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AN INTELLIGENT READ FOR ALL WOMEN

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Mind-fit

This handful of tips can assist in creating a mindset to get fitter and healthier.

As emotional beings, a lot of our behaviour is driven by how we 'feel' and what we 'feel like doing'. Anything in life can be accomplished if we truly want to succeed at it. If we want to start a business, we jump in with passion and drive and give it all we've got. Why then do we let our own personal wellbeing fall to the wayside?

We all need that extra motivation to propel us to do things - especially things we don't like to do. I believe that with the right attitude and a change of perspective, we can set out to do any task with passion. Let's look at ways you can create a healthier mindset to help propel you to your health and fitness goals.

Create a strong enough 'why' to exercise

Anything that we do in life, we do for a reason or a desired final outcome, so it is important to have a strong desire or reason why you should work out and lead a healthy lifestyle. Grab a small notebook or sheet of paper and start listing all the benefits you will derive if you stick to a healthy lifestyle and exercise regime. For example: 'look great in my new black dress, have more energy in the evenings and lower my cholesterol level'. When your motivation starts to waver, pull out your list and rev yourself up to take the necessary actions.

Get support from others

Enlist the help of supportive friends. 'Supportive' being the key word. Many friends and family can subconsciously undermine our efforts for positive change as it can highlight weaknesses in their own life and make them feel like you are leaving them behind. Be specific when you ask for help. Ask them to help you by not offering you treats or junk foods unnecessarily. Ask them to call you each day to check you did your workouts. In some cases you may need the help of a trainer to really give you a motivational boost.

Use the power of awareness

This is a lot easier said than done. Most of us try in vain to be in the moment, but our present conditioning and circumstances make us multitask even whilst eating and working out. Instead of striving for perfection, aim to work out and eat meals in silence and with no distractions, at least some of the time. Allow yourself to just be in the moment. Focus on the sensations of working your body, or on the taste and flavours of food whilst eating.

Commitment for Success

Sometimes things happen in our life that give us a fright and we make a commitment to make changes. For some, a



potential illness makes us readdress our priorities, and for others an insult or criticism can help push us into making changes. Most of us, though, fall into a rut and get pleasure out of being complacent about our health and fitness. We need to draw a line in the sand and commit to sticking at a plan of action to increase our wellbeing. When you are committed, something like the weather or the time of day doesn't stop you from following through. Tackle any challenges immediately and then next time round you will have less resistance.

Analyse for success

Sometimes it pays to stop and analyse your behaviours and actions. Ask yourself why you may have stuck to a workout plan in the past. Was it because you had someone to be accountable to? Was it because you got really sick and decided not to let yourself go that far again? Whatever the reasons, aim to recreate that motivation or condition and see if that helps you succeed again at your plan.

Enjoy your treats

Deprivation will always lead to a binge. When we deprive ourselves of our favourite foods, we set up an unrealistic situation. Instead choose a day of the week you can have this treat. Think about portion sizes and enjoy the treat while you have it. Eat in pure awareness and satisfy the urge for another week. Life should be enjoyed, so long periods of deprivation, no matter the object, is always the wrong way to go about it!

Reward yourself

This is a must. Slot out on a calendar a 90-day period and incrementally put in rewards such as going to the movies, getting a massage or just relaxing. Set the conditions for being able to redeem these rewards, such as you must have completed at least 4 workouts per week for 4 weeks to get the reward at the 4 week mark.

Just these handfuls of tips can be enough for you to start to make a true lifestyle out of eating well and consistently exercising. Remember, if you aren't enjoying your workout, change it. If you don't like certain foods, change your menu plan. Aim to enjoy the process, think about why you are doing it and seek the support of those around you so you can create the very achievable feeling of wellbeing.

By Nalisha Patel



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