

Overcoming Obstacles

No matter how hard you try to avoid it, things will always get in the way of your health and fitness routine. Obstacles come in all shapes and sizes, some large, some small, and some seem impossible to get around. But with the right mindset, there is always a way. One way to help overcome your obstacles is to write them down. Anything you think might potentially get in the way of you achieving your health and fitness goals.

Maybe you are going away?

Maybe the voice inside your head at 5am says "stay in bed, it is much warmer"?

Maybe it is your ever growing social calendar with food and alcohol galore?

Whatever it is, write it down.

Now write a way you can overcome each and every one of these obstacles.

Because really, to be quite blunt, they are all just excuses you have made up as to why you may not achieve your goals. Every one of them can be overcome, or at least worked around.

Going away does not mean you throw your goals out the window. Make sure it is an active holiday with a good balance and rest and play. Enjoy the good food but also keep in mind things like portion control and moderation.

Not a morning person. This is just a habit that needs changing. Anyone can become a morning person; I know this because I HATED mornings. And now I am up at 5am every morning and have been doing so for over 10 years. Get your workout gear set up in the bathroom ready to go the night before. Set an alarm and place it away from your bed so you MUST get up to turn it off. Have a support person who kicks you out of bed if you try to get back in, no matter how much you swear at them for it. You will thank them when you get home from that amazing workout.

Whatever the obstacle, you can and you will overcome it. Remember that any new journey is a challenge and it comes down to your mindset. If you are in the right head space, anything is possible. There will be setbacks from time to time and that is fine, but once you are in that positive mindset, you accept those setbacks and move on quickly, rather than dwelling on them. And this is what makes this journey a sustainable lifestyle change designed to get you long term results. Fitter, stronger and healthier... Here we come!

