

How You Can Stay Motivated When Around Food Temptations

How many times have you faced this situation? You've resolved to eat healthy, but a coworker brings in hot and fresh Krispy Kreme doughnuts into the office? Or freshly made brownies.

You know what I mean. Just substitute your favorite food temptation.

One newsletter reader wrote me to say she faces food temptations constantly. Cindy asked, "How do I stay motivated in a very stressful job with high-fat food around me at all times?" With Thanksgiving just around the corner, I thought I should share my answers to her question.

Surprisingly, two of them can be found in an old Brady Bunch song:

"When it's time to change you've got to rearrange. Move your heart to what you're gonna be. Sha na na na na na sha na na na na na ..."

1. Move your heart to what you're gonna be. First, you need to do a heart-check and be honest. Which do you want more: to be healthier and reach your ideal weight/size or indulge in the high-fat food? Again, tell the truth.

Now, don't get down on yourself if the answer is "I want the high-fat food more." If that's the case, you need to start coming up with strong enough reasons for being healthier. That's "move your heart to what you're gonna be." Instead of focusing on a temporary pleasure, focus on the ultimate pleasure you'll have with a lifetime of good health and a body that pleases you.

2. You've got to rearrange. Once you get your heart right,

rearrange your work area to make healthy eating easier so you're not as tempted by the high-fat food. If you're hungry but haven't kept healthy choices around, of course you'll eat high-fat foods. It's human nature.

Create your own nutritional safety zone. Keep a water jug at your desk at all times so you can stay hydrated, and don't mistake thirst for hunger. Keep healthy snacks nearby like apples, pears, oranges, a can of vegetable soup or some whole-wheat crackers. Store them in a basket on your desk or another place within easy reach. That way, you're more likely to go for those instead of the high-fat items.

Having said all that, I think it's good to have a treat every once in a while. I have a treat once a week, but I make it a delicious one. Don't waste calories on high-fat items you can take or leave. Save it for those foods you really enjoy but only eat half of what you normally do and throw or give away the rest.

Last but not least, always start your morning by asking God to show you the way of escape from the temptations you might face that day. You are promised:

1 Corinthians 10:13

"No temptation has taken you except what is common to man. God is faithful, and He will not permit you to be tempted above what you can endure, but will with the temptation also make a way to escape, that you may be able to bear it.

You've got the power to overcome food temptations. Your job is to ensure your heart wants to overcome them and to set up your environment to make it easy for you to do so. God will take care of the rest. {eo}

Once 240 pounds and a size 22, Kimberly Taylor can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.

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