

Enjoy the Sights and Sounds



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This is one of my favorite times of the year, and not just because of the beautiful weather.

It's all the food! All the wonderful, locally grown fruits and vegetables that can be found at the many farm stands and farmer's markets we are fortunate to have on Long Island.

June just happens to be strawberry season. Strawberries with their velvety red color, vastly speckled with all those tiny seeds, and topped by a ring of green leaves that resemble a flower when looked at from the top. They are beautiful to look at! Let's bite into one. Hear the delicate crunch as you break through the strawberry, with the extra crunch as you bite into the seeds. Now we are just starting to taste it, as the sweet juice of the strawberry mixes with the tart blend of the seeds. The full sensory experience! First we notice how a food looks, and then we get the texture, then finally the taste.

This is how we should be eating our food, but how often are we rushing around ignoring that sensory experience? Most of us spend our breakfasts, lunches, and dinners in meetings where we may be walking around and talking while we have a plate in our hands. As a result, not only can't we appreciate the food on our plate, but we also tend to eat more than we should because we don't realize what we are eating.

Enjoying the sights, sounds, and tastes of food isn't easy, takes work and thought, but is so worth the effort. Bringing mindfulness to eating helps us be present in the moment. Being present in the moment helps us to focus more. Focus enables us to function at optimal levels, so we can be at our best for our clients and ourselves.

So next time, while eating in a non-rushed situation, take the time to appreciate the total package of sight, sound and taste. Keep working on mindfulness while eating in relaxed situations, and at the next networking meeting, even with so much going on, you might be able to find those moments of being totally present. And who knows? It may just land you that next big client, or clinch that business deal.

Want to forge a better relationship with your mind and body? Do you want to have the advantage that being mentally and physically fit gives you? Call me for a complementary consultation.

For a rockin' mind and a rockin' body, train with someone who's been there and understands your needs to get you into the best shape possible, mentally and physically.

It *is* time to get fit.

Tami Racaniello, President
It's Time to Get Fit
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