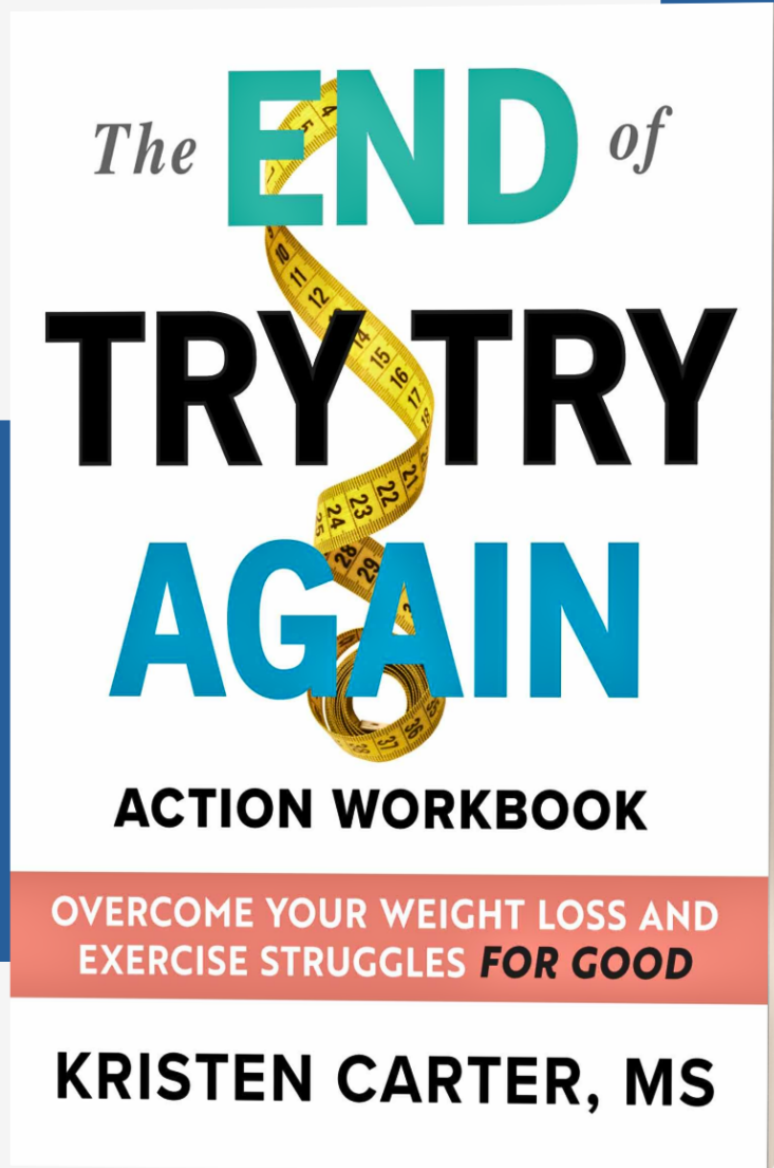


Kristen Carter MS



Discover how you can choose an acceptable lifestyle that balances desire with health. Find a way that allows YOU to be in control of your choices, and discover solutions that fit into YOUR life.

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The End of Try Try Again - Action Workbook

Excerpt

CHAPTER 1: Who Is This Workbook For?

First, a Story

Helen works from home, as does her husband most days. They have two children, ages 10 and 12. In the mornings, Helen and her husband get the children up and off to school, and then they each settle into their work days.

Helen does not bother to figure out a lunch for herself because she likes to see how her day goes and what she feels like eating. But, most days around 10, she gets hungry for a snack, since she typically has breakfast quite early with the children. She hasn't thought about what she could eat for a snack, but looks around the kitchen for something fast. She grabs crackers or a donut, and has a cup of tea. Sometimes instead of tea she has a second cup of coffee with some sugar in it to give her energy.

At lunch, she has a sandwich and some chips, something she loves. The prep time is short, and she can get right back to work.

Later in the afternoon her children return from school, looking for something to eat. She gets out the cookies and milk and has some herself, along with the kids. She doesn't even think about it, or ask herself if she is hungry. It just looks good. And, she knows she has an evening ahead of her of cooking dinner, helping with homework, and cleaning up around the house.

As time goes by, Helen notices her weight creeping up. She joins a gym, but she never seems to have time to go. Her friend recommends a diet, so she tries that for a while. But it's hard to prepare her special meals when the rest of the family is eating the same as before. Her weight keeps going up, and she feels tired all the time. More and more, she relies on snacks and sweetened drinks to get her through the day.

Then, at her annual physical, Helen's doctor tells her that she's pre-diabetic. Helen is taken aback. She knew she wasn't following a healthy lifestyle, but she didn't realize it was that bad. How did she get to this place?

There are many stories like this one, and they all begin the same way. We develop habits, and those habits become part of our lives. Some we just fall into; others we adopt on purpose

because they seem useful or expedient or just plain fun. These habits become familiar and comforting, so we stick with them, even when we have the uneasy feeling that they're not great for our health. When we try to change them abruptly, we often fail.

Then something happens. It may be a health scare, or just a chronic feeling of sluggishness, but something or someone finally gets our attention. Clearly, we need to lose some weight and get more exercise. But how exactly are we going to do that, especially when other efforts have ended in frustration? Something "should" be done, but what?

That is the Reason for This Workbook!

This workbook is for those WHO:

- Like Helen, have an uneasy feeling that life and their weight are getting away from them.
- Feel that they have tried before to lose weight and exercise more but ended up going back to old habits.
- Are tired of slipping back into that rut.
- Have some fears about the future. They know that creeping weight gain and lack of exercise is not good for their health. And yet, it is not clear how to turn that around.
- Are afraid to try yet another diet or exercise program because nothing has really worked before. There have been too many failures.

If any of these feel familiar, you are not alone! In this country, at any given time, 40% of adults (and probably many teens) are on a diet. Often for the second, third, or fourth time in the past year. The number of people who are overweight or obese continues to rise.

There is clearly not an easy fix! But there is a solution. It comes down to changing your behavior gradually, one small habit at a time. Yes, it takes time! But it works — not just for a few weeks or months but for good. This workbook will show you how. It is here to guide you to the future you want for yourself.

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ABOUT THE AUTHOR



Kristen Carter, MS
Exercise Physiologist
Health Coach

Kristen is the founder of *Design for Fitness LLC* and has been working in fitness and nutrition for over 30 years. She is the author of *The End of Try Try Again*, and its companion *Action Workbook*. She is the creator of the popular Design for Fitness Health & Fitness Blog, and the **Psychology Today** Health and Human Nature Blog.

Kristen re-examines the tools we have been using to lead healthier lives by taking a fresh look at some of the challenges we face. She studies the obstacles posed by our environment, such as fast food, body images promoted by the fitness industry, commercialism in gyms, and pressure from those selling the latest diet or fitness fad.

She takes into account the realities of our busy lives and current lifestyles. She keeps close tabs on research in body/brain chemistry and human behavior as they affect diet and fitness.

Kristen holds an M.S. in Exercise Physiology from Temple University. She is a Certified Precision Nutrition Coach, Certified Personal Trainer, and Certified Titleist Golf Fitness Specialist, and is trained in Lifestyle Management and Weight Control, and Health Coaching. Kristen has been on national podcasts, live radio, and You Tube interviews. She is a public speaker, workshop leader, and author of numerous articles through her blogs. She can be reached at designforfitness.com

