



# The Secrets To Feeling Fit

CREATING YOUR FEEL GOOD FEELING INSIDE AND OUT



## 3.

### BREATHE

Your muscles need oxygen, this is what they crave when you exercise. The more you can control your breathing the better able you will be to increase the intensity of your workout before needing to back off. This is equally important outside of exercise. Stress can be minimised through breathing and the feeling of fitness will be optimised when stress is minimised.

## KNOW WHAT YOU WANT

## 1.

The definition of fitness: "the quality of being suitable to fulfil a particular role or task". So to know you are fit you must decide on what 'role or task' it is that you want to be able to do.

## 2.

### FOCUS ON WHAT YOU HAVE, NOT ON WHAT YOU ARE LACKING

If fitness is about having the presence of physical strength and capability then to achieve this you must be able to acknowledge it. Sometimes we are our own worst critic, constantly focusing on what we need to do better. Fitness requires you to notice what you have and are doing well.



# 4.

## TOMORROW'S WORKOUT IS ONLY AS GOOD AS TODAY'S RECOVERY

Give yourself permission to take rest and recovery. Fitness requires you to push outside of your comfort at times to gain the results you are after. To step outside of your comfort zone without breaking down or getting injured, allow your body to be completely recovered: physically, mentally and emotionally. If you have trouble taking time out, switching off or taking recovery, contact me for assistance with this.

# 6.

## IT DOES GET EASIER... YOU JUST KEEP CHANGING THE GOAL POST

The body is adaptable, every time your body knows how to do something, it creates the most efficient way to do it again next time. But if you want increasing fitness, the feeling of being physically fit and strong, then your ability to do more is important to you. It is for this reason that there must be times in your training when it feels like it doesn't get easier. The truth is it does, you've just created a new benchmark. Embrace the challenge!

# 5.

## FITNESS CAN'T BE DONE TO YOU, OR FOR YOU.

There are some health and fitness products out there that promise results by taking a pill, drinking a shake or strapping a vibrating machine onto your thigh. Gaining fitness is not one of those things. Those who gain fitness are the ones who show true dedication, consistency and have accountability to themselves. It is the ultimate journey in personal achievement and self empowerment.

# 7. LOVE WHAT YOU DO

Notice that this is not "Do what you love" You always have a choice to do what you do. Own that choice, choose to love what you're doing by finding the positive in it and remind yourself of why you are doing it constantly.

# HAVE A PLAN 9.

At the start of each week, set out your timetable of activities and keep it handy to refer back to it everyday. Having a plan will create structure, will stop you double booking yourself and will ensure you create time for your training...leading to fitness results.

# THE DIFFERENCE IS IN THE DIFFERENCE

# 8.

You already know the body is adaptable...but it isn't just your body that needs to experience something different to keep the results coming, your mind does too. Getting bored is the quickest way to losing momentum and losing your fitness. You love a challenge, both physically and mentally, so include challenges in your training from time to time. Do something different, something you have never done (and maybe something you will never do again) to keep the body and the brain engaged.

# 10. LISTEN TO YOUR BODY

There will be times when you need to do something different to your plan... this is ok. Particularly if it is because your body just isn't feeling capable of doing the plan. If you're drained, sore or injured, pull back, listen to your body. NOTE: Be mindful of whether it is your body talking to you or your head, particularly if is the inner critic whispering unhelpful words





If you would like to know more about how your mindset affects your health and fitness results, or you have recognised something that you would like to shift, get in contact with Sharon. She is a qualified Health and Performance Coach and is the host of The VitalityFit Retreat. You can find out more about her retreat at [www.retreats.upliftingpt.com](http://www.retreats.upliftingpt.com)



# 11. LEARN TO CONTROL WHAT YOU CAN AND LET GO OF THE REST

You can control only one thing in this world...that is you. How you feel and how you behave is within your control, regardless of what is happening in the world around you. It is often easier to believe that we need 'all of our ducks to line up' metaphorically speaking, before we start with exercising daily, entering that race or eating better. However, as I'm being honest with you, in all my years of experience, these justifications are really just excuses or procrastinations in disguise. Maybe good ones, but excuses none the less. Ditch the excuses, start doing something today and you'll start to feel better immediately. It might not be perfect or exactly how you planned it, but you have time to make improvements or adjustments as you go.

# SET UP YOUR ENVIRONMENT FOR SUCCESS

# 12.

Your environment has a huge influence over how you feel and behave, and often we don't even realise it because it becomes so normal. Everyday what you see, hear, smell, taste and touch reinforces certain aspects of our thinking. Chocolate in the cupboard reminds you to eat chocolate...and so you do. Set your environment up to reinforce the feeling and behave of health and fitness you want.