



Dr. Boz presents: THE INFORMATION STATION!

A monthly Q&A session with **YOU**, the reader, where Dr. Boz uses his years of training (and additional years of Googling) to provide witty, entertaining, and occasionally useful and accurate responses to questions regarding health and wellness.

Episode 1.2 – Motivational Blah's, Cha Cha Cha's, Fashion Faux Pas, and Negative Family Membah's (Holla!)

Welcome back to the latest edition of **The Information Station!** I am your handsome, talented, theoretically well-educated, and available columnist Dr. Boz — here to wax philosophic about your health. But before we begin, I'd like to give a shout out to **YOU**, my wonderful readers, for taking the time to send me your questions and comments about **The Information Station**. It truly warms my heart to know that at least six people actually read the column last month! I was really expecting maybe three or four tops, but apparently word travels fast around the office. I'm still waiting for the call from Oprah; although I'm sure she is super busy and will get back to me as soon as she has a few moments to spare during her quest for world domination. You know how to reach me, girlfriend! Holla! Time's a wastin', so let's get right to it. And heeeeeeeeeeeeere we go!

Q: Dear Dr. Boz: You are my favorite weight loss columnist (even though this is only your second column). I am really impressed with the way you add your own personal touch of humor to your answers. Other columnists are as dry as toast (ewwww!). Anyway, on to my question: I have a TON of weight to lose and am having a hard time taking it "one step" (or pound) at a time. Nearly every success story you hear has small weight totals, so I'm struggling to keep my eye on the prize. It all seems almost impossible to me. Any advice? - *Two-ton Twyla, Leo.*

A: Why, thank you for the kind words, Twyla! I have to say that I find it highly unlikely that you are truly two tons. If you ARE, I'd suggest contacting the Discovery Health Channel or The Learning Channel, because the last time I checked they were only doing stories on "Half Ton" people. You could be famous!

But I would rather you be famous for losing the weight on your own if at all possible. Those of us who have a lot of weight to lose often struggle with the enormity of the "prize" at the end. This is not unique to weight loss, but is a common phenomenon in all aspects of life. How many times have you had a project that was so big that you just didn't even want to get started in the first place? Whether it is cleaning the house, making dinner, completing a work or school assignment, or trying to lose weight, your odds of success drop dramatically when you get caught up in the "Big Picture."

This is not to say you should ignore it entirely. It is good to see the big picture, but it is also important to recognize there are MANY components to it. With your weight loss, you may have 100, 200, 500, or 2000 pounds to lose, but you cannot lose that last pound without losing all of the other ones before it. Yes, it gets frustrating when you bounce back and forth with your weight or when you don't lose it "fast enough." However, here is a reality check: This is not The Biggest Loser, world class trainers are not walking through your door, you are not going to average a ten pound weight loss per week, and you will not be winning \$250,000 by losing the most weight. This is your LIFE we're talking about, which is a prize that far outweighs any monetary value.

It is important to give yourself ample amounts of praise along the way. I'd suggest writing down ALL the positive choices you make. Whether it's walking 30 minutes, getting to bed at a good hour, or simply choosing not to have a doughnut when your rude coworkers and/or boss bring them to the office, I'm willing to bet you make quite a few good choices each day. Sure, you will have those days where you slip up a bit (or a lot), but you can always refer to that list of positives to remind yourself that one slip does not make you a total failure. And as far as having a lot of weight to lose and wanting to find stories of people like yourself, try doing a simple search on the web for weight loss success stories. Dr. Google, my esteemed colleague, showed me numerous websites with stories of people losing over 100 pounds. Hang in there Twyla! Nothing is impossible . . . except for maybe the Cubs winning the World Series.

Q: Dear Dr. Boz: Is there any way that I can attain the level of coolness that you have? Anyway, I've read your articles since I was a kid (even though this is only your second article). I'm not as old as I feel, but I just can't

find the energy, or time, or motivation to exercise. I hear about the Fluffybootcamphappytimething, but exercising in a group of people makes me feel awkward. What if I can't keep up? What if I look stupid? What is the square root of X? I think I eat a balanced diet, I try to eat almonds almost every day (I just LOVE Snickers with almonds), but just can't seem to get off this plateau. I guess my real question would be: How do people find the time to eat right and exercise with being as busy as I feel? *Ivana Start*

A: Ivana, you make me blush! While I AM quite cool, I am hardly at a level that cannot be attained by mere mortals. All it takes is wit, charm, good genetics, and a few conveniently placed unmarked bills to be as cool as me. Sadly, neither of us will EVER reach the level of Oprah. Sigh . . .

Oh yeah, you asked an excellent question about time management. In this crazy, mixed up world where everything has to be done OMG — RIGHT NOW, it is hard to carve out a little “me” time. You’d think that technology that makes things faster would give us more leisure time, but sadly this only leads to higher expectations, which in turn leads many of us to begin sacrificing ourselves to the beast of the machine.

I’m here to say just one thing: STOP IT! This is the classic case of burning the candle at both ends, except now we burn it from about 900 separate sides. We simply cannot keep this up forever, especially if we neglect our own wellness along the way. The truth of the matter is that you will be no good to anyone else if you don’t take care of you first. So rather than trying to “fit” exercise and eating healthy into your day, try fitting in everything else around your exercising and eating healthy. Make YOU the priority rather than everything else.

“But Dr. Boz, I can’t do that! Everyone says I have to bow down to their wishes! Waaaah!” I know it seems like we are not allowed to ever be “selfish.” The truth is that, if we wait for others to give us permission, more than likely we will never get it. So give yourself permission to put yourself at the top of the priority list. This doesn’t mean you have to schedule your entire day around a trip to the gym. It simply means it is OK to schedule gym time, or time to make a healthy supper, or time to sleep. By taking care of all of these things, you are actually setting yourself up to be more functional for everyone else. So really it is a win-win for everyone.

Every week you get several emails about exercise opportunities at work, so you know when to go. Who really cares if you look silly at the Fluffybootcamphappytimething, anyway? Surely you can’t look any sillier than the guy who leads it! I mean have you ever seen him “dance?” He is out of his mind, I swear! Just go at your own pace and enjoy the company. But most importantly, know that you are doing something for yourself, and that outweighs any kind of goofiness that comes from exercising.

Q: Hey Dr. Boz! Whatever happened to the old 80's unitards and headbands? That look was just so dang neeto! *Fashionista in the Fort*

A: Some things deserve to remain the past. If you really pine to see some quality 80's fashion, I'd recommend watching the movie “Flashdance.” Otherwise, contact your local costume shop. However, I believe Aquanet might still be available at your local grocery store, so all is not lost! Next question!

Q: Heya Doc! Whazzup? Hear you're GREAT at what you do (even though I missed your first column). I'm having

trouble with family support while I'm trying to lose weight. I know you're supposed to make exercise fun, but my family is turning it into a chore. They say things like “why don't you go ride your bike, you need the exercise” and “why don't you go get the paper, you need the exercise.” Now, I'm not saying that I wouldn't do this stuff on my own, but when they say things like that, I want to do just the opposite! How do you tell people - so they LISTEN - that their help isn't really helping and it makes you feel more like a slave! *Had-it-up-to-here, Richmond*

A: Oh my! I will have to choose my words carefully on this one, because my initial response included several less than appropriate words. Your family makes me very angry! I can certainly understand the inclination to want to do the opposite. It is kind of an “I'll show you” response that, sadly, only makes the problem worse.

Part of me thinks that maybe your family, perhaps unconsciously, does not want you to succeed. Many times people will try to undermine their loved ones to keep things status quo. At first, it doesn't make much sense, because we assume that our family would ultimately want us to succeed. But again, you know what they say when we assume, right?

Sometimes it is scary when our loved ones try to change. I mean, let's say you succeed, lose weight, and become healthy. Maybe your attitude changes a bit. Maybe you decide you want to change more. Maybe you decide to up and leave! I'm not saying these things would actually occur, but some people have a fear that if one thing changes then more changes, and before you know it nothing is the same.

I don't necessarily have any great advice on how to make people listen. The best thing I can say is to be direct and say "I feel bad when I hear those comments, and I do not find them helpful or encouraging. Maybe one thing you can do to help me is . . ." I think the bigger issue is for you to remind yourself of your own goals. By choosing to not exercise or do something positive for yourself, just to teach someone a lesson, you are only hurting yourself. It is WAY more empowering to do it in spite of their negative comments. Much the same as I said in an earlier answer, put you at the top of the priority list. Say to yourself "I'm going to exercise because I want to, not because YOU think I should." Or maybe the next time you get another one of those snide remarks about getting the paper you can reply with something like, "OK and you can go clean the commode, because clearly you need to cut the crap!"

That might not be so helpful . . . but it felt good typing it!

I'm fresh out of advice this week. Please...PLEASE send your questions to the good Dr. Boz at drboz75@yahoo.com. Otherwise, he will be forced to make stuff up, which is somewhat dangerous. As always, Dr. Boz reserves the right to edit the content of your question so as to make it more amusing, unless of course you are amusing in your own right, in which case it shall remain the same. Dr. Boz also reserves the right to talk in third person so as to sound super important and literary. Take care folks, and remember that just because they make Marshmallow Peeps doesn't mean you have to eat them!