



ONE STEP AT A TIME

Written by Deb Oro, DMD, Oro Dental Medicine

Putting on my favorite pair of old blue jeans was a struggle, they were almost uncomfortable. "Bob," I asked of my husband, "do these make my butt look fat?"

When he didn't immediately answer, I glanced up from the mirror to see a momentary "deer in the headlights" frozen expression and realized I had put him in a no-win situation. He quickly said I looked beautiful as always. He truly meant it and I realized it was not him but me that was concerned about the tightness on my clothes.

Yes, I had gained weight, not that much, but enough to be uncomfortable. It was time again to take action and lose weight, but I was tired of diets. Having reached the "age of wisdom" (over 50), I realized it was time to make a lifestyle change. The average person gains one pound a year for every year after the age of 30, so my first vow to myself was not to gain weight.

I decided I would not punish myself for the weight I was at, but I also would make maintaining my weight a priority as well make exercising part of my daily routine.

I don't know about you, but getting to the gym or participating in a sport daily is not possible with my schedule. However, I also learned tracking my steps and shooting for 10,000 steps a day could help me be healthier and maintain/lose weight.

I worked my way towards adding steps by parking further from the door of the office/store/house. I walked whenever I could. I did not take escalators/elevators and got up from my desk at least once an hour to walk the hallways for a few minutes. (I found it also got my brain to think clearer and faster).

In the long run, I lost just a pound or two but I lost fat! So much so that my clothes fit loosely and comfortably again and I felt healthier to boot! That was almost eight years ago....

Want to track your steps? Join us at www.HealthiestTowninAmerica.com and track your steps to a healthier lifestyle...and don't forget the Healthiest Town in America Spring Event and Walk/Run March 5th, 2011. Join us for the camaraderie, visit over 50 booths of health professionals whose goal is helping you in your quest for a healthier life, and enjoy the stage show. You'll be glad you did!

Enjoy the Journey,

Debbie Oro

Debbie Oro, DMD, wife, mother, dentist/innovator of the Dental Virtual Facelift® and community activist.
www.oro dental.com

Oro
DENTAL
MEDICINE

**Vendors at the
Spring 2010 Event**



***Interested in participating
as a sponsor/vendor?***

***Contact Kathy Dunn at 576-8031
or kathrynjo5161@yahoo.com***

Or go to www.HealthiestTowninAmerica.com

Healthiest Town in America: Bringing former U.S. Surgeon General Dr. Carmona's vision of healthier lifestyles to our community.