

The

5 DO's

&

5 DO Not's

**when starting a healthy
lifestyle change**

Let's start with the

TOP 5 DO NOT'S



Things you do NOT want to waste TIME, \$, and BRAIN SPACE ON

#1: FAD DIETS

Fad diets always alter the body's natural way of releasing excess weight or inhibit real habit change with unrealistic patterns of eating or digesting. These appear as "breakthrough" or "miracle" pills or capsules. They might be foods that you have to get mailed to you. Encouraging the idea that you can't learn to buy and cook healthy food yourself. There are significant and consistently noted side effects that happen from jumping around from fad diet to fad diet. When we start to tamper with our body un-naturally, there is always damage done. This is why the fad diets fade- they just don't really matter to real health.



#2: BUY FITNESS EQUIPMENT, MEMBERSHIPS, TONS OF PRODUCE OR ACTIVE WEAR FOR MOTIVATION



Having these things before you've decided on a goal, found exercises you like, or tried some healthy recipes will demotivate you. They will be glaring reminders that you have "invested all this \$, so you should....." Remember my friend- you are a BUSY family. When you are out to change your life and health, you'll succeed step by step. a KNOW that you will feel amazing when you purchase that weight set because you know how to use it and when you will use it. It will literally feel like a holiday for your body. Trust me on this! Save the purchases until you know what you like, what you can fit in, and what your health budget needs to be.

#3: SET LONG TERM GOALS

Gradual goals are not only easier on the brain- but healthier for the body too. It's great to envision your life changing for the better, but don't try to predict the future with long term goals, in fitness. If you take 5 minutes to make a goal that is just two weeks out, you will feel motivated to actually tackle it. Then make another two week goal when you reach that one. And another. And then another. More and more efficiency and productivity studies show that setting goals that are far away actually de-motivate faster than not setting goals at all. But you and I know that there must be a goal, to make a plan. And I promise you, that the weight WILL come off, but it will most likely be in 2-4 lb increments over several weeks/months/years. If it's going to be a permanent change.



#4: DO THIS ALONE

If you go on a healthy lifestyle change journey alone, you will spend too much time talking to yourself. You'll be in your head trying to decide when to work out, instead of getting in the care because your buddy is waiting for you in spin class. You'll waste precious brain space daily worrying about your progress, instead of hearing your bestie rave over how much you've changed. You'll waste money trying recipes that you have no experience with, instead of asking what your new fit friends have found to work for their families.

#5: COMPARE YOUR PROGRESS TO OTHERS

Your body has its own DNA, its own schedule, its own stressors, its own history of health that NO ONE ELSE HAS. Your body will release weight, accept new veggies and large amounts of water at a different rate than anyone else. I guarantee it. If you compare, you will lose time wondering if you should change your goals, re-plan, re-buy (waste more \$), switch tactics, etc before you've even seen what your first goals will yield. Rest assured- you will reach your goals! It will be on your body's timetable though. Only compare to your own records of what you've seen work or not work for your body and mind.



Now for the fun part-

TOP 5 DO'S



Things you definitely DO want to spend time, \$, and brain space on to start a successful health journey!

#1) GAIN MENTAL CLARITY FOR WHY YOU ARE CHANGING

Go through a journaling experience of considering and answering questions such as: How will this change affect me personally? What will I gain? How will this change affect my dreams and goals with my profession? How will my family be affected? What will I be saying YES to, and what will that mean I'm saying NO to? How will my spouse feel? What is my ROCK bottom reason for finally making this change?

You'll find more motivation and commitment to your health goals when you have rock solid mental clarity on WHY you are doing it. Keep this reason in a prominent place, such as your smartphone wallpaper.



#2: START WITH SMALL GOALS

This might seem strange to you since you are a dreamer- but I promise you'll see more progress by starting small and adding incrementally. There is a principle called "the compound effect" that traditionally is mentioned with business or financial growth. I find it to be true for lifestyle change and health goals as well. You can master many small things that within just a few months become a huge change. Whereas when you jump into something with huge strides it can easily overwhelm, tire, and create chaos. That fatigue and chaos then holds back progress as you recuperate.



#3: TRY BEFORE YOU BUY

Trying before buying actually helps your brain and so many of your human senses feel GOOD about the change you are making and the steps you are taking. Ask for the sample. Sign up for the trial class. Get the 14 day trial. Go to the free cooking class. Watch the free webinar. Take your spouse to healthy cooking night at the community center. Whatever it is that is offered for free, take the time and brain space to use it, consider it, and decide if you LIKE it and if it FEELS good to you. Decide if this event, class, supplement solves something for you. If it doesn't solve something for you and it doesn't feel good, don't invest the time and \$ to keep it up.



#4: TAKE PHOTOS AND MEASUREMENTS

Photos and measurements never lie. Take measurements of your upper arms, thighs, hips, waist, and bust. Photograph your front, back and side profile. Wear something you feel comfortable in. Plan to re-take photos and measurements monthly. You might think this isn't a necessity- but if you want to do this right- trust me on this. Many times we see ourselves so often in the mirror we don't see subtle changes and we easily become defeated. But the measurements and photos will tell you the truth. You might even create a specific social media account to document your journey for additional accountability, support. A great coach will ask for these things too- so be prepared for this if you get a trainer!



#5: ONCE YOU DECIDE WHAT YOU LIKE (SEE #3 ABOVE) INVEST IN QUALITY

Do your homework! See what the product/service has done for others. Read testimonials. Lost of them. Read reviews that pertain to the product and positive results (steer away from petty or sarcastic reviews). You'll find that the highest quality products always offer a money back guarantee. Do a Google search and look for any lawsuits against the company. Do a Google search and specifically look for HOW the company manufactures their products and where they get their materials. This is especially important for any nutritional supplements. You don't want the synthetics-- you want real food products sustainably produced. Great companies are proud of their product and will offer almost any information you seek as well as guarantees.





So there you have it my friend! The 5 things not to do, and the 5 things you must do to successfully begin changing your health and not waste any time, \$, or brain space.

If you've started the 5 things that you DO want to do- you've already had a huge win!

Sending you all the belief and drive I can muster as you move forward-

xo- Robyn Whitworth

PS---

If you'd like to chat with a certified mentor about your health goals, come join me for a quick chat! In 30 minutes we'll talk about your goals, progress so far, what you've tried already and I'll give you any advice or resources I can, absolutely for free! No strings attached.

Click here to schedule your time with me. See you soon!

#TEAM
LIFETIME

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