

Anything you do in life has a Process. The means to the end. School is the Process, a diploma and rewarding career is the Payoff. Working is the Process, a nice home and providing for your family is the Payoff. Stirring a pot of dough is the Process, and an incredibly tasty fudgy brownie is the Payoff!

When it comes to changing your body, we see the Process to becoming leaner and healthier as just too hard. They tell us 20 minutes on the treadmill, increase to 30 minutes, increase to 60 minutes. Hours of aerobic classes. Feel the Burn! All to burn off the caloric equivalent of a glazed donut. That Process is too hard!!

I have seen thousands of people successfully "get in shape" because they thought about the Payoff, but found the joy in the Process.

The Process involves the getting there, the doing, the feeling your body change, firm up. Lots of things we enjoy are more about the Process, than the Payoff.

Take an activity I really love, eating. Back thousands of years ago when people first started walking upright on two legs, eating was the Payoff and the Payoff was the whole deal. There was no Process. People ate what they could find. They might have tried grasses, fruits, bark, a handful of soil, anything they came across. How else would we know "fruit good, dirt yucky"? Then someone, maybe Julia Childs' great-great-great-on-and-on grandparent tried cooking. There is archeological evidence that suggests Neanderthal's used cooking tripods to hang food over a fire 45,000 years ago. The world's first bar-b-que.

Since then, Cooking, the Process, has grown much more popular and much more complex. Selecting ingredients and lots of chopping, mixing, cooking and careful presentation is considered before anyone takes a single bite. Cooking has become as big a deal as eating. Cooking has celebrity chefs, it's own TV channel. Cook books fill Amazon.com's warehouses with over 141,000 titles! Hey, maybe you and I could get back to our roots and write a cookbook, *Let's Cook with Tripods!*

Think about the time you redecorated your kitchen or bathroom. In the beginning, you could close your eyes and easily visualize the beautiful cabinetry, gleaming countertops, and amazing faucets. Your Payoff was clear. The Process of getting your Payoff was going from home store to tile store to website looking for your favorite items for the remodeling. This was great!

Then, some guys with workboots came stomping into your sparkling home and tore your cabinets from your walls and demolished the floors you had so carefully cleaned over the years. Didn't it feel like a wayward surgeon ripping your organs out of your body? The Process had turned ugly. But you didn't take the broom and chase them out, because your Payoff, your beautifully remodeled kitchen or bathroom, was getting closer to being a reality.

Well, I have noticed over the years something common to people who have successfully lost Excess Body Fat and received their body Payoff. They have simply discovered how satisfying the Process really is. They found an activity, a fitness class, a walking route or hiking trail, that they just enjoy.

You can easily do it if you remember three simple guidelines:

-Give your body a break from extreme diets, diet pills and false hopes. They have not, and will not, help you lose Excess Body Fat and get healthier long term.

-Give your body the time to get used to Physical Activity. Easy does it. A little today. A little tomorrow.

-Give yourself a break. Ignore those fashion magazine pictures of emaciated, sad-faced models. Change the channel from wacky reality TV "stars" who want you to believe a young, skin-and-bones body is the only path to happiness. From what I can see, worrying about an extra pound here or an extra laugh line there (they call them "wrinkles") only makes people miserable. Hey, TV people, have some chocolate ice cream and relax!

**To Lift Away Fat once and for all, toss off any idea that physical activity is anything but fun.**

Forget any notion that physical activity is too hard. Give your body, and yourself, the opportunity to feel good again. Click off LiftAwayFat.com. Go outside, and take a deep breath. Walk to the corner. Feel your leg muscles stretch with the movement. It's like letting a cooped up dog off the leash. Tighten your rear end a little as you walk. You are regaining control of your

body. Hold in your "stomach". We are all physical beings. Give your body a chance to remember that. And most of all, have fun doing it!

Make sure you take care of you today!