

Food and Exercise / Food vs Exercise

The Right Approach

Denying oneself enough food is a huge mistake and it is generally obvious that lifting your activity and eating healthily are what achieve the athletic look that most people are seeking, whether that is slim or muscular. Apart from the potential for injury - not enough food can lead to mood swings that will defeat your efforts before they have even begun, where exercise and good food will enable you to enjoy the exhilaration of feeling your body working well and you can enjoy eating too. Your body will need the nutrients and the energy to make the changes that you want to see. Losing weight and toning all requires food.



What may be difficult is changing bad habits. Not just the food routine but also the approach.

Normally when people seek a diet without seeking to improve their exercise habits there are failing to break a comfort zone that they have. They are willing to make their lives more difficult with diet but won't make their lives more difficult with exercise - ultimately the approach has to be re-considered, with a healthy and balanced approach the efforts that go into achieving your fitness goals will achieve actual results instead of getting only some of the way there whilst satisfying the irritating voice that says you should be doing something. Making sure that the something is actually getting you what you want most often first involves a challenge to the approach. The results are absolutely worth the effort.

WHAT REALLY MATTERS is to GET YOUR ATTITUDE RIGHT!

Feeling good about yourself changes everything in your life for the better.

That is the magic of fitness it begins a positive spiral.

But we are talking about change. You do have the strength to do it, we all do. But are you willing to use it?

The right exercise programme is the easy bit, though you will want a good professional to provide you with it and keep it changing. Eating properly isn't as complex as everyone wants you to believe either. People make a lot of money out of complicating it for you – and the struggle makes it feel like you are doing something.

Too many people spend most of their lives struggling with their fitness and appearance but pour their struggle into a flawed approach – like tidying up the desk instead of working, usually because they are unwilling psychologically to step outside of a comfort zone. If they only would then the results achieved would be far more substantial and long standing. Hitting different diet fads with little or no consistent success is a good example. It is a little like being trapped in a relationship that takes too much effort to leave so you just accept a poorer life – there is a lot of lying to oneself and satisfying immediate needs.

One of the aspects that works well in Personal Training is changing what people are willing to do – soon what they are able to do changes – then what they do changes and with a little consistency the goal is achieved. Good food habits are far easier to maintain when they are part of an inspiring revolution in the self – strong wording? Good it's all about breaking through complacency - When it feels like a rebirth of your own personal power, like something inspiring is happening inside you that inspires and exhilarates you then it makes it easier to do inspiring things. The first few weeks are hard and if you want to look and feel a little like an athlete (which is what the magazine covers depict) then you will have to behave a little like an athlete. Your dedication to change can be easier to perform on the running track than it is at the supermarket or in the kitchen but the struggle is one and the same. Three weeks of consistency will take the struggle down transform it into your new routine. In the beginning whilst the good habits are still forming, still breaking their way into your routine and not yet a natural choice it can be a lot like the first few weeks of exercise. This is your test of character – a test you DO have the will power to overcome so long as you are willing to engage your will power. What is REALLY important here is the little errors and breakdowns should not mean giving up. And even if you only have 20 minutes to exercise some days you should do something with that 20 minutes. Because if you do you are going to start to see a positive change and that is the moment that will make everything ten times easier.