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**Looking Good Feeling Great
Weekly Newsletter
Issue 33**

*Welcome valued clients to the 33rd in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Pros, Cons and the Blanket Battle

It's 5:30 in the morning. You're snuggled up in bed when the alarm sounds. Your morning workout beckons. What do you do?

We have two choices really. One is to get out of bed, dress and perform your workout as planned. The other, which often gets the better of people, is to ignore the alarm, settle back into the warm blankets and enjoy an extra hour of sleep.

Let's be honest, sleep is great. There is nothing better than a sleep in when it's cold outside. And with winter now upon us, the frosty mornings are even less appealing.

But just turning up to the gym is 90% of the battle! Once you're there, completing your workout is easy. And the results won't happen unless you turn up. So let's focus on getting out of bed.

The best plan is to jump right up when the alarm goes off. Don't lie in bed listening to it chime. Don't give your mind or body a chance to put up excuses. Jump right up and into a set of clothes before your mind knows what's happening.

Once you're dressed and warm, the lure of going back to bed will be much less.

Remember, if you lie there listening to the alarm, weighing the pros and cons of early morning workouts, chances are you'll go back to sleep.

Get the jump on the morning. Leap out of bed and start your day!

Time For a New Plan of Attack

However, if you do what you've always done, you'll get what you've always got. And chances are that if you're reading this newsletter, you want to make some serious changes in your life.

So let's be honest here. If you continue to ignore the alarm, or make excuses as to why you can't exercise in the morning, you won't achieve your results. Never. As in not ever. Get used to the way you are, because it won't change unless your habits do.

Sounds harsh doesn't it? But this is the reality. People continue to live in a routine that isn't getting them the results they want. They don't exercise enough, they don't eat the right amount of food, yet the wonder why the weight isn't shifting.

Let's use a little parable shall we?



Imagine someone building a sandcastle on the shore, then the waves coming in and knocking it down. Without connecting the location of the waves with the castle falling down, they build another sandcastle in the same spot and it too gets knocked down.

Sounds silly doesn't it, not seeing the correlation between the process and the results? But this is exactly what people experience when they doggedly stick to the same failing routine.

So try a new tactic. Build your sandcastle further up the beach. Talk to a trained fitness professional about your plan of attack and start getting those results!

Don't Just Stare at Those Stairs!

Every year, a race is held in the Centerpoint Tower. Participants compete in a race from the bottom, up the stairs to the upper most level. This grueling challenge is not for everyone, but we could craft our own challenge from their example...

I'm sure that somewhere in your day you pass at least one building with lots of stairs. Whether it be a skyscraper, or your local shopping center, pick a good set of stairs.

Starting at the bottom, time how long it takes you to climb to the top without stopping. Never mind what others think of you racing up. You can keep glancing at your watch on the way up to make it look as though you're late for a meeting. Why not wear a business suit while you race to further the illusion! Be sure to keep track of your time and tell Dever or I.

Don't just stare at those stairs, climb them!

We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below: