

# 90/10 Rule of Good Health

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Does working out, trying to lose weight, eating healthy seems too disheartening of a task for you? It means lots of sacrificing right? Having only water at your best friends wedding, no birthday cake at your son's birthday party, and absolutely no Christmas cookies and pecan pie. Health and fitness professionals having been using the 90/10 rule off and on since the fitness craze started in the 70's. It has always been a behind the scenes idea that never got a lot of attention because it was not, a lose weight quick or workout 8 minutes a day idea. But for a lifetime of good health this will help you maintain some sense of a well-balanced lifestyle.

It mostly comes down to one basic idea, adopting a well balanced healthy lifestyle *90 percent* of the time. What is included in a healthy lifestyle; it's building in lots of physical activity into your daily life, for instance walks after dinner with the family, going to the gym for a yoga class on your lunch break and mowing the lawn (pushing not riding of course). Did you know that is only takes 10 unburned calories a day to produce a pound of weight in a year? But parking on the far end of the grocery store parking lot or walking from the Administration building to the library would solve that. But it also means eating a well balanced diet with lots of whole grain food, fruits, vegetables and non-processed meals prepared at home. Can you do that 90% of the time? Of course you can what choice do you have. Maybe you choose adult onset diabetes instead, or cardiovascular disease, or something as simple as not being able to go for a walk around the block with your kids or roommates.

So 90% of the time you eat correctly and do your best to maintain an exercise program but, (and this is the good news part) 10% of the time you blow off exercising and eat what the heck you want to without beating yourself up. Basically the 90/10 rule translates into about 37 days off for bad behavior over the course of one year. This means going home for Christmas break, spring break and all the birthday parties and weddings you can handle and still have some days to spare. How does that sound? Very doable number, if you pay attention to it.

So live your life, go out Saturday night and enjoy the evening just be aware of the eating and exercise choices you make *most days of the week*.

Healthy living should not be about sacrifice, which is no way to live. LIVE!