

Active Image

Building the Foundation for a Healthier You!



SUCCESS FROM THE INSIDE OUT

Over the course of many years I have tried to change many things about myself. Every Monday I used to decide that this would be the perfect week where I would drink 8 cups of water per day. I have made countless New Year's Resolutions and have about 20 templates on my computer each designed to budget my money more effectively. As you can probably guess, none of these was particularly successful because I was never able to commit to them for any period of time. It was only after a shift in my thinking that I was able to change my attitude about these challenges and I began to achieve success.

Have you ever noticed that the more you resist something the more challenging it seems to get? The more you commit to exercising the more life seems to get in the way. First I suggest looking at how you feel about what you are trying to commit to. What are your perceptions about exercise? It is something that you dread. An unbearable means to a necessary end? Would you consider exercise to be pampering yourself, an inconvenience, or torture? If it is not something that you look forward to then find ways to make it pleasurable. Here are a few suggestions:

- ✓ invite a friend- make it social
- ✓ join a running group- perhaps through The Running Room,
- ✓ install a TV/VCR in front of your treadmill and exercise while watching your favorite program
- ✓ reward yourself after every workout (I don't mean with ice-cream!)
- ✓ try a group fitness class or house league team
- ✓ do an activity that you love
- ✓ exercise toward a goal- 5k race, dance competition
- ✓ exercise for a purpose(other than health)- walk to work, use the stairs
- ✓ Ski, toboggan, go skating- take advantage of our winters- outdoor exercise is not just for summer!
- ✓ Don't beat up on yourself if you miss a workout

As long as there are negative feelings associated with exercise your success will be limited. Ask yourself the following questions:

1. *Where does exercise fit on my list of priorities?*
2. *Why should I exercise?*

3. *How can I do to change my feelings towards exercise? What will make me look forward to doing it regularly?*

Here are two different attitudes about exercise:

“Exercise is my treat to myself. A time away life’s stress where I can feel the power of my body and be aware of it strength and intricacy. It is a way to pamper myself. It is my reward to myself for working so hard. It is a way to celebrate life and movement!! This is a special time that I have carved out for myself and look forward to it everyday.

OR

“I have to work late today so I’ll have to miss my workout again today. It’s probably for the best anyway since I’m too tired to exercise and could use the sleep. The thought of getting out of bed right now to exercise is not very appealing. Why beat myself up on that boring treadmill that goes nowhere. What’s the point anyway?

The choice is yours. If exercise is a priority then work will not get in the way; you will not see it as a chore and you’ll understand that every time you exercise you are affecting the quality (and maybe quantity) of your life. Only you can choose.

Try to make changes in your life from the inside out. Change your attitude and change your life!!!!



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.

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

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