



Why Oprah Can't Stay Lean

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New Year's day...it never fails to evoke feelings of hope and renewal, but is it really a trap?

You've been handed a proverbial clean slate - another chance to shrug off your bad habits and reach for your dreams.

In an attempt to bottle that New Year's vigor, you'll make a few New Year's Resolutions. But before you put pen to paper, you ought to know this:

It has been reported that 92 % of all New Year's Resolutions end in failure.

That means that less than 1 out of every 10 people will successfully accomplish their resolutions in 2009.

Ouch - those statistics are brutal. Who in their right mind would take the time to make resolutions when failure is that imminent?

As your trusted source for high performance health and wellness advice, I'd like to coach you through this sticky situation. Yes, most people fail to achieve their New Year's Resolutions. However, I am going to clue you in on what the 92% do wrong and teach you what the 8% who succeed do right.

First up, the 92% who failed. These well meaning folks shared a common mistake that put the nail in their coffin before they'd even begun.

They bit off more than they could chew.

In all the excitement of becoming a better person and changing their life in the New Year they made the crucial mistake of committing to do too much. But reality set in, a few weeks or even days into their reformed life, and they gave up.

The 92% gave themselves an easy way out. They approached their resolution with an 'all or nothing' attitude. Once the 'all' became too tough they opted for 'nothing'. And just like that another resolution ended in failure - end of story.

Just like Oprah continues to do. You probably heard that her weight has climbed back to over 200 pounds. She seems to go through this process of losing and gaining again and again.

But let's examine the 8% who succeed with their resolutions year after year. The key to their success is quite simple (you may have even guessed it by now).

They set realistic goals.

I'll repeat that... they set REALISTIC goals.

- Instead of resolving to lose 50 pounds by June, they commit to exercise 3-4 times each week.
- Instead of resolving to give up all carbs, they commit to bring healthy snacks to work instead eating from the vending machine.
- Instead of resolving to drop 3 sizes in 3 months, they commit to losing 1 pound of fat each week until they reach their desired size.
- Instead of resolving to never eat out again, they commit to eating healthy all week and rewarding themselves with one meal out on the weekends.

Did you see the difference?

If you want your resolution to stick then think of something simple and realistic. Sure, it certainly won't sound as cool as the resolutions that the 92% make - but they aren't going to keep theirs anyway.

Remember that the whole point of making a New Year's Resolution is to become a healthier, happier and more successful person. Small changes done consistently will make a big difference.

One change you could make is to start eating better. My favorite resource for high performance nutrition ideas is Precision Nutrition. You can learn more about it at <http://www.precisionnutrition.com/cmd.php?af=293236>.

If Oprah would buckle down and follow a sensible, scientific high performance program like this, maybe 2009 would be the year she finally stabilizes and stops subjecting herself to every fad that comes down the pipe!

Wishing you a happy, healthy, safe, prosperous and meaningful new year!