

Leyla Weighs In: The path of least resistance



Human behavior tells us (dictates) we are more likely to choose the path of least resistance. Not because we're lazy, but because disruption in our lives is not desirable. The path of least resistance requires only minimal effort on our part to achieve a task, objective or goal.

Think about how you can use, or better yet, *create* paths of least resistance within your lifestyle to achieve your health goals. For example, do you use up precious time in the morning looking for clean exercise duds or a misplaced sneaker on your



way to your 6:30 gym class, and then find yourself scrambling around the kitchen to scare up a decent breakfast?

Wouldn't you like to streamline your routine by creating a plan that can help you experience calm, stress-free mornings?

Have your workout duds laid out the night before and place your sneakers right next to them so you can jump into your exercise clothes as soon as you get out of bed in the morning.

If the gym is too far away, keep in mind this could eventually become an excuse not to go at all. Join one that's closer— or maybe closer to your workplace if that's more convenient. You can also do your workout at home using fitness DVDs or

subscribing to fitness/exercise channels on TV.

When you're done with your workout, make sure to have some breakfast options waiting for you in the fridge like hard boiled eggs, any leftover dinner from the night before that you can reheat quickly, a can of sardines or low-mercury tuna with some leftover salad, or some nuts and seeds and a small piece of seasonal fruit. That way you don't have to cook in the morning or start an exploration of the containers in the back of your fridge or pantry. A little planning the night before can go a long way.

Creating paths of least resistance can help you commit fully to your healthy lifestyle.

To your health!