

# How “Foodies” Stay In Shape

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As a self-proclaimed “foodie,” I have met many clients over the years that are passionate about good food. While some people eat to live, foodies live to eat. While eating good food doesn’t always mean rich, heavy sauces and sugar loaded desserts, eating out too often can inevitably put a dent in our wallets and a bulge on our waistline if we are not careful. When I saw this story on [livestrong.com](http://www.livestrong.com) about how a food critic manages to keep her weight in check, I thought it would be a great one to share and to see how we can apply some of her strategies to help us stay lean. So, go ahead and read her story now and come back for my thoughts after.

[http://www.livestrong.com/article/1011110-eating-job-staying-shape-isnt-easy/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=0611](http://www.livestrong.com/article/1011110-eating-job-staying-shape-isnt-easy/?utm_source=newsletter&utm_medium=email&utm_campaign=0611)

After reading Besha’s story, here’re some of her strategies I think will also help us.

## **Be Realistic**

First off, Besha knew that when she had to eat 7 restaurant meals a week for 3 months straight, it’s almost impossible to avoid weight gain but she was realistic in working towards keeping that gain to a minimum. For those of us who don’t need to eat for a living, same may apply when we go on an extended business trip or vacation where we are more likely to indulge. Just know that while gaining a pound or two temporarily maybe okay, but 5 to 10 pounds would be considered excessive.

## **Overweight Related Chronic Illnesses Are Reversible**

For the foodies out there, eating for a living may seem like a dream come true, but as you can see in Besha’s story, she and others in her profession often times suffer from diet related ailments like hypercholesterolemia and gout. By losing a meaningful amount of weight and incorporating foods like oatmeal that are proven to help lower cholesterol, she was able to get her health back

in check. The moral of the story here is that even a food critic can stay healthy as long as they live an overall healthy and active lifestyle.

## **Find The Right Trainer For You**

Besha knew that investing in a trainer would give her the accountability and push she needed. She also knew that she needed someone who would be more aggressive than a nurturing type. So ask yourself what type of trainer you need to help you push through your comfort zone.

## **What You Do Outside Of Your Training Session Matters**

Putting in two training sessions a week only would not have helped Besha lost all that weight. She had to do additional jogging, sprinting, swimming, bar method classes etc. in addition to her training sessions. She also realized that when she moved from a walking city like New York to a driving city like Atlanta or Los Angeles, she had to find other ways to get more activity in. This is a good reminder for all of us that we need to incorporate as much activity as possible whenever possible outside of our scheduled exercise sessions.

## **Make It Part Of Your Routine You Love**

When Besha moved from Atlanta to Los Angeles, it took her some time to re-establish her routine. She lost access to the pool she loved to go to and because she didn’t like the new pool, she made excuses not to go until she finally found another one she loved and added other neighborhood activities she could incorporate into her new environment. Try different classes, workouts, health clubs and studios until you find ones you know you love, then you are much likely to stick with it.

## **Use A Tracker**

Once you know how quickly calories add up, you may think twice before indulging in a second drink or ordering that special dessert. By keeping track of what you eat on a day- to-day basis, you will be better in tune with serving sizes and keeping portion sizes that are more conducive to a healthy waistline.

### **It's Not All Or Nothing**

On days Beshia couldn't do a full hour workout, she still did something quick so all is not lost. Just like the calories you eat, the calories you burn also adds up whether you do it all in one bout or split up in to multiple bursts throughout the day. So, erase that all or nothing mentality and get moving even if it's a few minutes at a time.

Whether you are a "foodie" or not, these strategies can certainly help us all. Pick what works for you and you can eat and move your way to a healthy and fit body. Cheers!