

At Training to be Balanced (T2BB), we educate the body for efficient conditioning, to correct faulty movement patterns, and creating a culture of results in performance. In addition, the mental side of fitness is just as important. Don't misconstrue what I am writing here, we are not levitating off the floor & chanting for 13 hours a day but rather providing a positive atmosphere to engage the mind to help the body perform. This is done not by lecturing but adding small statements consistency while we train our members. We intertwine this with the science of exercise to produce fitness results and attributes!

We weigh heavy on member's attitude. "If you don't like something, change it. If you can't change it, change your attitude."-Maya Angelou. Attitude is a choice, and you can choose to have a new attitude at any time. Ninety percent of how we react is attitude. For example, put an end to body bashing, and instead celebrate your strengths: Take a compliment and say thank you instead of replying with a potshot at yourself pointing out your flaws. "Who, me? What are you talking about? Forget it! I'm huge! Look at my muffin top!" Learn to say, "Thank you very much! I feel great!" and accept the compliment.

All of our member's must believe they can achieve results. Act as you are in the best shape of your life. I have seen those lose fat and change their bodies only to gain the fat back. I have also seen those on our Uber Audacious Longevity Club (list of members that have kept a significant amount of fat off over a year) keep it off. The difference? The ones who did not succeed and gained the fat back never really thought of themselves as fit. They did not believe they could have lost fat in the first place.

It is extremely important to surround yourself with supportive people. When someone is doing something to become more successful or to better himself or herself, whether it's to start an exercise program or eat more healthily, other people will try to drag that person back down to their level and keep them from being successful. After all, if that person succeeds, it will make everyone else look bad. Instead of joining in and making the same positive changes, human nature seems to be to bring that person back down. Examples include, "Just have one drink!" "You can miss one workout!" Ask yourself if your immediate circle is sucking the motivation out of you? Start to be conscious of whom you spend your time with. Eliminate any negative, "poor me" – thinking people from your life and surround yourself with supportive positive people.

Manage your stress. From the Female Body Breakthrough Book by Rachel Cosgrove. "Most women tend to take on not only all their problems, but also everyone else's. High stress + high belly fat! If your cortisol is chronically high, you may notice your amount of belly fat going up. Consistently, I see that when [clients] are under excessive stress and are letting it get the best of them. Their belly fat increases. This has also been shown in research; a recent study revealed that women with high cortisol levels due to stress had an increase in their abdominal body fat. A fat belly is only going to make you more stressed!"

All of our fitness coaches are great at teaching member's to use positive affirmations. An affirmation is a statement with some emotional intensity behind it. Positive affirmations can make imprints on the subconscious mind to create a healthy, positive self-image. In addition, affirmations can actually fuel the changes you desire. We tell our members to always phrase an affirmation in the present tense. Imagine that it has already come to pass. "I am slim," "I now feel great I am working hard in Core or Kettlebell class". In addition, always phrase the affirmation as a positive statement. Eliminate the words not and never. "I am not weak" instead "I am strong"

Setting positive goals is mandatory for all our members. Learning to set goals is another powerful method for building a positive attitude and raising self-esteem. Goals can be used to create a "success cycle." Achieving goals helps you feel better about yourself, and the better you feel about yourself, the more likely you are to achieve your goals. We promote guidelines like, state the goal in positive terms. It's better to say, "I enjoy eating healthy, low-calorie, nutritious foods," than, "I will not eat sugar, candy, ice cream or other fattening foods." Also, we instructor goals to be specific. The more clearly your goal is defined, the more likely you are to reach it.

One of T2BB's core values is to have a sense of humor. Humor may be the most powerful stress-buster around. By laughing frequently and taking a lighter view of life, you will also find that life is much more enjoyable and fun. Medical research, including a 2009 literature review published in the journal *Medical Hypothesis* has confirmed that laughter, enhances blood flow to the body's extremities and improves cardiovascular function. It also plays an active part in the body's release of endorphins and other natural mood-elevating and pain-killing chemicals.

Remove rationalizing. Rationalizations are generally convenient evasions of reality and are used as exercises for dishonest behavior, mistakes, and/or laziness. Everyone has an excuse or his or her own rationalization for why they can't lose more weight, eat healthier, or push their limits. Stop putting the blame elsewhere and take ownership of your body. There is always an excuse not to start fitness today. Here are few examples that I have heard endless in my career as a fitness coach: Anytime you use the word try, you may as well replace it with "I am giving myself an out because I am planning to fail." "I don't have enough time! Don't find time, make time!" "I am destined to be fat. It's in my genes." "Work is hectic. I have too much to do at work." "I'm too tired!" "I walk, isn't that enough?" "I'm too stressed." "My kids come first."

Begin right now with "I will..."