a curve ball, or "Uncle Charlie," as the announcers like to call it.

A couple of weeks ago I had the opportunity and privilege to be interviewed on the Amy Morris radio show on Federal News Radio, AM 1050 in Washington DC. (You can listen live to these broadcasts on your computer at: <http://federalnewsradio.com/>) Amy does an insightful piece every Monday at 3:50 PM called "The Fit Fed." This segment deals with numerous aspects of health and wellness and provides many helpful hints for all of us.

Amy interviewed me as to what we can do to improve our health and stay fit. I discussed following the Food Guide Pyramid (www.mypyramid.gov), adding more veggies to your diet, and other basic hints – it's hard to go too deeply in just 7 minutes. Then, Amy, doing her best Steve Carlton impression, announced, "Now for a curve ball, Chuck. With all the holidays coming up, the Halloween candy, Thanksgiving, Christmas and New Years, what can we do to not only stay fit, but stay slim?" This is well into the interview and I know we've only got about 90 seconds left. Not wanting to have dead air while I gathered my thoughts, I discussed my routine of having a **CINCH**™ drink (more info on this can be found at www.cinchplan.com/jumpeter) for breakfast and lunch so that I might indulge later in the day with fewer negative side effects. That got me through the rest of the interview, but it really made me think.

As I pondered those fateful 90 seconds it made me realize that we really need to treat our health the same way we treat our business. As a Cultural Change Consultant with the FAA I constantly encouraged all my clients to prepare and implement a comprehensive strategic plan. This plan should include a Vision, a Mission, Objectives and Goals. Only by documenting these items can we actually track our performance and make whatever adjustments are necessary for success. Why should our health and wellness be any different?

In my first four (4) articles (January through April, 2006) for the Health Awareness Forum I discussed the **S.M.A.R.T.** approach for goal setting and how to apply that process to wellness. **S.M.A.R.T.** is an acronym for Specific, Measurable, Aggressive and/or Achievable, Relevant and Timely. (You can review those articles at: <http://federaljobs.net/retire/health.htm>) If we apply some of these principles to the upcoming holiday season we can ensure that we not only enjoy ourselves, but also that we maintain and/or improve our health and wellness.

Let's look at a **S.M.A.R.T.** approach to a healthful holiday season. We all know that it is very difficult, although not impossible, to lose weight during the holiday season, so why not set a realistic and achievable goal to maintain your current weight until January and then focus on

any weight loss you may desire? How do you do that? Get on your scale and document your current weight. Record your goal on a sticky note and put it on your bedroom or bathroom mirror so that you see it every day. Your goal should read something like this, “On January 2, 2008, I will weigh _____ or less,” where the blank is your current weight.

Then, go to your calendar and mark down all the activities that you have planned for the season. Wherever you see those dinners or parties that you know may be a bit over the top, use the two or three days before the event to reduce your caloric intake so that your party has a net zero impact on your weight. This is where the **CINCH™** drinks can play an important role in helping you achieve your goal.

Finally, limiting calories and indulging in all those holiday treats may not provide all the required nutrition we need daily and, and even if we all ate according to the food guide pyramid, which, according to government data, only about 3 – 9% of us do, we wouldn’t be getting all the necessary nutrients we need, so adding a quality daily nutritional supplementation program is essential. I strongly encourage everyone to use the **Vitalizer™** program. This outstanding system provides 80 bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life.ⁱ Vitalizer comes in three different formulations – men, women and seniors, so there is a perfect product for each of us. More information on **Vitalizer™** and the clinical studies can be found in last months Health Awareness Forum article and at www.shaklee.net/jumpeter/product/20246.

I’ve used the example of weight loss here so that you can see the process. If you have more specific goals, or if you would like to talk through your own personal wellness strategic plan, just drop me a note and I’ll be glad to help you tailor a program for your individual needs.

So there you have it, if you get **S.M.A.R.T.** and implement these simple solutions I’m confident that you’ll hit that next curve ball out of the park.

Thank you, Amy, for making me think.

Yours in Good Health,

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ⁱ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.