

## **Bikinis and Black Spandex**

By Carmel M. Rickenbach, MS, RD, LDN  
Nutritionist/Wellness Coach

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I had a conversation with a client about a little black dress. Seems she had a little black cotton spandex dress (who didn't?) that she wore years ago. This was her favorite dress. She loved it, but now that she's older and her body is different, she doesn't think she would ever wear something that clingy. Then we talked about a woman I saw on the beach in a bikini. By American standards, this woman shouldn't have been wearing a bikini, let alone a black spandex dress. But I admired the woman in the bikini. Good for her. Maybe she's in the best shape of her life. Maybe she's comfortable in her skin. Good for her.

Who cares, really? Life is too short not to wear a black spandex dress, or a bikini if you want to. So many of my clients say things like, "When I lose 20 pounds..." or "When I get in better shape..." But why not now? Why can't you celebrate the fact that you are working towards it? Why can't you celebrate the fact that you made some smaller, yet just as important improvements in your health and lifestyle? Why do you have to wait until the rest of the world thinks you're ready for spandex?

"The Secret," a book and documentary type film by Rhonda Byrne and others, talks about the "Law of Attraction." The Law of Attraction doesn't state that if you wear a black spandex dress, you will attract a lot of attention. The Law of Attraction suggests that "people's feelings and thoughts attract real events in the world into their lives; from the workings of the cosmos to interactions among individuals in their physical, emotional, and professional affairs." In simple terms, your life is what your thoughts and actions make it.

A friend of mine wanted to lose 30 pounds. She and I watched The Secret together. After watching, she decided that although she had not reached her goal weight yet, she was going to act and think like she already did. She started dressing more smartly, and carrying herself with more confidence and poise. She ate more healthy foods because someone who just lost 30 pounds would take care to maintain her new look. She called me one day, laughing. Earlier that week, several people commented on how thin she looked. One even asked her how she did it. This positive feedback helped motivate her to stick with her goals. I have no doubt she'll get there.

The point is, why not act like you are there already? Why walk around feeling sad, or frustrated because you think you can't wear a bikini or spandex, or better yet, a spandex bikini? I say, follow the Law of Attraction. Feel comfortable with who you are now and keep your goals in sight. And if you're worried that people will stare, do like I do and stare back.

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To email Carmel Rickenbach, [click here](#).