

SUMMER READY

ALL YEAR!

WINTER IS NEARLY OVER AND SPRING IS JUST AROUND THE CORNER. HAVE YOU BEEN THINKING "IT'S TIME TO GET OFF THE COUCH AND SHED MY WINTER COAT" ONLY TO BE OVERWHELMED BY A SENSE OF DÉJÀ VU?

By Jen Atkins



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It's recently occurred to me how crazy it is to let yourself get chubby during winter in the first place! Of course, it's easy to see why we do it – no one's going to see that extra layer of fat with all those clothes on, right? And it's too cold and wet to exercise... and those comfort foods are meant to be eaten in winter... and I'll start my new fitness program soon.

This all feels really good at the time (of course it does, you are in food nirvana!) but when winter is over, you're looking down the barrel at summer and suddenly feel overwhelmed. You're often left to think "why did I let myself go?"

What if we could look summer ready all year round? This may seem like a tall order at first glance however, it's so much easier for you to maintain your body when you're lean. So why let yourself get even a bit pudgy? Even if you have been exercising like a demon this winter, you cannot out train a poor diet.

The point is, you want to be at your best all the time. What's the point of getting fat, even if it's just a little bit? Your body runs 100% when it's lean and fit.

Don't get me wrong, I'm the first person to say it's important to indulge every now and then – that's the joy in life! However, it's no excuse to go carte blanche and ruin all your hard work of getting to where you are by letting a few rainy, cold days dictate your results. The point is this just makes us feel miserable and all those negative emotions it stirs up such as guilt, anger and even anxiety just aren't worth it.

If we really want to feel the best we can no matter what life throws at us, we can choose this path. This doesn't have to be difficult or complicated.

An easy way to do this is just by thinking about the long term effects that a fitter you would enjoy such as improved quality of life, loss of

fat, reduced stress, elevated mood, improved sleep, great skin and hair, reduced risk of heart disease and certain types of cancer. You'd also get some relief from the symptoms of depression and anxiety, a stronger heart and lungs and an increase in bone density. This is just a few benefits and that should be enough to give you some motivation to take control of your life. Chances are, you don't even know it's out of control. It's all too easy these days to find that you are in the trap of a daily routine that does not involve any activity.

If you looked at this like a job interview or a competition you would make some goals and focus on them, figuring out what you want to achieve and then step up to the plate. So why not do it? Make sure you really feel the emotion of achieving and maintaining your best body all year. What do you see, hear, feel, smell, taste? When you have already experienced it in your mind, it will guide you like a beacon and make it so much easier to attain. Not only can you look your best, you can feel your best and the power of this is the key to opening the door to achieving anything you want!

Remember to keep it simple. Once your plan gets too complicated, that's when you start to fail. Follow some guidelines and you'll be fine. ☺

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