
MAXIE KEEPS ON WALKING THROUGH CHALLENGE

State EMS Director Maxie Bishop began "Maxie's Challenge" on November 1. He's challenging the entire Texas EMS and trauma community to join him in getting more active and eating healthier food. Each issue for the rest of 2011, Maxie will check in to let us know how he's doing. And he wants you to join him in a healthier 2011! Do a Facebook search for "Maxie Challenge" and join the Facebook group. (DSHS employees are not allowed to access Facebook from work computers, so updates will only be done after hours.)

Let's be honest. It's not very easy getting off that couch after working all day. Hey, sometimes it's dark by the time I get home from work! But I made a commitment to get more active, even if I got off to a slow start. I think the hardest part of any activity is just getting off the couch.

The food part of it was a little easier. I had tried diets like the Atkins and lost a lot of weight but put it right back plus more when I went back to normal eating habits. This time I was determined to make it not a diet, but a lifestyle change by eating smaller – but more frequent – meals and trying to make healthy food choices whenever I could.

I made it through the EMS conference and Thanksgiving without any major setbacks. The most surprising thing is that I eat so often that I am never hungry. It's not burgers and fries, but it's tasty food. I do think I had to retrain my mouth a little bit in the beginning so it was not expecting the high fat, low fiber stuff I had been eating. I really crave the healthier food now. And I kept exercising! I got up almost every morning during the

conference and walked for about 45 minutes and I've continued doing it once I got back home. It is amazing what you see when you are walking in downtown Austin at that hour. Some of the sights, like the Capitol and Lady Bird Lake, are quite scenic at dawn.

And in just a few weeks, I started to see results. Several people at conference asked me if I was getting taller. I guess when you get a little thinner you appear taller. The first thing I noticed was that I was able to wear my old Fire Department ring. I hadn't worn it in a couple years because it was too tight. Now I wear it daily because it reminds me of the steps I am taking. However, I want to be clear that this is not a weight loss program. People ask if I have a weight loss goal and I say no because I don't want to put any pressure on



Maxie Bishop has lost weight since he started his challenge in November — but he isn't saying how much. However, he can once again wear his Dallas Fire and Rescue ring, which he hadn't worn in about three years because it was too tight. At right, Maxie was in great shape in 1977 when he was a sophomore in college. He might not get back down to that size, but he already feels better than he has in years.

myself or be disappointed if I don't lose that amount of weight.

When I began, my only goal was to eat less and increase my activity. Now that I have made it through the first two months and noticed some positive results, I have decided to modify my plan a bit by adding additional activities to my daily routine. In addition to walking, if I hear an upbeat song as I am doing some house work or shaving my head, I turn the volume up on the radio and just dance (let's just say I move, and after putting the razor down, of course). Trust me it's nothing anyone would want to see, but it gets my heart pumping.

I'll be back next issue to tell you how I did through the holiday season and into January, when people most often make resolutions and into February, when most people forget about their resolutions.

