

It's Not About Losing - It's About Winning

Winning by having a fat-burning, disease-fighting, age-defying body Wellness is About Winning

36 Billion per year spent on weight loss

This starts with disciplining your "Fitness Center" in your mind

You have to look at weight loss as a Holistic Program

- ◆ Body
- ◆ Mind
- ◆ Spirit

Disrupted Balance

- ◆ Sedentary lifestyle
- ◆ Poor nutrition
- ◆ Negative thought patterns

= 's overweight body, diseased body and emotionally imbalance mind

Balanced

- ◆ Active lifestyle
- ◆ Good nutrition
- ◆ Positive/empowering thoughts

= 's healthy weight, increased longevity and a happier you

You're mind-most important digestive organ in your body

- ◆ Negative thoughts is like feeding junk food to your mind
- ◆ Positive thoughts is like feeding fresh, nourishing food to your mind
- ◆ Dieting creates a "noble but deprived" mindset
- ◆ When you "go off" your diet you feel relieved but guilty. Guilt keeps your self-image low, performance level drops to match your low self esteem, vicious cycle.
- ◆ This is a "habit" disorder. Created in the subconscious mind
- ◆ Food is not the answer, if it was all diets would work

Your subconscious mind is your "servant" who creates your habits

- ◆ We make our habits, then our habits make us
- ◆ Knowing and doing are worlds apart
- ◆ Only action repeated again and again (repetition) will create a new habit. Science shows 25-30 repeats to create a new habit.
- ◆ Doing a new action creates a habit, which creates a good self-image, which causes you to take action, which reinforces the good habit.

Four Cornerstones of Change

1. Admit a need for change – take full responsibility, do not blame another person or a circumstance for why you cannot act on change
2. Create a daily routine – habits are not broken – they are “overwritten” with new habits. Daily routines create new “repetitions” repeated over and over. “Practice makes permanent”
3. Do not think about what you “don’t want” i.e.: I don’t want to eat this donut, I don’t “feel” like exercising – instead think about what you “do want” i.e.: I want to eat fresh vegetables and fruits, I feel so good when I exercise.
4. Change your environment – “If you don’t want fleas don’t sleep with the dog” – place yourself in environments that support your changes, people who are on the same path to wellness you are.
“You become that to which you are constantly exposed to”

Action Tips for Positive Habit Formation

1. Identify your bad habits – when, where and why did you develop them? Are you unconsciously imitating peers or negative role models? Are you using them to cover up fear, doubt or feelings of inadequacies?
2. Learn what triggers your bad habits – stress, criticism (self and others), guilt, rejection, and boredom?
3. List the benefits of a new good habit – improved self-image, improved health, longevity, more productivity, better relationships, accelerated financial security?
4. Have a “no excuses” mentality – if you do fail do not use negative self-talk such as “here I go again, I always fail” instead say “next time I’m going to be strong enough to do what is right”.
5. Visualize yourself in the new lifestyle (make a new picture in your mind) – have positive affirmations written out on 3x5 cards that you speak out 3-4 times per day especially when the negative self talk starts counter it with your positive affirmations “I’m so happy that I now choose only fresh, wholesome foods”, “my body is healthy, strong and fit”.
6. Read biographies of people who have succeeded against all odds whether it is a physical goal, spiritual goal, relationship goal or financial goal.
7. Avoid as much “negative” news as possible – expose yourself to books and CD’s that inspire and encourage you to continue on this path of wellness.
8. Keep “Training Without Complaining”
9. Celebrate your success with others