

Creating REAL CHANGE: How to form positive habits and a NEW YOU!

Ever wonder why some people get great results from their workouts or their normal eating routine? What makes them different? How do they do it? Usually it's 1 or 2 simple habits.

All of us face two choices in life and it usually pertains to what we control and what we don't. Sometimes in life, we have challenges beyond our control, yet we allow the challenges to influence the things we do have control over. When it comes to regular workouts and healthful eating, many people feel they have barriers, which prevent them from regular workouts. These can be work, schedule, the need for more time with family, long commutes, and even boredom and fatigue. Some can't be helped at all: personal injuries or illness, caring for elderly patients, feeding the teenagers each evening and there are many more. But barriers should not stop you from implementing positive changes to secure a long and healthy life.

What is a 'fence sitter'? That is a person who only puts their foot halfway in the water, or half way to a commitment. Well, now's the first of the year and time to make some positive changes to your lifestyle.

You can surely find 1-2 things that YOU DO CONTROL and attack those. Make them positive habits that you always think about. Then pick two more! Before you know it you are on your way to a new you.

I knew a nurse who said that her challenge was eating cake at work. With 40 fellow staff members, seldom did a week go by without a cake or party celebrating a birthday, wedding anniversary or birth. What did she do? She found a few charities that the staff could get behind and at every party they decided to donate \$1 in that person's name instead of buying and eating cake. At the end of the year they had over \$1000 for charity and celebrated an end to eating cake!

It's hard to change your diet overnight, but you can form one or two new habits every month and change your life. Try eating healthier tips such as these: ½ a sandwich instead of a whole at lunch. Swear off fried foods. No soda. One piece of fruit per day. Cut-back or eliminate the alcoholic drinks.

Maybe you can't workout every day, but an easy way to start is to find a buddy or co-worker and walk together at lunch. Then make sure you go out every day. If the weather's bad – look for an indoor mall or other enclosed facility. After you're in the habit of going 5 days a week, carve out some time each Saturday when you take a walk. Select a time of day (maybe first thing in the morning) when you don't have conflicts or distractions and you know you can always get it done. Before you know it you'll be out walking 6 days a week. Then, find that special time for walking on Sunday.

There are indeed things that you can control in life that will make you healthier and ultimately happier. Start with only 1-2 things that you can control and then go to work on them. You'll soon see your world change!

If you want to make healthy changes to your lifestyle, you don't have to go it alone. A personal trainer from Fitness Together can design a 1 on 1 workout program for you. We can provide nutritional counseling as well. To find the nearest Fitness Together location to you and learn more, go to <http://corp.fitness-together.com>.