

## Find Your Slim Within – The Power of 10

Why is it that some people can make a decision to be healthier and it just gets done, while others teeter back and forth from contemplation to action as though they are teeter totter champions? Is it genetics, intellect, character...? What the heck is it?

Well I have a theory and it isn't any one of those things. It is all of those and then some. I am not a scientist, a geneticist or a psychologist, but I have been in the health and fitness industry all my adult life. I have a degree in exercise science and it has helped me immensely. However; experience and thousands of client outcomes over the last decades has given me more insight into human healthy living behaviour than any textbook. So I guess that makes me somewhat of a behaviourist. And I think it gives me a little clout to speak on the topic. Let me take you on a journey and unveil what I think it takes to succeed at healthy living change.

### 1. Power by Association

Have you heard the expression: if you want to be a winner, then be with winners? When it comes to lifestyle success, this has never been truer. You gain power by association. Who are the people in your life who exemplify healthy living? Are there any? How much time do you spend with them? Along with experience and client success and failure outcome, I have determined and witnessed that, when you hang with the healthy; by default, you will become healthier. You will do more, eat less, eat better and in time reap the rewards of all that comes with that.

So, do an inventory of those you associate with: socially, at the workplace, clients and yes, family and determine who is in and who is out. Sometimes, just reducing the time (not eliminating them entirely, because that would be tough if it's family) with those who sabotage healthy living practises and increasing time with those who walk the talk, will start you on your way to seeing you stick with healthy living change. Don't walk away from negative people... Run! Surround yourself with those who are encouraging positive change, however, still allow you to be yourself and expect good and great things from you by keeping you accountable.

Not only people but environments can also support unhealthy living. Workplace environments often breed unhealthy practises: from poor snacks to high pressure demands and deadlines without an outlet for stress. The absence of time off or time outs in a day can break all of your good intentions. Even the places you hang out after work or on break set you up for success or take you down before you arrive.

What places do you find yourself tempted to live too many minutes on the wild side and not be true to healthy active living practises? Weed them out like the people in your life. Add new positive environments and change the ones that you cannot remove yourself from. Or at the very least spend less time in those toxic environments so again you start to reap the rewards from persistent healthy living practises.

To quote Tony Robbins; "Few things affect how successful you will be as much as the people with whom you surround yourself" Do something today to be a winner with healthy living practises. Find a winner and fake it till you make it and stay tuned for more of the power of 10.