

How to Have the Best Ex of Your Life

No, that's not a typo. Sorry, no tips on how to find your G spot among these pages today. I'm thinking that everyone needs to find their own "Me" Spot. The spot in your gut (and your brain) that dispenses self pride and self worth! The spot that says it's okay that your relationship didn't work. You still matter. Life still goes on. This too shall pass!

How lucky I am to start with a blank page each issue to help navigate my own daily life. I wish everyone had his or her own Pub Page, but that also would mean that everyone would have their own magazine. With that, comes deadlines and printing issues. Come to think of it, perhaps that's why blogging is so huge... I digress. Perhaps you actually DO have your own mini-magazine; it's just not published like mine. I am sure it's filled with endless chapters, some laughable, some not. Sometimes I find it hard to believe that I've lived through some of mine, and even feel motivated to keep on trying to start new ones. Each time I think about a topic, it occurs to me that I can't be the only one going through whatever I'm going through at the time. I can't be the only one with occasional fears, ridiculous insecurities; the need to vent or the desire to share my experiences so that someone out there might learn by my actions or mistakes. I do enjoy putting my own spin on things – "life's curveballs remedied," if you will. So, here I go again giving you front row VIP access to my world and my personal (well not anymore) Ex-periences and growing pains.

The Battle of the Ex's...

Lately, I feel like the Dr. Phil in me really needs to be unleashed. I continue to hear Jerry Springer-style horror stories from my gal pals and guy buddies. It seems like everyone's "Ex" has gone insane. But why on earth does it have to be that way? Sure, there's history there. Perhaps children are involved, which means good-bye never means good riddance. I think adults need to start acting like adults and leave the past behind; just close the door and move on. I think back, did I act nutty too? Gosh, I hope not. I am embarrassed for others when I see them behaving that way. What did I do to salvage myself during a failing relationship? I survived and walked with a clean slate, more than once, but how? I find myself thinking about this lately, when asked

**...out with
the OLD**

to give advice to Janice, my girlfriend who is simply wiggling out and making a fool of herself with her Ex-treme behavior and antics. I try to remind her that although I am gleefully ecstatic with the man in my life now, I do carry a bit of baggage. But I can honestly say, I've always prided myself with knowing that "I walked in like a lady, and did my best to walk out like one too." I'm sure I invented a new curse word or crude gesture along the way, but that's about as far as I went on the loony scale.

With over fifty percent of all marriages ending up in divorce court, we need to be able for someone to stand up to say, "Hey, he's just not into you!" – Wait, er...that was already said. Maybe, "Hey, let's all play nice. It's true, life really is short!" I know, easier said than done, when it's YOU who is sitting in the painful rejection seat. So, off I go to think about this for a minute, so I can sort it out with you, out loud, here on paper, just how we should handle ourselves when our worlds seemingly fall apart, or crack into two.

Having an Ex-orcism?

I can't help but wonder - don't those irrational, emotionally-charged Ex's out there have any pride? Don't they want to maintain the friendships that they cultivated during the "good years" of the foiled relationship? Whether you're an Ex-boss, Ex-friend, Ex-lover, Ex co-worker...Ex-con(ha)...whatever...why lower yourself and give in to the drama? Do you really want to become a monster in the eyes of your nemesis? Do you really have to give into schoolyard nonsense? Do you have the moral make up to just say no? Or are we all just too burned, too bitter or just too hurt to move on? Are we a nation of broken people and stomped-on hearts? Does disappointment and pathos prevail or can we all just brush ourselves off and get back on that bike and ride it through the trying times? Can we avoid Ex-orcisms all together?

Have an Ex-cellent adventure instead!

I say buck the system! To me, being an Ex can be Ex-hilarating, Ex-onerating...go ahead, fill in the blank with any positive "Ex" word and I challenge you to embrace that mentality when/if it's your turn to be the dreaded "Ex." Think about it, what a perfect opportunity to join a gym, make yourself HOTTER than ever before. What better way to really show your Ex what they are giving up! I'm telling you, the gym can be quite the escape, or shall I say the "Ex-Cape!" When you're pounding the pedals on that spinning bike and imagining that certain someone standing right before you, your pace gets stronger and your legs pedal faster/harder and before you know it you really have "sweated the small stuff" right out of your system. And who knows who, or what, might even be in that spinning room, right next to you! Mr. Right? Probably not, but maybe Mr. Right Now. Perhaps a friend, a new workout partner you wouldn't have entertained IF still in that relationship. I believe that if you are doing the right thing, acting the right way, taking life by the horns, even when you think it's not fair, there is some kind of "reward" if you will, waiting for you for being so good, proper, poised/keeping your composure. Take the high road; you might be pleasantly surprised by the path that lies ahead.

Practice Safe Ex!

Below are some tips and tricks to keep in mind when practicing safe Ex. Too bad there's no magic pill available to take away some of the loss and pain. The best you can do is to hold your head high and keep these pointers in mind...

• Soul mate, schmolmate

There really are a lot of fish in that sea. Don't fool yourself into

thinking that "The One" got away. We are different people as we mature and develop and if our lovers don't mature and develop with us, well, that just isn't the behavior of a soul mate after all, right?

• Revenge is never a good idea

Don't let negative emotions unleash your inner eighth grader or your inner Glen Close. I know a borderline psychotic woman who actually got a job at her Ex's firm just to monitor his actions and would torture him daily by eating in the cafeteria when he did, taking breaks when he did to spy on him and even sent him emails laced with contempt. He ended up leaving the firm and her fate was working in a place that she loathed. No winners there.

• Lean on your friends, but don't use them as quasi-therapists

Don't turn into a crazy Ex yourself. Try to avoid stooping to such levels at all costs. If you're feeling like you need to cast a spell or stick 1,000 pins in a voodoo doll, then go ahead, but don't do anything irrational. Sometimes the best thing to do is just let all your feelings go over a martini or two (Sex In The City Style). Beware not to drone on and on about your woes. Remember, everyone has problems, even if on the outside it doesn't appear that way. Limit your sob stories to one hour and offer to let your friends confide in you about their issues. (This will take your mind off of your pathos and give you a better perspective about life's little speed bumps). I'm not advocating alcohol consumption here, but rather an intimate get together with friends that have known you a while – before you even met your Ex!

...into the
NEW



Photo: Joe Chielli

• Harry was right

Harry really could never be friends with Sally. So in real life can men and women “just be friends?” I say more likely no, than yes, especially if they shared intimacy in the past. Women may look for crumbs of attention after a man walks out on the relationship. Ladies think about the last time you ate a plate full of crumbs, not very satisfying, right? Devote some time to “cleansing your environment.” Take his number off your speed dial. Un-save those “cute” messages of yesteryear. Put new pictures in those frames. Do it now or you’re bound to mourn the relationship for longer than you actually need to.

• Nobody needs an Ex buddy

We left out the “S” for savings, as in women should be saving themselves for men who really love and care about them! Many say that the best way to get over a man is to get under a man. Hmmm, I disagree. There’s no need for a 3:00 am booty call or drunken dialing games. This is why they invented Pino Grigio, a good book and hot baths. Hell, ever try hitting the gym at 10:00 p.m.? Believe it or not, there’s something really awesome about showing up at that hour for a killer workout! It’s surreal, or peaceful, or better yet, maybe what I am trying to say is that it’s nice to do something TOTALLY FOR YOURSELF, and trust me, the ‘after’ feeling is as good as your past “after” feeling with your partner. It’s called euphoria I think? Let your workout high be the better high of choice for the time being.

• Don’t make an ass out of you and me

Don’t assume that your Ex is tripping the light fantastic. Don’t have delusions of grandeur that he is out until 2:00 a.m. partying it up at the Playboy Mansion with Miss May, June and July. Dumpers quite often go through the same sense of loss as dumpees. They also have to take you off their speed dial, out of their picture frames and off their mind. And remember, while he is mourning, you’re now hitting the workouts with such vengeance, be the one feeling a lot better than your partner might be. (Oops, didn’t I just say ‘no revenge’? Okay, this kind of redemption is the ultimate, getting a kick-ass body is where we draw the line.)

• Love means never having to say you’re sorry?

Bull-lo-nee!

If you, or your Ex, are too proud to admit that something went wrong in your relationship (and perhaps he/she contributed to its demise), then take the “I’ll be the better person” road and help reach closure by offering the illusive olive branch. Even if you’re not the one who is at the source of the break up, acknowledge that a new chapter is now starting. SAY YOU’RE SORRY. It’s easy, it really is. You might not be sorry that he cheated on you, but you can honestly say you’re sorry that the relationship is over. Show that wonderful, compassionate side one more time to the soon to be “Ex”, it will not only make you feel good to remind them of your better qualities, but it will hopefully help them open a window to reciprocate and start the amicable breakup. Acknowledge that when it was good, it was great! “I am happy to have had this time with you, you know, you taught me XYZ-ABC, I’ll never forget the lessons I have learned from you” or “I’ve learned a lot about myself through our journey together.” Because you know what, it’s likely true. You ARE a better person, or, hopefully, you are. Actually, make sure you are. Again, don’t waste your time pussy’ footin’ around. Recognize the good, channel it in to a place in your heart where it belongs, and get yourself ready to share that wisdom with your brain, the next time opportunity knocks again for a potential relationship.

Why am I a bit of an Ex-pert on this topic?

I’ve had some Ex-perience in this area, and I’ve spent a lot of time on the treadmill thinking about how I contributed to my past successes and failures. I made myself a promise not to step off that machine until I had thought of something I could do to better.

Ex #1:

Well, I was just too young and immature to understand the commitment that I had made. I had spent way too much time with Wedding Barbie in my youth. He was, and still IS, a very nice guy. It’s just that I was overwhelmed and essentially smothered by his love at that impressionable time. We chose to have a child right away - a total blessing that couldn’t have been a better decision. But we were too busy trying to make it when maybe we needed to spend some time slowing down and enabling us to grow up. Maybe we should have explored the world together. I found myself overwhelmed. Thank God, I was instinctively a loving mother with a drive to do what was right for my son. But I had lost my ability to know what was best for my marriage. Had I known the power of couples’ therapy back then...

Ex #2:

Admittedly, this topic is still a bit raw. They say everyone has a stinger in life...this one is mine. Looking back, I must have overcompensated for bailing on Ex #1. So, I tried extra hard with this one. It’s called, “evergivesomeonetoomanychances?” That was me. I gave it more (too much) time, was more (too) understanding and was more sensitive and sensitized having gone through the first failed relationship. Perhaps, I tried a little too hard, if there’s such a thing. Maybe I was a little too text book (Pot roast anyone?). Was I feeling a bit tormented and paralyzed by not knowing how to act or who to be anymore? Uh, that’s a big fat yes. I had lost Jami (my “me” spot) somewhere between #1 and #2 and I promised myself that I’d never allow #3 scramble my head or my heart in that way again.

#3: No Ex

He is all that. I’ve finally figured it out, and this one has me ready to give up my “me” spot and enter the joy of a “we” spot.

For the record, I wouldn’t change a thing about my past or the decisions that I made. It was a rough road getting here, true. But I am quite proud of today’s Jami, a woman who can appreciate #3, (Lloyd, the hubby), completely with every inch of her being. I am not sure if I ever thanked my ‘Ex’s’ for helping to make me who I am today. Maybe that should have gone along with the “I’m sorry” part. I hope somehow, some way, I may have touched them, too- the good, bad and well, yes, the ugly. It’s all good now. I took the personal time to make peace with each dark period. And what’s nice, my #3 THANKS ME for what I’ve done to bring myself to our table, complete and whole: ready for love and togetherness.

After reading this Pub Page, I hope that all of you (especially those who are going through the Battle of the Ex’s) can find your own “me” spot as you regain normalcy or equilibrium. Everyone’s healing period and coping skills are different. This much I know.

And one last plug for the gym: instead of spending all the dough for lawyers, use some of that money to invest in a good personal trainer! I really do believe that a good workout can provide an outlet for aggression and emotional turmoil. Even certain stretches/yoga classes can cleanse the mind and help with sadness, loneliness or depression.

Heck, just getting out there and walking will help. I know it's cold outside, but there's something Ex-citing about bundling up! Take a winter walk through the neighborhood; admire the beauty and stillness of the season. Notice the details, the way snow looks on holly leaves, the smell of a fire burning somewhere in the distance, the interesting shapes of icicles. And while there will always be a voice inside of you wondering what that icicle might look like stabbed in the eyeball of your Ex, know that visualization is always better than playing out our spiteful actions in reality. There are no consequences to private thoughts. Set a good Ex-ample for all. I'll leave you with a funny quip that a good friend of mine told me recently: "Jami, don't worry, we ended the relationship amicably and if you want to reach him, you can email him at lyingcheatingsonofabitch.com."

Ex's and Oh's,

Favorite Quote of the Month:

ATTITUDE by: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.

Things to keep in mind when trying to Ex-press yourself:
(Special thanks to Dr. Nodrick and www.whispy.com)

- The "high road" is always a good choice.
- Ninety percent of the emotion associated with a conflict-laden exchange with your Ex stems from the history (yours, theirs, and your shared history) rather than the event itself.
- Conflicted incidents with your Ex actually trigger thoughts that produce negative emotions, which, in turn, lead to your making a negative response, which sets the stage for more negativity in any subsequent interactions with them. Opt to substitute a negative-emotion-inducing thought with a more productive thought.
- Anger is the most frequently cited feeling associated with conflict-laden exchanges with the Ex. However, anger usually masks a more specific and accurate feeling.
- If you are feeling "controlled" or "suffocated," consider the possibility that you might be acting in irresponsible ways.
- If you are feeling "overwhelmed" and "unappreciated," chances are that you have been overly responsible in your actions.
- Keep your voice tone in check.
- Have an "out" prepared. For example, "We'll have to keep this brief because I have to pick up the kids in five minutes."
- When an issue needs to be addressed with your Ex, book a specific time with them to address it and keep it to one issue at a time. Use a neutral location. Be clear, ahead of time, regarding your feelings and exact on what you want them to do differently. Be able to state, in a positive way, what you want them to do differently (e.g., I want you to leave earlier so you will be on time to pick up the kids.) rather than in a negative way. (e.g., Stop being late.) Avoid using "never" and "always."
- If you absolutely cannot talk with your Ex, find a neutral third party to Ex-change information. (Children are not a neutral third party.) PLEASE, leave the kids out of it! It horrifies me to see what kids go through, and I vowed to make the experience with my Ex's and my kids the best it can be for both of them, not me. I'll be ok if my kids are ok. And every kid has a right to be with both of their parents, WITHOUT the 'Ex's' interference. Bottom line? Let your kids live and love, they deserve it. They'll appreciate you more than you might know at the moment. It will come over time, and last forever.

Letters to the publisher

Dear Jami,

I've wanted to tell you that I was so excited to hear about your pregnancy...and that it's a girl! I know that you have such a strong and resilient spirit and that has enabled you to raise two boys so successfully on your own. But along with being a strong woman, you embrace and possess all the positive elements of feminism, resulting in a combination that not many women have. I think it's awesome that you now will have a little girl to rub off on and who will learn these traits from you...she is definitely bound to be one tough cookie, and all the little boys out there had better watch out!

Natasha Shapiro, Temple University Student

Dear PhillyFIT,

Hello my name is William Erb and I currently live in Huntingdon Valley. I have seen Jami Appenzeller in LA Fitness a few times since I have been going there. She recently had

a baby at Doylestown Hospital, the reason I know that is my Aunt is a Nurse there. She told Jami about me and how well I am doing. Well, to give you a little background on where I am at right now, I started going to Weight Watchers on January 31, 2007; at the time I weighed 392 pounds, actually, almost at that 400 pound mark. Well, with eating right and exercising every day I have been able to lose over 117 pounds in 10 months. This was done with a lot of hard work and determination, and I have a goal to get close to 200 pounds by the end of this January. I currently weigh 274 pounds; I have really stepped it up this past month. I have been determined to lose 5 pounds a week until the end of this January, and it is really hard, especially because I am at a tough stage in the process. I work out about 25 to 30 hours a week; lots of aerobics, and I also take two cycling classes at LA Fitness. They

help me out a lot. I feel so good when I come out of there. I think that I would be a great inspiration to people and give them hope so they can do something amazing. With a little hard work the reward is priceless.

Thanks again, William Erb

Hi Mary,

I loved your article in the Nov/Dec issue titled: 'Tis the Season to be Jolly! I wondered if I could copy it for my staff! Here at Kutz we have an 'Attitude of Gratitude' as our school theme. I loved what you wrote and thought the teachers could use this message especially at this hectic time of year.

*Jeannie Kahley
Principal at Kutz Elementary*

Dear Jami,

Did you know that the way you spell your name is an Arabic name, where it's pronounced Jah-me. It is considered one of the 99 names of God or Allah. It is the 87th name and literally means the GATHERER, with secondary meanings being the Collector, The Assembler of

All, the Uniter, the Universal One. Doesn't that sound like you?? Guess you're living up to your given name. It must be your heart name!

*Thanks,
Ralph Nigro, ND
Natural Health Solutions, Drexel Hill*

Hi Jami,

Wanted you to know that I read your son's article. You have a pretty amazing son - It reflects the great job you apparently did. Congratulations on a job very well done. We need more parents like you - the world would be a better place.

*Anne Khoury
New Visions Magazine*

Dear JJ,

You and Lloyd are the envy of every man and woman. Don't ever stop sharing your thoughts in your Pub Pages... in contrast to most typical writers (and virtually any other publisher), you come off as so open and real... I'd venture enjoy reading them... you're

to say that your page is probably the first thing most women (and maybe the men?) turn to now. Face it - you're Philly's Brad and Angelina, and of course everyone wants to know what you're doing! I enjoy reading them... you're so open, expressive and even vulnerable. All of your readers feel they know you personally. The "nookie" thing in the last issue's article surprised me, but what do you expect of an over-the-hill celibate puritan like me? ;>) Please don't ever change.

Charles Peebles
The Valkyries

Dear Jami,

I am sure you met many people at the conclusion of the Step-Up for Diabetes walk last weekend, I was the one who came over early and thanked you for your magazine. As I had mentioned, your magazine came out about the time I started focusing on my fitness and healthy eating goals, over 3 years ago. It is such a motivational magazine, with very good articles and stories, and I appreciate your efforts in putting it out. After reading the e-mail to you from your oldest son in the current issue, I think you can safely say

you've raised a son to be proud of. Joe Booth (a fan and reader since the very first issue)

Dear Mr. Cannon and Ms. Appenzeller-Yancey,

I just read your article on supplements in the current magazine, and I wanted to write to you with some of my thoughts. First, I think it was a great idea to write about supplements, as there is a lot of information out there, often conflicting. I know that part of the problem is that new things are being discovered and better understood all the time, so there is always something new coming out. It's hard to keep track of the newest things! Second, your magazine seems to try to appeal to both mainstream and holistic-minded folks, so perhaps you include articles from both perspectives. However, these two points of view often clash on what is the best approach, so sometimes it seems like there is conflicting information in your magazine. For instance, in the supplement article, Mr. Cannon wrote that natural vitamins are not better than synthetic. But, in his April 2008 study at the University of Scranton,

Dr. Joseph Vinson showed that CoQ10 supplements derived from food sources had 20 times more antioxidant activity than standard USP (synthetic) CoQ10. Similarly, a clinical bioavailability study conducted at Northridge Hospital Medical Center (an affiliate of UCLA), demonstrated that persons taking food-derived selenium supplements had significantly higher levels of selenium in serum than those same subjects when taking USP selenium. Anyway, I guess I was just hoping that you might consider presenting all sides of an issue. As a long-time proponent of holistic wellness, I suppose it is sometimes difficult to hear something dismissed outright, when there are always good things on both sides. Thanks so much for taking your time to hear my side! I really do appreciate it! (I know that "tone" is difficult to convey in email, so I will let you know that I really am not trying to come off as preachy or accusatory!) I know I am just one reader among many, and those many readers will all have different perspectives. Thanks for listening to mine!

Sincerely,
Aimee Rodriguez

Jami,

You made a comment in your Nov/Dec issue's Pub page about a saying you love, "I'll take care of you for you, if you'll take care of you for me." It should be added to all school curriculums!

Thanks,
Lisa Appel

Jami,

I know this will sound corny, but I'm really proud of you and how well you built the magazine up to a very successful product and brand. And not to mention the charities you have helped! Even though I haven't been able to steer any advertising your way yet, I've been lucky enough to see you bring your magazine and company to a very well respected creation that came from your hard work and devotion. It's always good to see someone local do well and I felt compelled to tell you that. You have my best wishes for a wonderful holiday season and a very happy new year (with even more success for PhillyFIT!).

Sincerely,
Scott Noble, Advertising Manager
John Kennedy Dealerships

We challenge you... *To challenge us!*

The PhillyFIT Magazine Challenge Team is throwing down the gauntlet, and accepting any and all challenges offered. If you have something new and unique in the world of health and fitness and would like our Challenge Team to put it to the test, tell us about it. We'll take your challenge.

Our team knows no limits. If you have a something related to health, fitness, nutrition, healthy dining... whatever, invite us to take your challenge. We'll send our crew to your location to test your product or service and our experience and results will be written up in an upcoming edition of PhillyFIT Magazine. You might beat us... we might beat you. Either way, you can expect great exposure - and FUN for all.

Our team brings to the table a wealth of experiences and wide range of backgrounds. We are available in teams of two or as large as our entire group. (Some team members are not featured in this photo). Contact editors@phillyfitmagazine.com for pitching details and to schedule a CHALLENGE

(Left to Right) Dr. Lacey Hobbs (Chiropractor and Triathlete), Eileen Gerasi (Mom and Fitness Instructor), Gina DeBello (Pharmaceutical Sales Rep and Fitness Instructor), Sandi Babo (Dr. Bobo's Chiropractor and Fitness Educator), Heather Hobbs (Owner, Fit-Fitness and Personal Trainer), Sirva Berra (Chef and Nutritionist), Charis Peoples (Nutritionist/Chiropractor), Susie Mikomony (Fitness, Owner, Fit-Fitness and Fitness Director), Christian Archer (Fitness, Restaurant Owner/Adviser/Coach), Kristina Lebbert (Fitness, Marketing Manager and Fitness Instructor), Janina Chodorowicz (Nutritionist/Triathlete)