

Lifestyle Resolution

Resolve once and for all!



Health & Fitness
Enterprises

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5- Step Lifestyle Change

STEP 1: Choose to change and be willing to change.

If it isn't YOU wanting the change, it won't be YOU making the change.

STEP 2: Clearly identify your goals and challenges.

Don't be the one that brings a knife to a gun fight. Know your desires and the obstacles/habits that are keeping you from them.

STEP 3: Prepare & Plan; get tools, guidance, and set systems in place.

Now that you know what you want and what your challenges are- don't do it alone! It is time to surround yourself with the people and activities that will model and influence the behaviors you desire. Use resources available to you that can help you through the process. Is it a gym membership, nutritionist, fitness trainer, accountant, babysitter, kitchen makeover, a better schedule for you and your family, meal plan, equipment, new Tupperware? Many times, it is difficult to identify all the areas you will need help with. *Schedule a consultation* to help sort your goals and create an action plan!

STEP 4: Be patient. Be realistic. Stay focused. Lose your pride.

DON'T TAKE ON THE BIG PICTURE! This is where a good action plan comes into play. Creating mile markers out of a long journey will keep you focused and motivated to a successful finish.

It takes time for habits to form. Your mile markers will help you stay realistic, but your patience will see you through them. In fitness it takes an average of **3 months for physiological changes and 6 months for noticeable physical change**; but a **lifestyle is choice and desire-based**. Changes will take place when habits are formed and routines are set. Remember that your goal is to change habits- not pant size (this will automatically happen!).

Lose your pride and maintain a healthy follow-up schedule with your support system. Revisiting your coaches, doctors, plans of action etc. is good and not a sign of digression or failure. *The person who fails is the one who failed to get help when they needed it the most!*

STEP 5: Celebrate and share successes!

Be happy and proud of your accomplishments- whether great or small! Post on social media; if you've kicked the chips, sponsor your own *Chip-less Party*; tell a friend; post on your blog. Not only does celebrating and sharing continue to motivate you, but you also receive additional support and encouragement. And who knows...you might become someone else's motivation!

KEEP IN MIND

What is a Lifestyle?

- lifestyles are created from a series of habits;
- habits are simply repeated behaviors;
- behaviors are the byproduct of thoughts and emotions
- thoughts and emotions are provoked by the desires of our choices

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