By Nancy Whitaker

EAT WHAT YOU WANT

I just watched a commentator on television give some of the best (or worst) advice I have ever heard. I cannot speak for anyone else, but what he said made some sense.

He gave all the reasons not to eat healthy and he said that overweight people are happier and live longer than those who are thinner.

With the new year in full swing, I wonder how many made a resolution to eat healthier, lose weight and exercise?

I am the first to admit I usually make resolutions and then find it hard to keep them. I enjoy cooking and baking and of course I just have to try out my cake or cookies when I make them. Why? Because I like cookies and they makes me happy.

Why not eat that extra cookie, piece of pie or french fries? Isn't it easier to eat it and worry about it later?

I have never been one to follow an exercise regimen. Some people indicated to me that they exercise for relaxation and to clear their mind. Give me some light hearted reading and it clears my mind.

Exercise may suit some folks, but I would rather walk around a mall or store than to get on a treadmill. Besides, to get ready to exercise you have to squeeze yourself into one of those tight

fitting spandex outfits. (That may not be too bad if it was bright pink). Now, after a minute on a treadmill, I am ready to shut it off and look for something to quench my thirst. No doubt it would be a sugary soda and maybe a sack of chips.

Am I bad? Am I lazy? Maybe, but I am happy.

It is very true that we should watch what we eat especially if we are prone to getting diabetes or high cholesterol.

I do believe God wants us to use wisdom in what we do with our bodies and that diet and exercise has many benefits.

There are some that would argue those benefits, but I know of people who would never touch a sweet or greasy food and died young anyway.

You can worry and worry about your weight, eat healthy, exercise until you are ready to drop and yes it is a wonderful way to try and stay thin and healthy.

However, if you are like me, I figure you only live once and if I have an extra piece of chocolate or sit and read a book, it makes me happy.

I would never tell anyone not to watch your diet and not to exercise, but I have interviewed several senior citizens in the past who were close to being 100 years old.

I remember I asked most of them, “What is your secret to longevity?”

More than one said, “I worked hard, smoked a cigar every day and drank a shot of whiskey before I went to bed.”

If all the money we spent on useless diet pills and exercise equipment would have been saved, maybe we would all be happy, rich, and live to be 100.

Do you diet and exercise? Do you eat what foods you want even though they are calorie laden? Are you tempted to have more than one cookie?

Let me know and I'll give you a Penny For Your Thoughts.