

# **Active Image**

*Building the Foundation for a Healthier You!*

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## ***FUTURE GOALS MEET PRESENT REALITY***

I recently meet with a financial planner to assist me in sorting out my finances. I learned many valuable insights from this meeting. I could not help but notice the similarities in financial training and fitness training. At any point in the conversation the two words could have been interchanged! The experience gave me some valuable insights into misconceptions and uninformed attitudes that many of us have about fitness and health programs.

### ***Its Not “ All or Nothing “***

The truth is that I was afraid to use a planner because I thought that I would have to give up eating out, and other little indulgences. The same goes for our physical health. It does not mean that we forever have to eat carrot sticks and tuna or exercise profusely everyday for the rest of our lives. . That could not be farther from the truth. It involves planning. Just like planning for a vacation by saving monthly we also have to plan for our fitness goals. In the long run the consistency of exercising will reap you the benefits that you are looking for. “Slow and steady wins the race.” Think long term fitness which goes way past our new years resolutions.

### **Write Out your Goals**

After writing out my plan on paper I was able to see that my current way of doing things was not enough to help me reach my future goals. Like many of us we have a vision of where we want to be in the future with regards to our health (or finances, or relationships, or careers) but never take the time to plan out a strategy on how we are going to get there. Then once we do write it out we need to constantly check to make sure our present situation remains in line with our future goals.’ Life often gets in the way of plans.’ We need to accept that and adjust accordingly. Write out a back up plan in your program. Eg. If you are going to exercise on Mondays, Wednesdays and Fridays. , keep the weekend as a back-up in case you miss one of these sessions.

### **Be Accountable to Someone**

I had to get honest with myself and realize that I could not do it by myself. There is something to verbalizing your goals. Tell someone about your goal. Better yet, recruit them to join you.

One someone else knows what you are trying to achieve then they can offer you friendly reminders and can encourage you at times when you may not feel like it.

**Get Informed**

Prior to my meeting I was given homework. I had to look up the meaning of a few words in the dictionary. Before beginning any fitness program you should know what exercises will give you the results you are looking for. Do you need a strength training program or an endurance program. How long do you need to exercise for. What are the risks? What are the benefits? Take some time and consult a professional, read and ask questions.

**Patience and Discipline**

During my meeting I realized that during most of our working lives most of us will make a million dollars. Whether we ever recognize the fruits of our labour always comes back to two key word patience and discipline. Do you realize that we can control our health and well-being; We can determine the quality of our life; We can control our level of stress; We can minimize our risk of diseases. What power we possess ! Yet we often do not discipline ourselves to take time and realize that as small amount of effort can yield huge returns!

Take a moment and write out your future health and fitness goals. Use these questions as as a guideline. Will the current path you are one lead you to our future goals. If not, start today to make small adjustments in your lifestyle. Remember, “slow and steady wins the race”.

*What fitness goals would you like to achieve*

*In the next 3 months?*

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*In the next year?*

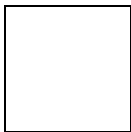
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*In the next 5 years?*

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*For the rest of your life?*

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

Please share the article with your family and friends; they will thank you for it.

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