

Active Image

Building the Foundation for a Healthier You!



PLANNING FOR SUCCESS!!!

There is a saying “failing to plan is planning to fail”. The saying could not be truer for your fitness and health program. Sitting down and writing out my schedule for the week to come, transforms my week from an unmanageable, frantic schedule to a well paced, balanced somewhat organized routine. If I have not planned my exercise routine for the week and put it in my day timer then it will not get done.

There are many aspects of your life that need to be in order to help you achieve success in your fitness and health program – do any of the following apply to you:

- ✓ Packing your gym bag the night before and putting it at the door
- ✓ Making time for and recording you exercise sessions in you day timer
- ✓ Grocery shopping and stocking up on food so you will not have to visit the food court on your lunch hour
- ✓ Going to bed earlier so you will have the energy to make it through your day without coffee, chocolate bars or something to give you a boost
- ✓ Getting up a bit earlier (providing you go to bed earlier) to prepare breakfast so you will not have to buy a coffee and muffin or dounut for breakfast or early morning snack
- ✓ Setting your VCR so you can watch your favorite program while you exercise on your treadmill or Stairmaster
- ✓ Keeping a balanced scheduled so that you have the energy and motivation to exercise and eat healthy, and resist unwanted food cravings
- ✓ Keeping extra healthy snacks on hand in your desk or purse so that your are always prepared

As you can see, your exercise program is very much tied in to all of the other aspects of your life- eating sensibly, sleeping patterns, your social life , your leisure time. When one or more of these areas or disorganized then it throws your entire routine into chaos.

Here are a few tips to help you stay one step ahead of the game:



At the beginning of every week take the time and record your workout sessions in your day timer. Record any upcoming meetings or social functions where you might

indulge a bit more than usual. Make a plan for shedding those additional calories- either by scheduling another workout or eating less throughout the day.



Take inventory of your refrigerator- do you have enough food to get you through the week. Will you have enough time after work to prepare dinner or do you need to prepare it in advance. (On Sundays I often cook a few different meals to get me through most of the week).

Make a back up plan. Life often seems to get in the way of our best made plans. If you are unable to keep your appointment with yourself make a back up plan.

Recruit a friend- you are likely to have better results if you tell someone of your goal- better yet, invite them to workout with you!! A workout partner can help keep you motivated and on track.

Review your goals regularly. We can sometime loose sight of why we enlisted ourselves in a health and fitness program in the first place. Try posting your goals up on your refrigerator!!!!

Use motivation tools. I have affirmations, quotes and scriptures around my house to help keep me on track and to remind me to never give up. Also try journaling your thoughts and feelings- they will give you great insights into your patterns and hidden beliefs about yourself. Rewarding yourself when you reach certain milestones is also a great motivational tool.

*Lastly, ask yourself these questions on a weekly, monthly and yearly basis:

1. where am I now, and where would I like to be (weight, eating habits, appearance, exercise habits, general health)
2. how is my health and eating habits and exercise affecting my life
3. what do I hope to accomplish (this week, month, year)

Take some time to plan each week and watch how not only your body changes but how all of the other aspects of your life start to fall in place also.



For a more detailed program or other questions, please email me at cathy.morenzie@sympatico.ca or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program.

February 5, 2002