

A Weigh of Life

Life Care is engaged in a wellness campaign at its corporate offices and in all of its nursing centers. That is appropriate, since we are a health care company, and caregivers should also take care of themselves. Wellness endeavors focus on diet, exercise and the encouragement we can share with one another as we gain success after success.

It is in that spirit, then, that I give you some “diet facts,” a list of observations about diet that someone collected and gave to me. Enjoy the truth of these conclusions as you read:

- A diet is a weigh of life.
- It's not the minutes spent at the table that put on weight, it's the seconds.
- It's something most of us do religiously: We eat what we want and pray we don't gain weight.
- The most fattening thing you can put in an ice cream sundae is a spoon.
- The biggest drawback to fasting for seven days is that it makes one weak.
- Sweets are the destiny that shapes our ends.
- Diets are for people who are thick and tired of it.
- The toughest part of a diet isn't watching what you eat. It's watching what other people eat.
- A diet is when you have to go to some length to change your width.
- The best way to lose weight is by skipping ... snacks and dessert.
- Most people gain weight by having intimate dinners for two – alone.
- People go to Weight Watchers to learn their lessens.
- A diet is the modern-day meal in which a family counts its calories instead of its blessings.

Do you identify with any of the above? I do!

--Beecher Hunter