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Nutrition Nibbles

Does Your BUT Have You In a Rut?

Do you find yourself saying: “I know I should (*insert health habit here*) **BUT** (*insert excuse here*)”? Well, this is the article for you! If you have only the best intentions for improving your health and lifestyle but find that your “but” keeps you stuck in a rut, you are not alone. Your “but” is any obstacle that keeps you from accomplishing your health goal and can include a hectic schedule, lack of knowledge about how to achieve your goal, lack of motivation, being tired or ill, a tight budget, or too many other commitments. Sound familiar? Read on for ways to bust through your “but” and achieve your best intentions...

I know I should eat healthier BUT... Overhauling your entire eating style overnight can be overwhelming, time consuming, potentially expensive (if you have to buy all new foods), and just plain intimidating. Rather than expecting immediate perfection, why not choose one simple specific mini-goal to start with? It could be something like: “I will eat one additional piece of fruit daily” or “I will change from whole milk to 1% milk.” Once this mini-goal has become a regular part of your lifestyle, choose something else to tackle. Changing your diet one step at a time is much more approachable and do-able. It may take you a bit longer to “eat healthier” but the health benefits and satisfaction will remain the same.

I know I should exercise BUT... Can’t afford a gym membership? Feel fatigued and pressed for time? Wouldn’t know how to use a piece of weight equipment or an exercise ball if you tried? These are the most common reasons I hear from people who want to be more active “but”... One of the best ways to get moving requires little special equipment and fits into your life, crazy as it may be. I’m talking about walking with a pedometer! Strap on a pair of comfortable, supportive shoes and attach a pedometer to your belt. Keep track of how many steps you walk during the course of the day. Gradually build up to 10,000 steps daily or the equivalent of about 5 miles.

I know I should sleep more BUT... You realize sleep is good for you, but were you aware that getting a good night’s sleep can help you keep manage your waist line? According to a recent study, logging in 7 to 8 hours of zzz’s each night may help keep you slim and trim. If you usually go to bed at 1am, you may have difficulty falling asleep if you hop in bed at 10pm. Instead, move your bedtime up by 15 minutes at a time to gradually get in the habit of getting more rest. Avoiding caffeine, exercise, and stress before bed will also aid your new sleepy time schedule.

As you can see, the best way to bust through your “BUT” is one small step at a time. You can take this concept and apply it to any health-related behavior, whether it’s drinking more water or eating less junk food. Before you know it, your best intentions will be your new way of life. Good luck!

**Questions or Comments? Email me at
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