

The Power of 10 continues:

Last we left you deliberating your **power of association**: some of you may now find yourself spending less time with some people and more time with others, just so you may live a healthier existence.

Next up: #2 – The Power of Knowledge.

Have you heard the expression, “it’s not what you know that will hurt you, it’s what you don’t know? Well we believe that it’s more what you don’t know that you don’t know that will hurt you. It always surprises me when coaching, the number of people who don’t know, fruits and vegetables are carbohydrates. This is a big deal. But an even bigger deal is that they didn’t know that they didn’t know fruits and vegetables are carbohydrates.

At every opportunity seek knowledge to gain an edge over the ‘don’t knows’. Knowledge comes in many packages, people being one of them. Take time to find out what it is that you need to know, go to the experts. Then, ask the experts the right questions.

Read often, surf the net and watch healthy people they will teach you healthy behaviour. Recently a client of mine told me that she was paying attention to what slim people eat. Actually, she said skinny people. What she discovered was that they didn’t really eat a great deal. As amusing as I found her observation it was a great lesson in lifestyle for her. More importantly I was over the top that she was paying attention and learning from others who walk the talk.

The more you know, the more the pieces of the puzzle come together, the more the picture of what is required comes clearer and the more you want to know.

Knowledge is very powerful but remember, without action it is just another two syllable word.

#3 – The Power of One

Yes YOU. This is not the time to re-invent yourself but rather the time to discover who you really are. Whatever you attempt to do must fit with who you are and what your life is like. There is a lot you know about yourself. You know your likes and dislikes, your comfort zone, your challenges, obstacles and excuses.

Healthy living can be done with the life you lead now. There does not need to be a total upset, atleast not all at once. Use your talents and skills to assist you in making healthy living choices, be it, activity, nutrition or lifestyle behaviour. You have You and You are your biggest asset at making this healthy plan a success.