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Why do my mind and body lie to me?

Thursday, October 18, 2012

If I feel good, eat healthy and exercise, isn't that enough? No, not for me and looking around at the general population, not for a lot of other people either. Without some objective measure, it's way too easy to deceive myself.

The voice in my head says:
 Compared to others, I'm not fat
 Compared to others, I'm fit.
 Compared to others, I don't eat a lot.
 Compared to others, I eat healthy.

But I'm not the others and if I only depend on subjective measures, I'm going to be one of them – again! Society is giving me license to gain weight. Clothing manufacturers allow me to feel good about myself by calling my 38" inch hips "small!" or in the case of one brand "extra small." Yeah, sure! It was their miracle fabrics that allowed me to gain 25 pounds and still fit into the same clothes. Who knew underwear could stretch like that?

My body knows what it needs, right?
 Why does MY body think it needs so much sugar and salt?

Without a stopwatch my mind overestimates the distance I've run and underestimates the time elapsed. Without a food scale, I underestimate portion size. Without reading food labels, I underestimate calories, sugar and salt. Over time this has unfortunate consequences.

I do get a complete physical every year or two, but I can do a lot of damage in that time. A lot of chronic conditions can creep up on you with no early symptoms at all.

Fortunately, I have an objective measure to keep me honest. I have a scale. It's great for maintenance. (Yes, I know it doesn't define my self worth and I'm aware of daily fluctuations) However, if the trend is up, up, up, I can't continue to lie to myself. I'm doing something wrong and I want to find out in time before it's hard to turn things around.

I want to make this weight loss journey a one-time trip and just stay at my destination permanently.

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MPLSLINDA

You're touching on some really big issues with this blog, each worthy of their own post, if not a book! The comparisons we make with others, the advertising and marketing pressures to eat, the cultural judgments against fat people, the changes to clothing sizes. If I want to know I'm obese, I don't need to look much further than that list.

Losing weight and maintaining a healthy weight is countercultural these days.
3158 days ago



SOUTH_FORK

I absolutely agree, we all need tools to hold ourselves accountable. However, sometimes the less rigid measures are equally important. While the scale is nearly inexorable in its downward progress in my case, I am delighting in being able to run and play with my sons like never before, climb a roof ladder without feeling shaky, or take a morning run (without needing to be carried home,j/k). For me, I have to balance the scale with all the other measures of health- something I

KNOW a smart cookie like you is already doing anyway! 🍪 The 30 pounds I've lost would never have crept on (with a few of their friends) if I had been more diligent...
3161 days ago



CD12758218

Wonderful blog. Your attitude and approach are inspiring!
3161 days ago



CD12911945

So true, thanks.
Kate
3161 days ago



SUZYMOBILE

Brava!

Bill and I were just talking last night about how clever our minds are at trying to trick us. Mine often tries to talk me into adding just one more thing to my regular meals, plays little games about how much of everything I actually eat, tells me I don't really need to work out when I know better.

We are our own worst enemies sometimes, but so is (for lack of a better word) agribusiness. Bill just finished and has been transformed by the book "Wheat Belly." He's sworn off (gasp!) pasta and beer, among other things. The basic message is that we're being inundated with genetically modified wheat that is not only not good for us, but addictive. I bet 75% of what's in a typical supermarket contains gluten. I barely eat any wheat products myself any more and just traded Total for Corn Chex. I'll let you know if I see a difference after a couple of weeks of this, but it should make a BIG difference for Bill.
3161 days ago



MJZHERE

Very well said! Right there with you. This drive to compare ourselves with others is exactly one of the things I used to justify all the extra weight - kept looking and would say, "its not so bad." Thank God I started having a hard time carrying the weight around - my body said no! Even when I was younger my back would complain of the extra 10 lbs and that use to keep me in check (being very active I think I felt it more-now a silver lining from my accident). Definitely nothing in our society anymore to keep me in check.
3161 days ago



62NVON

I find myself with the same mindset sometimes... Thanks for the reminder to keep pushing and use objective measures.



3161 days ago



CELIAMINER

So much truth in your blog! I depend on my scales, both for my weight and my food, and on my watch and/or mapping technology for time and distance measurement. Much harder to argue or lie to myself when presented with cold, hard numbers.
3161 days ago




MISCHAKEO

You are right about society welcoming obesity. Being thin is not the norm.

Ironically, when I was overweight, I thought you would just fit in when you were thin and be normal like everyone else. the truth is that being thin, exercising, eating healthy is NOT normal for our society..You are on your own.

Hope you find a solution to the up scale. I went through that a few weeks ago.



Great blog. 
3161 days ago



MISSUSRIVERRAT

A lot of good points in your blog!



3161 days ago



BOILHAM

Nice blog, but reading it just puts me in 'grumpy old man' mode. It is a crying shame that society has given us license to be fat, lazy, and unhealthy. We are now giving awards to our kids for showing up. No need to strive for excellence, you're a winner if you have a pulse.



3161 days ago



MISSILENE

Oh this blog is perfect. I love your thoughts and attitude. Thank so much for posting it.



3161 days ago

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