

Social circle creates an environment for change

By Jason Vieira, CSCS

Like many other Americans, I was intrigued by the latest series of the television show “The Biggest Loser.” As a fitness professional, I was curious about what factors contributed to the contestants’ amazing transformations.

The more I talked to people who had seen the show, the more I realized what people were not seeing. In our search for the latest exercise routine or miracle diet, it seems we are missing a vital component that makes these transformations possible: A positive social support circle.

This might be a bit of a stretch, but it is my opinion that almost all reasonable diet and exercise routines will yield positive results. So what factors take those positive

results and make them amazing body transformations? In my experience, the answer has been positive social support.

Look back to “The Biggest Loser” and notice all the clips of emotional family and friends supporting their loved ones. I am in no way minimizing the importance of expert trainers and dietitians; I am simply saying these people changed their lives due to a burning desire, and their family and friends supported that desire. The desire to change and the support system gets the vehicle moving,

while the expert knowledge provides the direction.

Although “The Biggest Loser” is very inspiring,



Ocean Essence Spa & Therapeutic Massage

Massage Therapy

Facials & Skin Care

Full Body Waxing

Manicures & Pedicures

123B Narragansett Ave.
Jamestown, RI

Rear of Building. Lot Parking

423.9830

www.oceanessencespa.com

By appointment

Monday - Saturday
Evenings Available

When you need JEMS

JAMESTOWN EMERGENCY MEDICAL SERVICES

- Dial 911.
- Give your name, address and nature of the call.
- Turn on your porch light.
- Open the front door.
- Have someone watch for responding vehicles. Have a list of current medications, allergies, past medical history, doctor names, birth date and contact numbers ready to give to the EMTs.
- **Make sure your house number is clearly visible from the road.** Time wasted finding you is time lost serving you.

Keep a File of Life readily available. If you need one, call the JEMS office at 423-7276 with your name, number and address and we will send one to you.



11 Knowles Court / Office Tel: 423-7276