

# CHANGE THAT



# REFLECTION

It happens to the best of us. You begin with great enthusiasm.... but slowly, you begin to lose focus and motivation. Stop that slide, says **NAWAZ MODI**

**S**O you've started your aerobics programme. It feels good.... but.... But what? Well, it's such a problem making time for it, sticking to your diet, and you don't seem to be losing weight as fast as you might like to...

Stop! There is no easy way out. The answer to your list of obstacles

is: **You have to make it happen.** Don't let go of your motivation. You can change that reflection, it is an attainable goal.

Now let's see how you can overcome some of those obstacles.

## **I can't make the time**

Getting into a routine is

undeniably the hardest part. But you have to shove other things aside, pile exercise onto an already overburdened schedule.

Some strategies could be getting up earlier, exercising during lunch hour, using the time when your kid is napping, or stopping off at class on your way home from work. There's no reason why exercise can't be a regular part of your life. You owe it to yourself.

## **Goal getting**

Combining a well-balanced diet with regular exercise is the only long-term, effective and safe answer. To get that programme going, make a plan that will focus your efforts. Writing your goals down will help you keep track of your progress, make your accomplishments more obvious and identify problem areas that require more attention. Fill out the chart overleaf, make copies of it and fill it out every few months to remotivate yourself.

## **Someone to lean on**

When making changes, even the most beloved friends and family members may feel it is an unnecessary exercise which imposes on them. If you can identify people who will support you, their encouragement will make it easier for you to stick to your new lifestyle. This support and nurturing will help you stick to your commitment even during periods of stress.

## **Be realistic**

The journey of a thousand miles starts with a single step.

You're only human! If you have unrealistic and idealistic expectations of yourself, you'll most likely end up disappointed. We all occasionally miss a class and indulge in a slice of chocolate cake.

Don't be too hard on yourself; make up for your lapses and you'll feel better. If you missed your class,



## GOAL GETTING

**My goal is:** \_\_\_\_\_

(Be specific — e.g. to lose two to three inches in six weeks)

**I will do the following to achieve my goal:**

(e.g. join an aerobic class three times a week.)

1. \_\_\_\_\_
2. \_\_\_\_\_

**I will stop doing the following:**

(e.g. stop eating sweets.)

1. \_\_\_\_\_
2. \_\_\_\_\_

**I will continue the following healthy habits:**

(e.g. taking a walk with my friend, Ritu, during lunchtime.)

1. \_\_\_\_\_
2. \_\_\_\_\_

**People who will support me in my new endeavours are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When I reach my goal, I will reward myself by:**

\_\_\_\_\_ (e.g. buying a new outfit.)

**My affirmation is:** \_\_\_\_\_

(e.g. I'm growing slimmer, healthier and stronger each day.)

take a walk instead. If you've binged in the evening, have a smaller, lighter dinner to make up for it. If giving up on mangoes all

summer is unacceptable to you, then maybe you could reach a compromise by giving up on chocolates and sweets instead.

## Give yourself credit

Notice when:

\* Your family and friends start commenting on how much slimmer you look.

\* Your clothes start falling a little looser.

\* You can do five more sets of an exercise than when you started.

\* You feel more vibrant and healthy.

\* You start seeing muscle definition where earlier there was none. And give yourself credit for the changes you're creating today!

## Making it a habit

When you realise the full benefit of your new behavioural patterns, you'll probably turn them into lifestyle habits. Staying with good lifestyle habits is the key to long-term fat/inch control. Dedication to these habits and having faith in your abilities is the answer. Quick fixes, on the other hand, are just not. So go right ahead and make those changes.