

LET HEALTH HAPPEN



**Dr. Geoff
Walburn,
D.C.**

I read an article by Jillian (Biggest Loser) on excuses for not being fit. One particular excuse stood out – I don't have time to eat right or exercise. Life gets in the way of even the best laid plans and I happen to be an expert with this method of self-sabotage. However, I have found something that works for me and I've seen it work for many others as well.

The reason we don't have time to exercise and eat right is the same reason we don't have time for every good intention in life – failure to plan and organize our time. It doesn't sound very glamorous, but I know my life works better when I set aside ? an hour every Sunday evening to plan my entire week in detail. I use a spreadsheet and 5 different colored highlighters and I follow these rules. First I mark out the time for things I have to do such as work and responsibilities and color these in with one color. Next, I mark out time for family, church and social commitments and color these. What you will find when this is done is that there is more blank white space left on the page than anticipated. This space should be filled with

goal oriented tasks and your good intentions. This is where I will set out time for exercise, special projects, hobbies, reading, meditation, and even sleep (because I know how much I need to feel my best). Meals can even be planned so that you don't get trapped into fast food.

I know this sounds mundane, but it works! There's something about writing things down in advance that makes them happen. I've uploaded a blank spreadsheet on my website as well as a sample sheet already filled out. Go to www.rivertownchiro.com and click on the tab titled "articles". Print out the top two documents if you believe you could benefit from this strategy. To receive regular updates on health and wellness, sign in on the home page of the website while you are there!

RIVERTOWN CHIROPRACTIC, LLC

812-273-HEAL (4325)

401 E. Second Street • Madison, IN