

Active Image

Achieving Results for your Body, Mind and Spirit!

IT STARTS IN YOUR MIND



'As a man thinks within himself, so he is.' This is one of the great proverbs (23.7a). The is also the title of a great book written over 100 years ago by James Allen and still widely read today. The basic premise is that our character is the sum of all of our thoughts. Our thoughts effect our circumstances, health, our achievements.

Once you decide on a fitness goal (get in shape, lose weight, run a marathon) you must first get your mind in order. ' This is important to understand if you are trying to change your eating habits or get fitter. Lasting changes require you to have positive attitudes towards your health, your lifestyle and your body. Instead of thinking of exercise as evil, see it as a means of improving the quality of your life and then seek out ways of making it more enjoyable. What is do is a reflection of how you feel about yourself. If you continually feed your body with unhealthy foods, don't exercise and are constantly under a lot of stress then that is a signal that you do not hold your body in high regard. The body is the servant of the mind.' Unhealthy thoughts will express themselves through an unhealthy body. Fortunately the reverse is also true; healthy thoughts will express themselves through a healthy body. Begin to cultivate a healthy mindset and it will do wonders for your physical fitness.

Here are some tips to help you practice some mental fitness.

- ✓ Get honest about how you feel about yourself and your body- if your thoughts towards it are negative then it will be difficult to take proper care of it- then start reframing your thoughts around yourself- write down all the things you like about your body
- ✓ Write out your goals and review them regularly
- ✓ Find an accountability partners- share your challenges and successes with them
- ✓ Practice daily affirmations
- ✓ Keep your stress level in check- we unconsciously neglect our bodies because we are so busy doing other things

- ✓ Practice self control- have a mental strategy for what you will do when you are feeling weak or tempted- continually rehearse your reaction in your mind (call a friend, drinking water, positive affirmation, review your goals,
- ✓ Keep your mind renewed and refreshed
- ✓ Make up your mind- success at anything takes hard work and effort
- ✓ Be responsible- you are 100% responsible for being in the healthiest you can be- no one else is standing in your way
- ✓ To thine own self be true- list your triggers- boredom, loneliness, anger- what will push you to overeat, what will resign you to the couch instead of going to the gym
- ✓ Focus on the positive- envision yourself reaching your goal (at your ideal weight, crossing the finish line, having lots of energy...)
- ✓ Hang in there... when your motivation is slipping remember that there are no short cuts, quick fixes or effortless successes.

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To obtain a more detailed program or for further questions about [Active Image](http://ActiveImage.com), please email me at cathy@activeimage.ca or call (416)410-8517. Remember to always consult your doctor before beginning any exercise program.

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