

Proactive Lifestyle Changes

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Day to day poor eating habits have a way of becoming the “norm” – a way of life that doesn’t merit a second thought. During the time that I was gaining weight on a daily basis, my poor diet was always in the back of my mind, but when I got very busy with work and other commitments, I always managed to get through the day without worrying about what kind or the amount of food I consumed. I’d just tell myself that I would start fresh tomorrow.

But tomorrow never came.

And the weight problem became more than just a problem; it became a life or death situation.

Letting poor eating habits go on for too long could have dire medical consequences. Those consequences include, but are not limited to, diabetes, heart disease, metabolic syndrome, and respiratory problems.

We all face the difficulties of “staying with the program”. . .

staying focused on eating a healthy diet, exercising, and dealing with your underlying issues.

I urge you to take your health seriously now and get help before the medical problems begin.

Once the medical issues take hold and the control is out of your hands, it gets more and more difficult to make the necessary lifestyle changes.

The setback of dealing with any illness saps your strength, your emotional state and your resolve.

I was one of those fortunate people who made the decision to get help before I was forced to deal with medical problems. But I have seen others who are not as fortunate and I can tell you, personally, that it is difficult to watch them struggle both physically and mentally trying to get a grip and take their life back.

Think about your own situation and ask yourself if today is the day to seek help in reaching your goal.

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