



## **March Motivation** By Dr. Ryan Lombardo, DAOM, BCIM, ABAAHP

Long winter months and arctic blasts are the perfect recipe for a diet disaster. We stay inside longer, looking for warmth and comfort, ultimately leading to more couch time, more boredom, and more kitchen cravings. Who knows what trouble this can stir up? Maybe a few extra bites, a drink or two...or three, late night pantry raids and baking marathons... It all sounds fun until we realize that our New Year's resolutions just derailed before we even hit February. March arrives, and we see another mountain to climb.

Don't beat yourself up! It's not too late to reverse the damage. You may just need a new perspective to prevent the downward spiral from continuing. I think we forget that we are first and foremost still animals. Animals like humans are meant to slow down and chill in the winter, but we insist on committing ourselves to weight loss and other potentially unrealistic expectations without the tools and understanding to succeed. When we fail, this leads to frustration and disappointment, then often a "%\$#@ it" attitude where we run the opposite direction into unhealthy behaviors.

This self-sabotage is both unfortunate and unnecessary. Sometimes it's not just about our body, but also about our minds. We should realize that healthy habits take time to create and require a mindset of commitment and compassion for ourselves. We may need different forms of conditioning to achieve our goals. Achieving a healthy body is a lifestyle choice... a choice that continues not just once, but multiple times each day. Very few people have it in them to rip off the bandage and start a new life. Most people need an action plan with concrete goals and methods to reach them. Most people also need a compelling reason why they should continue to strive for their healthy outcomes. And still, most people need outside support to stay motivated. It may take a health scare, an ultimatum, or solid data about your body and health status to steer you back on track.

There are simple ways to learn more about how your body works, which will help prepare your mind for the changes that need to take place. Body composition tests, metabolic lab work, food sensitivities, nutrient deficiency testing, hormone optimization and more can help you learn what is needed. The data will also help with explaining to your family and friends why you are making these changes, which will go a long way in helping them to support your cause. Surrounding yourself with positive people, experienced coaches, and educated healthcare providers is an excellent way to ensure your success.

Once we acknowledge that we can't always get what we want without a little help from our friends, we find that extra bit of motivation it takes to keep moving and making healthy choices.

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