

Why Mindset is so Important

There is an awesome saying that goes "change the way you think and you will change the way you work". Our minds are a powerful thing and when we put this into practice, it is amazing what we can achieve. For example:

"I don't have to... I want to!"

You have just changed your mindset slightly but what a difference it could make. This quote can be applied to both your diet and your exercise routine. Don't think of it like you **HAVE** to eat healthy to lose weight or you **HAVE** to exercise to get fit. Change your mindset and say to yourself, "I **WANT** to eat better because it is the way I am going to be the healthiest version of myself. And I **WANT** to exercise because I know it will keep me fit and strong and give me the energy to do anything I want to do."

Here is another one:

"I want to lose weight" to "I want to be fit, strong and healthy".

If you make this slight switch in your head, you begin to make the right decisions to get both your health goals and your weight loss goals, because ultimately, they have the same pathway. But focusing on health rather than weight loss takes the stress out. Stress hormones reek havoc on your weight loss goals. So don't jeopardise your efforts by spending every day thinking you need to jump on the scales and then stress about the results. Focus on making changes for health and you will just start to feel changes. More energy, sleeping better, clothes getting looser. You will be much happier on your journey and will be able to reach your goals much quicker when you don't fixate on the number on the scales.

There is not a one size fits all approach to health, fitness and weight loss. It is about trial and error, finding what works for you, your body and your lifestyle. Stay positive, re-asses as many times as you need and make changes. But the main thing to remember, is be patient and **KEEP GOING**. Yes you will have setbacks, but keep that head held high by staying positive, get around them and keep going!

It takes time to build a new routine. So don't give up the very first time you break a diet plan or your exercise regime. Keep working at it until it sticks. It will take time, but if you give it time, I promise you will achieve those goals.