FOCUS ON NOW – TAKE ACTION, MOVE FORWARD AND START LIVING

You can’t move forward in life by continually looking over your shoulder.

What has happened is gone – you need to shift your focus and concentrate on where you are now.

It doesn’t matter that –

You may have had some bad experiences with other gyms or coaches that turned you off exercise.

You may have a bad relationship with food in the past.

You are looking to get back into training 10 years after having kids.

You may be in a hole and unable to get out and on with your life.

Let go of the guilt and anger and focus on what matters.

What matters is now and what you are going to do about it.

Fat loss aside you need to shift your focus and focus on investing in yourself.

Rediscover who you are, find your passion for life, your energy and get back that desire to want to improve.

Health is a journey that starts with the desire to improve yourself.

You don’t have to have all the answers to start, or be perfect.

You just need the will and want to move forward and get yourself out of the position or situation you find yourself in.

No one can do it for you – but the after effects of you actioning it will effect everyone around you in a positive way.

Take it one day at a time.

Set daily tasks that you know you can achieve.

Be accountable to yourself and start to believe in your own ability to take control of your health.

Get up and get moving.

Take responsibility of where you are now and do something about it.

Be kind to yourself and don’t judge yourself so harshly.

If your food goes off for a day, it doesn’t really matter – you learn from it and make better choices next time.

You may not feel like training but go anyway – exercise will change your mood, lift you up and take you one step closer to where you want to be.

It’s a process – a journey – you learn from your mistakes and grow into a better version of who you are.

We need to stop kidding ourselves and realise -

There are no quick fixes – results take time.

Real results take effort and hard work – consistency is key.

No one can do it for you.

You are responsible for you.

That it all comes down to what you do with your body and what you put in your mouth.

Over time you need to develop healthier habits to sustain you.

You need to be accountable to yourself and stop blaming others.

You need to watch what you eat and how many calories you eat.

You need to start moving and exercising especially as you age.

So less talk, more action.

Take the first step – move forward – stop looking behind you and realise the best is yet to come.

Start today – contact Lisa to book a consultation to learn more about our 30 day Kickstart programme. - designed to get you back into exercise and on your way to a healthy and leaner you.

You are worth it!!