Make the good life a reality – Live Well.

How we live, the choices that we make, are the essence of our lives. We tend to focus on the importance of our infrequent major life decisions. However, the mundane daily decisions we so often take for granted, our everyday choices, are critical to our health and happiness.

We are all aware of the importance of living well. None of us could claim that if only we had known that being physically active, eating well and managing stress were good for us, then we would have lived our lives totally differently. As familiar as we are with these simple health principles, few of us, including myself, are effective at implementing them. Only 3% of Americans meet these four healthy lifestyle characteristics – being a nonsmoker, maintaining a healthy weight (BMI of 18.5 – 25), eating four servings of fruits and vegetables per day and being regularly physically active. A large gap exists between what we know and what we do. Because of the mismatch between the modern world we currently inhabit and our “hunter gatherer physiology”, we can’t just do what comes naturally.

Take the time and the effort to pay attention to your everyday choices. They do matter. Perfection is never possible. We could always do better or much worse. Fortunately, life continues to offer us the opportunity to make new choices, even until several minutes after we breathe our last breath. Be accepting of who you are and what you do. Grade yourself on a curve. Base your self-evaluations on effort and not on absolute achievement. The goal is feeling good, not guilty, about who you are and what you do. Resolve to live well by continuing to try to make healthy decisions.

In our modern mechanized world, physical activity is no longer automatic. Being regularly physically active requires a conscious commitment to making active choices. To avoid leading a sedentary life we must focus on making and taking regular opportunities for physical activity.

Living well in today’s society isn’t always easy, but it is rewarding and can actually be FUN. The Fitness That Works physical activity incentive program is ending, but keep trying to move more and sit less - ESCAPE the SOFA! Remember that some physical activity is better than none and those who participate in any amount of regular physical activity gain health benefits. More is not always necessary or necessarily better. Click on this link for the Be Active Your Way – Fact Sheet.

Thank you for participating! If I can ever assist you with your physical activity program, I am happy to try and help!

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