



THINKING THIN!

(For the fat wall!)

Mid November, and as the owner of a busy Gym in Hay on Wye I am trying to think of a way to help my members keep the Weight off *BEFORE* Christmas. By all accounts as a Nation, we put on an average 11IBS in the 5 week run up to Xmas and that is *BEFORE* the freaking lunch!

The idea that came to me was to perform a full Body Composition Analysis (BCA) via Bio-electrical Impedance for my members once a week to keep them on the 'straight and narrow'. To be honest it isn't too big a deal – I doesn't take long to do and I have all the literature ready, to explain it by e-mail (ideal ranges, and what all the categories all mean) as I have been doing them for about 8 years!

My only requisition was that my 'max' would be 15 (or it would start to eat into my time) and those who applied needed to bring in a 'head shot' photo. I then developed the charts to plot their recordings, with a space for the photo, name, observations and notes and enough space to do up to 8 readings. Did I mention, it would also be **FREE!**

Needless to say, I got the required 15 pretty quick!

However I learned a few things straightaway:

1. Always, always ask for the photo *BEFORE* you do the readings or they do not come in at all - human nature can be 'somewhat frustrating' sometimes! (that is my polite way of phrasing it!)
2. Mainly thin people wanted this service. What?!?!

Now I tried asking the bigger ladies and gents, but almost without exception they refused. It's not like I was asking for a bikini shot even! It seemed they simply didn't care to share their measurements and stats with anyone – let alone on the Gym Wall (I admit calling it the *FAT WALL* maybe a little insensitive, but let's not beat about the bush – it is *FAT* we are aiming to lose, so let's embrace it right?).

I have all sorts of plans for the future and it will be an enormous success. I wished they would join. It could just be their answer.



So that leaves me with the 'skinnies' (or near skinnies), who *ARE* on the wall. I admit at first I thought 'maybe they are all just vain or showing off' but then I had to factor in *I* was on it (!), and I really don't think I am honestly doing the exercise for either of those reasons. So then I reasoned: "for starters then, why am I doing it"?

Easy: I have put on weight around my tummy, and hips, and in mid September, started my OWN initiative, (privately) to get it off. I did my own BCA (very rare) and then took the following precautions:

1. I gave up alcohol
2. I gave up caffeine
3. I started to take alkaline salts

Everything else was clean and I work out hard, so it had to be these constituents holding me down!

Around the time I started the gym fat wall I also gave up sugar. I have now lost 5.3 ILBS at the last weigh-in and there is NO WAY it is going on again whilst I am accountable to all who can see my profile there (and everyone *can* see it!).

I am going to open this up to ANYONE in the New Year (2012), for the whole year – more on this later.

So I was fascinated as to what was going on. I started to think about what the slim clients had said when they the first BCA done:

"I just want to keep an eye on things"

"My trousers are starting to pinch"

“I KNOW I’ll pig out soon – this’ll be great to keep it in check”.....

For years I have dealt with 100’s of mainly female clients who all, for the main part, wish to lose weight (or to be more accurate body fat). In addition to my Personal Training, (2011), I have since studied Life Coaching, the best exercise protocols, and done many Nutritional courses, all specialising in targeting this demographic.

But there is a sense of a void, to be honest. (That is one of the reasons I did all the studies, and still do). It will always be there.

I feel the void is probably a lack of true understanding on my part as I have never been overweight.

Sure I put on a few pounds when the kids were tiny but I never really noticed it creeping up, as I’d just had them, to me it was all part and parcel of the process! I remember getting to a 12/14 and thinking “RIGHT, time to address this”. I then starting aerobics, swimming, squash, step - not all at the same time but adding to the mix as I went. (I also welcomed the respite from bringing up my toddlers to be honest!).

But my point is: I knew what I had to do – not **all** of it (I was not in this industry then), but it was obvious I had to ‘up my game’, get active and eat better. It took about 3 months before I really felt fit but BOY did I love it when I did! (This after 10 years of pretty much doing nothing sports wise!). This was all 16 years ago and I’ve never let up!



It is only pretty recently that I have started to realise that maybe this should be more of an ‘exchange’ and that I should stop feeling guilty that I can’t ‘get’ what happens completely when someone puts on a lot of weight, or has food issues, whether emotional, behavioral or ill educated choices. I have not been there!

PLEASE don't think I am being snooty here – I have had my fair share of problems in the past that I have also had to overcome – some have been a dangerous like a horrible relationship, and bad company, and some needing hard work to break away from, (another day)!

All I AM saying is that being overweight was never one of them.

So what of this exchange? Perhaps it is time to analyse further what I am nudging towards here. What stops some of us from 'going over the edge' here, and yet others fall over and into, with such abandon! There is a middle ground here where we can learn from each other!

This is still a new exploration for me, even though I'm on 'this side of the fence', but essentially it is the *thinking thin* mentality. It is why the 'skinnyies' came to me for BCA – to MONITOR staying on an even keel, pre-empting what MIGHT happen if they don't take the care that is inherent to them.

What do they all have in common?

I take small breaks from writing – it's important to prevent RSI's and also to freshen the mind! So I watched 'Come dine with me' just now, and there on the screen, 'set up for me', were some seriously GOOD examples from two of the very large home-chefs on how NOT to do it! Such as:

- Nibbling away as they cook (I don't just mean sipping to adjust the tastes, but great big chunks of food)
- Breaking open the booze WAY before the guests arrive! As they cooked!
- **DRENCHING** pork in duck fat (it was later discarded but WAY more than was necessary – about 7 cups full. UG
- Bad food choices throughout – admittedly this was a 'show case' for their cooking but they had 5 days of this in a row. Not enough balance displayed guys!

Examples of what is going WRONG are not really my remit here, but it was fascinating to observe! A 'thinnie' would not do these things (well most of them!).

Here are some top tips then as to what I believe will help to get into the mindset of a skinny! (Sorry!)

(First, just look at the above, [the chefs habits]. And then do the polar opposite!!).



Just before I go on I'd like to state this important fact first:

There are skinnies who do it well, and skinnies who do it badly.



I am referring below, to those who do it well! A skinny who eats well, is aware of toxins in her life and seeks to eliminate them, who exercises wisely and not to some extreme 'just to lose weight'.

Who never cheats by throwing up or worse, and has optimal health and energy levels, will be infinitely better off than the skinny who smokes to stop eating, thinks about it all the time, or drinks Diet Coke because she thinks that is what she 'should' do.

These skinnies are spot-able by their seeking the 'quick fix' just like their overweight sisters often do. These skinnies are simply born pretty slim and whatever they throw at themselves will always be pretty skinny. (But often panicking over the tiniest gain). I am not alluding to her here at all!

The truly healthy skinny will have many other positives to focus on in her life (being a good mother, great at her job, a competitive tennis player etc), and does not even think about her weight in a conscious sense. This is our gal!

- A skinny will still feel hungry but knows it is natural and doesn't have to be fulfilled straightaway. It is not a 'bad thing' that needs addressing. If she feels hungry it is fine to wait until meal time – a little discomfort is normal (animals have to endure this)
- A skinny will have developed coping strategies for stress or emotional upset without referring to food as their first port of call

- they’ll call a pal, go for a walk, visit a therapist, or read a good book on the subject – FOOD is not the answer. It is for nourishment, energy, and pleasure NOT comfort and a leaning post.
- A skinny will have refined cheating. We all cheat - treats ARE a part of life, and *should* be! Where the buck stops however, is right there! They are seen as a small part and if you are off the leash for one meal, it will be compensated for with a few clean days of healthy food (as I said, not all apparent skinnies get it right however, and if the waistband pinches they’ll resort to other quick methods to get it off – this is where *education* comes in)
 - A skinny notices the tightness of her clothes and BEFORE it gets to a point of no return, she is already ON THE CASE.
 - Skinnies plan ahead for the day sure, but do so without panic. By planning I simply mean that in their heads they know where they are in terms of “right I can let loose a little today” or “nope I had chips yesterday, I need to find a salad!” NOT “where is FOOD/a big Mac, I need it now!”
 - Skinnies don’t kid themselves. There is no point in it. They know the only person who’ll suffer is themselves when the buttons start a-popping! They know rationalising a binge is not helpful and it is best not to binge. Period! Similarly – even if no one is looking, it is STILL bad to cheat! Again you only fool yourself!
 - Thin peeps also tend to avoid ‘black and white’ thinking (I see a lot of this). They will – if they do ‘go a bit over’, STILL sustain weight loss as they don’t give up their protocol they just go at it harder. (they’d also probably NOT be on a ‘diet’ in the true sense of the word in the first place).

They keep an internal ledger, a credit/debit account, a balance, and as long as this balance is maintained at an even keel, that’s all that matters – there is no panic or hurry. It is this relaxed attitude to monitoring weight/fat that will see them through long term.

Others will throw in the towel if they feel they’ve ‘blown it’ with one bad meal...

If you are local to me – see if you can get to the Club. I have many more ideas about how to re-adjust your mindset to win and succeed in getting what you want - RESULTS!



You may need to completely reevaluate your thought patterns! You may need to stop trying achieve an image you're not ever going to be. I have always said "if we all ate the same (eating well) exercised (going hard), and at the same rates we would STILL not all look the same. We can teach you how to 'be in the moment' as you eat, be mindful, but not obsess; , you may want to reconsider the role food plays in your life. Find the right exercise for YOU, to have fun, meet people, get FIT and then, *by happy coincidence*, melt fat!

Just do the right thing with our care and you'll be on the road to success (and not lose patience along the way).

Join the FAT WALL and be *proud of those stats* – because we are ALL capable of improvement, and we all start somewhere. You'll have your own dedicated space on which to make your own notes and add to our mutual learning and experience.

You'll be pushed to do a few things along the way but we'll (not just me but other members too), give you support and I'll help you to achieve life long success with tricks of the trade you'd normally pay a lot for. You'll be asked to forego certain food groups, but one at a time ("Weight & See" my nutritional programme can be your guide here). If you suffer we'll give you the supplements to take that will help you cope (usually they are what you are deficient in, that made you crave these foods in the first place!).

There will be a few simple caveats (I won't do anything for free if it is not destined for your success, the caveats will support this).

There is one last thought (as I am here), that has only occurred to me quite late in my Health & Fitness life. It is all to do with self control. Do you remember when we were kids and our mothers/fathers/whatever told us we *couldn't have something*?

Do you do the same to your kids? (of course we all do).

calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

We need to say the same to ourselves! Simple! Just say no – I know it is not supposed to be that easy.....So are you going to stop telling your kids?!

For me - I now want to lose a couple more pounds then seek a totally clear **MIND!** – I want the clarity I used to feel as a child and am already ON MY WAY!

To join the Fat Wall – call me (Cat Lawford PT), on 01497 822995
Or visit: www.gymandtonichay.co.uk – go to 'news'
Or join: www.weightandsee.ning.com

Meetings will be every first Wednesday of the month 5 – 5.40 p.m prompt! This is for **the Weigh-in/BCA ONLY** – the actual information, best nutritional advice you'll ever get, (from someone who is qualified to do so!), support, tasks and inter-activity will all be on the NING site. If you wish to be there, we'll be starting this informally on the 7th Dec then properly on the 4th January. You need to register with us first! 01497 822995 or e-mail me, Cat on cat@gymandtonichay.co.uk

- You MUST bring in a head shot to get BCA performed!!
 - Kick all pride out of the window – you'll be 'exposed' as this is what will yield your very success – it works, trust me!
 - You'll also need to join the NING site and be strictly expected to check in once a week to this for your further instruction, inspirational videos will pop up from me (with further ideas and motivation).
 - You'll get 40 tasks, easy projects, tips or forgo weeks over the year!
 - You are welcome to decorate your space on the wall; I actively encourage you to personalise it! Bring in your girth measurements too (I will forward you how to do this properly). Make it pretty! It is there for a year!
 - We'd LOVE blogs and thoughts on the wall OR W&S site
- You need to give me your e-mail for your continued education over the year – is this the WOW you've been waiting for?

ALL THIS IS FREE!