

## Organizing your way to fitness!

Written by Valecia Weeks, CPT, LMT  
Sunday, 05 February 2012 00:00

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### *Health and Fitness* **For The Busy Woman** BY VALECIA WEEKS, CPT, LMT



**Health and Fitness**

**For The Busy Woman**

**By Valecia Weeks, CPT, LMT**

## **ORGANIZING YOUR WAY TO FITNESS**

You have to make the time to take care of your most valuable asset...YOU. Without that asset you have nothing. That means taking the time to purge anything that may get in your way of being and staying fit. The best way for you to be in control is to be organized. When you organize your life and home, you no longer have the excuse of not having time to be consistent with a fitness regimen.

I never knew how important organization was to being able to fit in being able to workout consistently until I attended an event at Micci Marmalade, a fashion studio owned by Ronda Whiteing. After listening to Neidra Blair, professional organizing diva, on how to declutter and organize my home, (thus decluttering my life) and hearing Priscilla Andersen, owner of My Natural Pharmacy...I realized in order to move forward with a healthy lifestyle, I had to consider making some changes. As Neitra says, "Resituating things can make life easier." Neitra suggested doing the following as a "get started" for organizing your closet:

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- Before starting – “Purge.” Out with the old and in with the new. Whenever something comes in, something has to go out.
  - Get rid of wire and plastic hangers and get felt slim line hangers they tend to save space.
  - Hang garments backward on the hanging rack that you think you “might” wear. If the hanger is still backward after a certain amount of time, it’s time to purge and get rid of that garment.
    - Store sweaters in a box during the summer months
    - Put a peg board on the wall in your closet to pin jewelry to.

After completing the task of organizing our lives, we now have time to be healthy and fit. Professional Pharmacist and owner of My Natural Pharmacy, Priscilla Andersen, says, “your natural prescription for good health”-consider using vitamins and supplements instead of prescriptions when possible. Along with a regular workout regimen, it is good to supplement your diet with a natural supplement. Now, of course if there is cancer or other terminal illnesses, follow the prescriptions that your physician has prescribed for you; but, things like non-threatening constipation, those private summers, and hormone balance issues, it is good to use natural supplements along with a healthy diet and workout regimen. Below are some of Priscilla’s suggestions on where to start. She suggests using supplements when you can to help with your problem areas.

- Do at least 10 minutes of fitness daily
- Eat small meals
- Eat very little sugar (less than 20 grams a day)
- 50% of our food should go from the ground to the plate
- Transition from drugs to herbs if it’s safe to do so
- Divas, supplement with hormone therapy
- Colon cleanse every 6 to 8 months

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You owe it to your future to get this part of your life on track. Sometimes it's the little things like getting organized and being advised on how to supplement balanced nutrition that make getting fit and staying healthy much easier. So, what are you waiting for, Ms. Diva. Let's Get Goin'. Enjoy!

### **Harris County Hospital District Cautions:**

#### **Don't Let Supersized Super Bowl Snacks Ruin Your Waistline**

The holidays are over, the New Year is here, and people across the country are trying to eat healthier despite temptations around every corner — including events like the Super Bowl, where fatty, salty, high-calorie foods are a staple during the annual tradition.

But, you don't have to let supersized snacks ruin your waistline.

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“Overeating during the game is easy to do, especially when you’re sitting for long stretches of time sharing snacks from large containers,” says Ann Smith Barnes, MD, medical director, Weight Management Services and Disease Prevention, Harris County Hospital District. “Before you know it, you’ve eaten an entire bag of chips. But, with a little planning, you can enjoy healthier snacks.”

Barnes offers the following tips:

- Choose veggie-based dips such as salsa or pico de gallo to save on calories. Spices also help curb your appetite. If you make cream-based dips, use fat-free mayonnaise, sour cream and cream cheese.
- Opt for baked chips, pretzels, trail mix or goldfish over regular potato chips. They contain less fat, calories and sodium, and kids like them too.
- Make pre-packaged popcorn bags with a cup of popcorn in each bag, or buy small cups for scooping to control portion size. Leave out extra salt and butter to cut additional calories.
  
- Prepare a vegetable tray and use light or reduced-calorie ingredients for traditional dips like onion dip. Fill with carrots, celery, cauliflower, broccoli, bell peppers, cucumbers and tomatoes and replenish throughout the game.
- After the pre-game snacking, some of the bigger temptations lie in the main meal and desserts. But, Barnes says lower-calorie versions of your favorite half-time foods can be modified to keep you and your guests on a healthier course.
- Bake chicken wings instead of frying them, and use your favorite seasoning to glaze instead of heavy sauces. Skip the ranch/bleu cheese for dipping. Just two pieces (one serving, 2.6 ounces) of fried, boneless chicken wings with ranch sauce (1.5 ounces) packs 230 calories, according to [calorieking.com](http://calorieking.com).
- Make your own pizzas. Buy thin crust to save on calories and load with veggies. If you add meat, choose lean ground beef and top with reduced-fat or low fat shredded cheese.
- Make a healthier version of chili by using lean beef, turkey or chicken. Load it with healthy ingredients like tomatoes. Add a variety of beans, which are high in fiber and make you feel full. Serve in mugs instead of large bowls.
- Serve fruit for dessert. Cut up pineapples, strawberries, melon, apples and make a simple fruit dip using light Cool Whip or vanilla yogurt.
- Make a light version of strawberry shortcake by preparing angel food cake and serve with strawberries and light whipped cream.
- Cut brownies and cookies into bite size portions. For ice cream, choose lower calorie/low fat versions.

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“Balance and portion control are key at any party,” Barnes says. “You don’t have to pass up your favorite foods – just eat them in moderation to score a healthy meal during the Super Bowl.”

The Harris County Hospital District ([hchdonline.com](http://hchdonline.com)) is the community-owned healthcare system for the nation’s third most-populous county, and offers inpatient and outpatient healthcare in more than 40 locations. Harris County Hospital District has been named among the Best Hospitals in the region by U.S. News & World Report and is the recipient of the prestigious National Committee for Quality Assurance designation for its network of patient-centered medical homes. The hospital district is staffed by faculty and residents from nationally ranked medical schools, Baylor College of Medicine and The University of Texas Health Science Center at Houston (UTHealth).