



THE SECRETS TO FINDING YOUR RESOLVE



By Alice Greene

You've read the success stories of people losing 25, 50, or more than 100 pounds over a one or two year period. They did it by finding the resolve to start eating better and exercising regularly, and then they kept the weight off. I am one of those success stories, and I know the secrets to finally breaking through the yo-yoing of diets, exercise and self esteem to reach that place of nirvana.

The first secret is having a reason to take action, usually preceded by a medical scare, disgust from seeing a photo or trying on an outfit, seeing your weight hit an all-time high, or having something said that really hurts. Until that happens, it is easier to live in denial, with excuses and in the rut that society encourages. For me it was hitting my second all-time high weight, seeing a photo and not finding any jeans that I could decently wear.

The second secret is seeing the goal clearly and believing it matters if you achieve it or not. The hardest thing is making yourself a priority, making a commitment and knowing you deserve to do this for yourself. I made a decision that I was not going to keep getting bigger and I was going to get back into my old wardrobe of clothes. I cut out pictures of women I aspired to look like and I pictured myself looking like them. I found the drive within myself to make my weight loss goals my primary focus. I was finally going to succeed unlike the times I tried in the past. I wasn't going to give up too soon, as I had before. The trick is finding that determination and doing it for yourself to regain your energy and self-esteem. But determination alone isn't usually enough. It is also necessary to ac-

knowledge and address your beliefs, support system and deep-seated emotions about food, exercise and your body that sabotage your intentions.

The third secret is finding an approach to eating and exercise that is enjoyable, feasible and can become a part of your lifestyle. Diets are not sustainable, and while some people that succeed start with a diet to kick off their resolve, they always turn to a healthy eating lifestyle. I started off with a structured fitness diet that turned into balanced eating that I can follow easily the rest of my life. Exercise that isn't fun, isn't convenient or is too intense leads to burn out. This isn't how successful people do it. They start with what they can easily do and like, which is why walking is such a popular way of getting started. I happened to have a Stairmaster in my basement, and I discovered I really liked it and it was convenient. Other good ways to start are biking, hiking, rowing, swimming and exercise videos. It doesn't matter what it is if it provides moderate levels of aerobic exercise.

The more you do, the more you can do, and the more you will want to do. This is common among those with success stories. They discover they like exercise and healthy foods once they stick with it for a while. They may start out walking, but they end up competing in races or triathlons or they branch out into lots of other activities like kick boxing, spinning, power yoga, Pilates and strength training. I started with the Stairmaster and added rowing, strengthening, Pilates, some Tae Bo, and other videos. The biggest shock to me was my passion for exercise. Even in that first year on the Stairmaster I still hated exercising. But it grew on me, as it does for the others that succeed. Exercise becomes a way of life because we can't imagine it any other way.

The fourth secret is creating realistic daily practices that slowly change your lifestyle so that eating better and regular exercise get easily incorporated in your planning and schedule. Making big changes and altering your lifestyle over night doesn't work very well. It is better to start with just a few changes and a small commitment - maybe exercising a few days a

week doing as much time as you can and working up to five days for 30-40 minutes. Within about a month on my Stairmaster I was working out each workday evening to the News Hour for 45 minutes, and this fit my schedule and my stamina very well. What is most important is incrementally increasing the days, time and intensity in a way that is best for your fitness level and schedule. This isn't a race or a comparison game. It is a process of incorporating fitness for a lifetime.

The last secret is having perseverance. It isn't that easy to get started, but it is much harder to stay on track and stick with it. Consistency is what matters to succeeding and making exercise and eating well a lifestyle. If you stop and start, it only becomes more painful to start again and success becomes allusive. You have to stick with it, and initially that is how it feels. It isn't easy. I fought the urge to say "not today, I'll do it tomorrow" all the time. I refused to listen to that voice. Instead I said repeatedly "no discussion", "too bad", "just go do it". It worked. It drowned out the complainer voice in my head. Now it is a non-issue. I want to go do it. I want to eat well, and I want to experience the self-esteem that I've earned by doing it all for myself. I now know as a success story that exercise will change your life if you let it. And in the process you change your mind and your body. It totally changed mine, and ended up switching careers to help people find their resolve and follow these secrets so they too can be a success.

Fit Beyond 40 is a lifestyle fitness coaching company helping people incorporate regular exercise and balanced eating in a way they enjoy and fits their life so they can do it for themselves, on their own terms, and for long-term success. Call for a free consultation to see if our programs are right for you. We offer one-on-one coaching, group coaching and workshops. Call me at 978-465-3555 x5 or visit our website and subscribe to our newsletter and learn more about us.

"I love the fact that I can actually set and make my exercise goals, and that it is a negotiable process when I work with Alice

Greene. I would never have done this on my own, and I appreciate the motivation and accountability. I have more energy and can keep up with the busy pace of my business, which I don't think I could be doing if I wasn't exercising."

Paula Simpson - NH

"This program goes beyond what you would get from a personal trainer. My coach, Alice, tunes into my life, attitudes and goals and tells me exactly what I need to hear, so I know what to do and I am motivated from week to week. I've always been interested in fitness and nutrition, and I have heard a lot of what my coach has been telling me. The difference is her approach and how she helps me put it into practice. This is what a lot of us need, but we don't know where to get it."

Peg Keohane - MA

"Alice has been wonderfully supportive in helping me to address my fitness goals. I've worked with numerous trainers in the past and I find that she has an unusual combination of skills I've found lacking before. She has empathy, an extensive knowledge of fitness and training, and the ability to get me motivated. I highly recommend her to anyone who wants to get fit and stay fit." - Cynthia Smith - MA

"I have really enjoyed doing the Fit Beyond 40 programs. I have lost weight, and I am now feeling better and more focused. It has helped me figure out what I want to do and gotten me on track

with my fitness and eating goals. Today, I'm working out more regularly and I have definitely increased my aerobic ability. I feel good about the fitness coaching experience. It works, and it has given me some new tools that will help me the rest of my life. I now recommend it to many of my patients."

Dr Robert Videyko - MA

"My goal in working with Fit Beyond 40 was to get my blood pressure and cholesterol down to avoid being put on medications. We did it in just four weeks, and my doctor was amazed. She said 'it takes twelve weeks for the average person to accomplish this, so keep doing what you are doing'. I am very pleased with the results and continue to make more progress each week. This has been a good education, and now I know better ways to eat and exercise to stay healthy and feel better. It's been a wonderful experience and a life saver." - Ellis Wilkins - MA

Alice Greene provides complimentary consultations so that you can experience the benefit of having a fitness coach for yourself.

Call her at 978-465-3555 x5 or sign up for a free consultation on her web site:

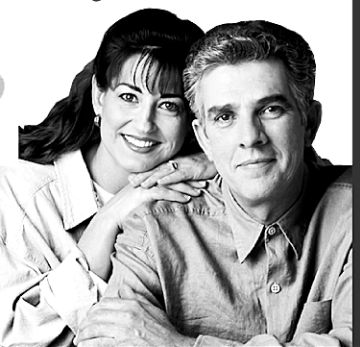
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"This program makes it easy. And what is great is that I'm not doing it for my coach. I'm doing it for me."

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