

## Getting back on track

Does this sound familiar?

*“I just don’t know what happened. Jimmy and the family did so well on the program until my dad was hospitalized last month and we started eating out a lot. Then soccer season ended and softball just didn’t seem to be giving Jimmy much of a workout. He started watching a lot more TV. I was so busy with work and with my dad that I guess I just didn’t notice that Jimmy had started to put on weight again after staying consistently the same weight over the several months we had been consistent with the program. We’re ready to commit again, and I know we can do it. After all, we did it once before.” (adapted from Trim Kids, 2001)*

It might be as serious as a hospitalized family member or it just might be life is even busier than usual. More homework for the kids, longer hours at the office, a friend in need, older parents and/or siblings requiring our extra help. Whatever it is, it is easy to lapse from your regular healthy routines that you have all been adopting over the past year. Everyone lapses (engages in an old, unhealthy behavior) here and there, but if you find you and/or your child/family are doing this more than once a week it is time to reassess your priorities and goals.

Have you been reintroducing high-fat, tempting foods back into the house? Are you sticking with the firm limits you have established around screen time (TV, video/computer games)? Are you still making an effort to serve one or two vegetables with dinner and have lots of fresh fruit out available on the counter? Are you making an effort to provide opportunities for physical activity for your entire family? If not, why not?

Try not to get discouraged. We are all human. Sit down with your family. Restate your goals and priorities as a family who strives to be healthy and balanced. Commit to eating at the dinner table only, eating breakfast, only taking the stairs, drinking water when thirsty, being active on most days of the week, and only eating fast food once every two weeks (if that!).

Every one of you came in for your initial visit with us anxious to “do something” to help your child and family. Don’t lose that initial drive that gave you the courage to call and get started. The only way one fails, is to quit trying. This is hard stuff!! Trying to be healthy in a toxic world where many have already given up (look around you at the mall or Costco) is daunting, but very doable if one breaks it down to one meal at a time, one day at a time.

We’re here to help you identify what you can do in your family to help you become healthy for a lifetime, one step at a time. Dr. Kris likes to say and end all of his e-mails with “**One small consistent change in our behavior has a GIANT impact on our health**”. Go back to making small, doable goals, write

down what you're eating, and remember to reward yourself and your child with non-food rewards for a job well done....when it is!