

GIVE YOURSELF A MIND, BODY & SOUL MAKEOVER IN 2012:

by Amy Pedersen

Most Americans start each year with a resolution that they not only pledge to keep, but are excited to accomplish. Despite our best intentions, however, surveys show that only 8 percent of Americans keep these resolutions. Instead of setting a resolution that we are unlikely to keep, I suggest a mind, body and soul makeover to start the new year off right. Although self-enrichment can be a challenging undertaking, you can be on your way to a healthier, happier you with these insights.

TIP 1: MIND YOUR P'S (POSITIVITY, THAT IS!)

So, how do we feel good about ourselves when the media tells us we are headed for another recession, when our clothes are tighter after the holidays and there is never enough time to finish all those things on our to-do lists? It is very easy to see all of the flaws or issues in our lives. I compare this to completing a 500-piece puzzle that is missing one piece. The eye is easily drawn to the area where the missing piece should be, instead of the beautiful image that the other 499 pieces make. It is a matter of perspective. Our attitude, or mental state, plays a big part in who we are, what we can accomplish and what we think about ourselves and others. We should challenge ourselves to see the good in everything.

It has taken me years to learn this and even now, I still have to be cognizant of maintaining a positive attitude and overriding my natural thought process. For most of my life, I took the "glass is half empty" approach. I eventually became my own experiment though. It is a science fundamental - like attracts like, negativity breeds more negativity. If you want more good in your life, you have to think positive thoughts in order to welcome that good into your world. It is the basic "Law of Attraction." You attract back what you put forth. When I focused on the negative, bad things continued to plague me, but when I made a cognizant effort to maintain a positive attitude, I started to experience more positivity.

Now, I try to start thinking positive thoughts from the moment I wake up. In days of old, I would have complained and moaned about still being tired, not being able to get everything done that I needed to do, a dreaded project on my to-do list that day, etc. When I proactively changed my thoughts, however, my attitude changed and I started to see major improvement in my life. Now, I hit the snooze button – thankful for (at least) nine more minutes before I get up to take on the day. I use that time for morning reflection, meditation and prayer. I silently thank God for all the blessings in my life. I think about my goals and what

*Look and Feel Good from
the Inside Out!*

actions will help me get there the fastest and will help bring me the most happiness. It is a wonderful way to start each day. Talk about waking up on the right side of the bed each morning!

TIP 2: BODY BEAUTIFUL

People tend to start diets in the new year. I believe D-I-E-T is a "four-letter word." One should not diet to lose weight. When you lose something, what do you want to do? Find it! We do not want to find the weight we have lost again! The new year is a time for renewed commitments to making healthy choices and making lifestyle changes to find and maintain a healthy you.

Start by loving every inch of your body and appreciating the fact that you are on an expedition of sorts. Love yourself no matter if you are just beginning your transformation or you are already at your target weight. It is not just about the destination, it is about the journey. It is not the number on the scale that defines you. That number is not a reflection of the real you; YOU are what matters, YOU are what is important, and YOU are beautiful.

Finally, most people want to look and feel as beautiful on the outside as they are on the inside. No matter where they are on their journey, most women (and some men) look to shapewear to help them look and feel their best. Whether they are at the beginning or end of their weight-loss journey, women and men turn to shapewear to address issues around excess skin. Shapewear is a wonderful resource for helping you visualize how you will look as you progress on your journey and a wonderful way to lift your spirits on your path to a healthier and happier you.

TIP 3: BE SOULFUL

The last piece of your makeover is about your soul or your self-esteem. The dictionary defines self-esteem as "a confidence and satisfaction in oneself." But, self-esteem is so much more than that, right? Self-esteem encompasses what we think and how we respond to a myriad of situations that come at us every day. It is amazing how two little words can have such an impact on all aspects of our life.

Through personal experiences in my life, I have learned a lot about self-esteem – sometimes about losing it and luckily finding it again! I learned that self-esteem is not based on others' opinions, having the latest fashion style or even being rewarded as a top leader in your field. I have learned it is not about numbers, such as the number on the scale or the number in your bank account. I have



learned that self-esteem comes from within and only you can change your outlook on life. It is about accepting who you are, the scars as well as the beauty marks. After all, we are all human. We were all created for a reason and not one of us is perfect.

And to have confidence and self-esteem, remain true to your core principles:

- Be the authentic you, not a duplicate of those around you. We are all special and unique in our own ways. We all have natural skills and abilities, and candidly, we all have deficits in some areas too.
- Know your strengths as well as your weaknesses. Claim them. Celebrate those differences and promote the good in who you truly are.
- Carve out your niche and claim that space. Do not try to be all things to all people. Find your niche and exude you in all you do.

As a business example, my company, Slimpressions®, was not the first company in the shapewear industry. We focused on a select challenge many women have that was not offered anywhere else – excess/loose skin on the upper arm. So, we created a niche within a niche. Do the same for yourself. Do not try to be all things to all people. Find your niche and exude you in all you do.

You may even wish to create your own personal mission and goals for your life, which will act as a constant reminder to be true to yourself. Once you define your dreams and your mission, you will find your soul sings and your self-esteem will soar!

The mind, body and soul makeover is not accomplished overnight, but rather through thoughtful insights to changing habits throughout time and creating harmonious and dynamic equilibrium between all aspects of you. Here's to a healthy and happy you in 2012! May this be the best year of your journey... so far!

About the Author:

Amy Pedersen is the co-founder of Slimpressions® shapewear, a published author and professional speaker. A 2010 and 2011 Weight-loss Surgery Award Winner, Slimpressions® is often referred to as “real shapewear for real women.” For more information, including more mind, body and soul tips, please visit www.slimpressions.com and sign-up for the free newsletter.

Membership Application

OAC Membership Categories

(select one)

- Individual Membership: \$20/year
- Institutional Membership: \$500/year
- Chairman's Council Membership: \$1,000+/year

OAC Membership Add-ons

(optional, but only accessible by OAC members)

Add-on 1: Educational Resources

To order bulk copies of OAC resources, members can purchase educational packages. If you'd like to order resources, select one of the below packages.

- Standard Package**
10-50 educational pieces/quarter \$50/year
- Deluxe Package**
51-100 pieces/quarter \$100/year
- Premium Package**
100-250 educational pieces/quarter \$150/year

Add-on 2: Make a General Donation

Make a tax-deductible donation to the OAC when joining as a member. Your donation helps the OAC's educational and advocacy efforts.

- \$5
- \$10
- \$25
- \$50
- \$100
- Other _____

Membership/Add-on Totals:

Membership Category: \$ _____

Add-on 1 (if applicable): +\$ _____

Add-on 2 (if applicable): +\$ _____

TOTAL MEMBERSHIP PAYMENT: \$ _____

Contact Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Payment Information

- Check (payable to the OAC) for \$ _____.
- Credit card for my TOTAL membership fee of \$ _____.
 - Discover®
 - Visa®
 - MasterCard®
 - Amex®

Credit Card Number: _____

Expiration Date: _____ Billing Zip Code: _____

RETURN TO:

Mail: OAC
4511 North Himes Ave., Ste. 250
Tampa, FL 33614

Fax: (813) 873-7838



MEMBERSHIP



Building a Coalition of those Affected

The OAC is the **ONLY** non-profit organization whose sole focus is helping those affected by obesity. The OAC is a great place to turn if you are looking for a way to get involved and give back to the cause of obesity.

There are a variety of ways that you can make a difference, but the first-step is to become an OAC Member. The great thing about OAC membership is that you can be as involved as you would like. Simply being a member contributes to the cause of obesity.

Why YOU Should Become an OAC Member

Quite simply, because the voice of those affected needs to be built! The OAC not only provides valuable public education on obesity, but we also conduct a variety of advocacy efforts. With advocacy, our voice must be strong. And, membership is what gives the OAC its strong voice.

Membership Benefits

Benefits to Individual Membership

- Official welcome letter and membership card
- Annual subscription to the OAC's publication, *Your Weight Matters Magazine*
- Subscriptions to the *OAC Members Make a Difference* and *Obesity Action Alert* monthly e-newsletters
- "Bias Buster" Alerts, alerting specifically to issues of weight bias
- Immediate Advocacy Alerts on urgent advocacy issues and access to the OAC's expert advocacy team
- Ability to lend your voice to the cause

