

CHANGE IS AS GOOD AS A REST!

Have you ever heard the expression “change is as good as a rest”? It has never been truer when trying to attain a better level of health and fitness.

People who make lifestyle changes to have longevity and quality of life are motivated by all kinds of different reasons, including; an outlet for stress, a desire to be slimmer, to be in better shape, to have more energy, so they may do recreational pursuits with greater ease and to prolong or possibly save their life.

Why is it that some people manage to stick to their plan while others may not even launch into the first week? Or, after 4 or 5 weeks all changes turn back to old habits. I have watched hundreds of people attempt these changes. I believe their lack of success is due to the following deductions. Let's see how you do.

Ask yourself; what are the three things you most value in your life? Next, list them in order of priority. And the survey says...**Health**, although may be in the top three, seldom comes up on top. It is often the first thing to be placed on the back burner to reach a deadline at the office, to get the kids to their recreational pursuits, to squeeze in another client, to get to a social gathering or to catch up on those well needed extra hours of sleep.

Now, obviously there are times when you do need to compromise your own needs for your family, friends and career, however, too often healthy lifestyle is not just compromised it is eliminated all together. You have to find ways that work with your family, friends and careers to keep the activity and good nutrition in your week. Sound like too much work in scheduling and change? Well it can be, but are you not worth it? If health is not your number one priority how much good will you be to your family, friends and business? And, if you don't make the changes now there are some of you out there who quite possibly will not get the chance to even try. **So put your health as your number one priority starting now.**

You've been contemplating this healthy lifestyle change, now just do it. The majority of people will not have success if they jump from contemplating change to an action plan. Change is a process. And like any other behavioral change, a healthier lifestyle that includes regular activity and proper nutrition will only become a way of life if the appropriate preparation is taken to sustain the change. To coin a phrase...Failing to plan is planning to fail. Is it work? Absolutely, but, I'll bet most of your greatest successes have been the result of conscientious planning and preparation. You can not build the house without blueprints.

Here are a few tips to get you moving in the right direction. First, determine what it is that you are going to change. Do not try to change everything all at once! Be as specific as you can and set a goal. Only a recipe that includes all the right ingredients will produce a successful dish. So do your homework. Gather the appropriate knowledge and guidance as well as the options available to you that are best suited to your present lifestyle. Remember the goal needs to be one that you can maintain for a lifetime not for a transitory dip on the bathroom scales. Be Realistic!

Don't walk away from negative people....RUN! Surround yourself with people who share your values of health, not those who will sabotage your efforts. Include your family members in your decision with an explanation as to why you need their support. Recruit a buddy who has similar goals to make the change with you.

The idea in the preparation stage is to deal with the barriers and obstacles that will prevent you from following through with your weekly action plan. Give yourself a few weeks to explore all your options. List your potential obstacles or barriers that may hinder your plan along with any excuses you can think of. Beside those add your list of alternative strategies to bust them.

When you are confident about your choice to live a healthier lifestyle and have made the decision to change you must **commit** to the changes that are soon to occur. A healthy you will require your time. You will need to make compromises and have to let go of habits, routines and quite possibly people to stick with the change. Your behaviour has to be congruent with this lifestyle change. If you commit it should fall into line. If you don't it will be either short lived or never fully get off the ground.

So, how did you do? Remember a healthier body enables you to do all the fun stuff better. Why wouldn't you want to prepare that action plan today? If you need some motivation to get that kick start, join me on Thursday April 12th for our next Knowledge + Action = Power lifestyle seminar: Motivation to Move.

Live Your Best Life!

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