

February 18th

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PRINT ARTICLE Tinkerbell and the Ten of Spades

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by [Heather](#) . [Monday 7 February 2011](#) . [9 Comments](#)



Theresa Albert, you are not allowed to come on date night .

I mean, really, when you have two young kids date night is pretty sacred. So when I say, you are not allowed to join Tim and me, I mean that. Especially when it's his birthday and we decide to head to a restaurant we both love.

But there you were, hanging out in the corner. Standing in the exact place that pink elephant called "over eating" use to be. And you know what, Tim saw you too.

So, this is how our date night evolved. Checking out the menu, we couldn't decide what appetizers to get. Our first choice was to each get one – he orders a plate of calamari and I get a side of chicken wings. For the main – fajitas for two.

As we are about to order, we both got cold feet. We looked at one another and I said "Theresa Albert." He said, "Ace Your Health." So back to the menu we went.

In the end we ordered a salad and the calamari to share and we split a plate of fajitas – for one. So, while the challenge told me to package up half the meal and take it home, I put my own spin on it. Rather than package it up, I shared with my husband.

But Theresa, you are not just with me on date night. You are also there at every meal, the grocery store and even the coffee shop; whispering "make healthy food choices." And on the rare occasion when I do over eat, I hear you really loud; "tsk tsk". You are kind of like my personal Tinkerbell/Guardian Angel – constantly fluttering around me, guiding me through this year of health.

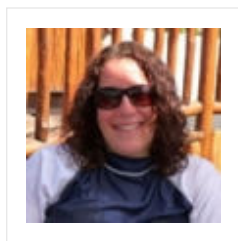
I know this is good for me. But darn it, it is hard. I mean, we are changing years of bad eating habits. Habits I wasn't even aware of. Sure, I knew skipping breakfast was bad and eating until my belly hurts wasn't cool either; but no one told me the long term affect it would have. Or maybe they did and I chose not to listen.

But it seems I now have no choice. And it is not just Theresa telling me this. My doctor too. And reader you know, I once thought I was healthy. Fit. Active. But somewhere something changed. And since I have begun this journey, I am seeing that crystal clear.

This is what I mean – Theresa is showing me how to eat better. My doctor is showing me why. I have already told you my BMI and weight need to come down. My waistline is a little thick. Now, I have learned my cholesterol levels are creeping upwards. My weight is a factor, but not a large one. There is also a hereditary disposition. And until Katarina Simons, my exercise guru, came into my life; I was tending on the lethargic end of life. But really, when looking at the no-no food items, I must say, I am at fault.

I want to be healthy. I once was. And want that Heather back. Not just for me, but also for my kids. I don't want them growing up with a mom battling weight and health issues. I want them to have a fit, happy mom that loves healthy and delicious food. I don't want them to see food and exercise as the enemy. I fear for the teenage years. For body image issues. So, I am starting now. I am going to set the example for both my son and my daughter.

And so my journey continues.



Heather

Heather Lochner is a mother to two wonderful and energetic children and a freelance writer. Together with her children, husband and dog, she has recently relocated to Toronto after spending 15 years on the West Coast – many of which were spent living aboard her sailboat. Heather loves to exercise but always finds a reason to sit on the couch. While she knows carrots, whole wheat pasta and lean meat are good to eat, Heather loves to munch on a burger, chicken wings and poutine. Heather loves to cook, but is notorious for ruining every batch of chocolate chip cookies. She looks forward to seeing what's in the cards during this Ace journey....www.heatherlochner.com

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Monday 7 February 2011 . (2)

AMAZING NEWS: Coffee can reduce risk of diabetes, Parkinson's colon cancer, cirrhosis of the liver and gallstones. OK – can I just end my post there? Please? Pretty please? So for the record, I don't even want to do this post. Ask Theresa, I've been digging my feet in the mud, procrastinating, avoiding and sulking. [Continue Reading...](#)

[Mini Meatballs](#)

Monday 7 February 2011 . (0)

Mini Meatballs use the same mixture as burgers so why wouldn't you leverage your efforts?! They can be made, frozen raw and then baked in the time it takes to boil water for pasta. It is just that easy to toss whole wheat pasta with olive oil or tomato sauce and top with meatballs for. [Continue Reading...](#)

[Jack of all food courts](#)

Wednesday 2 February 2011 . (4)

Food Court Week – Part 1 It's true; I am a Jack of all food courts and the master of them all too! Now, by 'master' I mean, I know 'em all. I've visited them all, I've tried all the outlets in each food court. I've tried almost all of the menu items at each outlet.. [Continue Reading...](#)

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9 Responses

Theresa Albert

February 8, 2011 at 7:27 am [Reply](#)

Oh Heather,

I don't want to ruin your life, I want to help you enjoy it! You did an amazing job at the restaurant. Did you feel deprived? Sounds like you felt good about how it turned out. Maybe you even went home and um, worked some of it off?! Happy Birthday!

[Heather Lochner](#)

February 8, 2011 at 7:42 am [Reply](#)

Glad you were there Theresa! You can join us again.

[Tweets that mention Tinkerbell and the Ten of Spades « Theresa Albert | My Friend In Food -- Topsy.com](#)

February 8, 2011 at 8:18 am [Reply](#)

[...] This post was mentioned on Twitter by Heather Lochner, Theresa Albert. Theresa Albert said: RT @HeatherLochner: Find out what happened when @theresaalbert joined me on date night! [#AceYourHealth](http://tinyurl.com/5r78sfe) [...]

Jennifer

February 8, 2011 at 1:11 pm [Reply](#)

Hi Heather,

Great post. Your solution is something my husband and I do a lot, then neither one of us feel like we've missed out on some delicious food we want to try.

I am continually amazed / dismayed at the HUGE portions served by many restaurants. Sometimes I think I will be perceived as "cheap" even though the point is not to save money, but to be healthy (and too often restaurant left overs rot in our fridge). Where portions are excessive, I always tell the server why we are splitting mains or appetizers or both.

Maybe one day they'll get the message!

Teresa**February 8, 2011 at 3:00 pm [Reply](#)**

Good post Heather – we have a date night coming up on Friday...so good and clever advice that we will be sure to use. Well done on having a good, happy (and healthy) time out. P.S. happy Birthday Tim!

Jackie**February 8, 2011 at 10:02 pm [Reply](#)**

Soooo, does this mean no more all-you-can-eat sushi... just kidding 😊 I too am trying to focus more on the quality of food I eat, instead of the quantity! Am looking forward to hearing more about your journey!

katarina**February 10, 2011 at 3:56 pm [Reply](#)**

hey heather, sounds like the perfect birthday dinner! sharing apps is the way to go for me too. i've been doing it since we were in our 20's, except my friends weren't always so happy to see my fork on their plate. they got used to it. i even saw a foot long fork in shop one day, almost bought it. (^8 i find the european/persian restaurants that serve tapas type menus are already on that track. sharing food with friends and family tends to build community and love, pretty good. play on mcduff!! see you @ Pilates tonight.

katarina**February 10, 2011 at 4:08 pm [Reply](#)**

and how could i forget, great pic! you look awesome! way to go for being such a good girl and 'acing' it! (dining out that is)

Kim**February 12, 2011 at 4:18 pm [Reply](#)**

I can totally relate to the struggle to try and make a healthy/better choice but going for the wrong/unhealthy one. Hoping that just as Theresa inspires you, you can inspire me...looking forward to your next post!

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Theresa Albert

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(Yeasty) King of spades

Marci

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Tinkerbell and the Ten of Spades

Heather

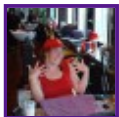
Monday 7 February 2011 . (9)



Hold The Fries Please

Dave & Anita

Tuesday 11 January 2011 . (7)



Jack of Temptation

Heather

Monday 31 January 2011 . (7)

• **Make Chicken Safe!**



About Theresa Albert

About Theresa Albert

Theresa Albert takes on the challenge of demystifying myths surrounding food and health. Health is not supposed to be THAT hard. Definitely not a finger wagger, as a registered nutritionist, Theresa Albert, DHN, RNCP, has a passion for simple, honest solutions to today's lifestyle choices. She has ...

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theresaalbert: @weewelcome @AlisonBurke @JoAnneWallace ya, cuz when we r together I can't get a word in edge wise! (Is that one word?)

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theresaalbert: @JoAnneWallace @weewelcome its going well! Did u see the Vancouver sun interview? Google it!

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