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SWITCHING GEARS

HOW TO STAY ACTIVE AND FOCUSED IN THE FALL

BY ALVIN BROWN, BSC., DOMP, RMT, NLP

ON A LARGE SCALE, NATURE RESEMBLES LIFE.

In nature we have seasons: winter, spring, summer, and fall. The common denominator between the seasons and life, is that change is constant. Knowing this, we must have strategies in place to enable us to not only adapt to change, but to use it to our advantage. In this article, I want to address the issue of maintaining a steady momentum in the area of fitness and health, as we move from the easy pace of summer, where we are motivated to maintain a health regime, to the more scheduled and hectic flow of fall, when it's easy to become distracted.

REMEMBER YOUR WHY!

This is the real key to any successful outcome. It's always a great exercise: go back to why you are doing what you do. In the spring, we are motivated to shed some of that winter fat, so the reason to stay fit and firm is easy. **It's all about being ready to sport your body and increase your activity levels.** But as the summer ends and your thoughts move toward routines and schedules, we can lose our focus on health and wellness and go back to neglecting our body. "Knowing your why" is essential to staying focused during the change of seasons.

So enjoy your summer, but also be prepared for the change in season. Get off the mental and emotional roller coaster of frustration caused by neglecting your health, and get good at switching gears.

HERE ARE 3 TIPS TO HELP YOU STAY ON THE GRIND AND KEEP YOUR GAINS:

2 GET A VISION

Once you have your reasons for staying fit, the next step is to get a clear vision of what you want to look like and how you want to feel consistently. We think in pictures, so a clear vision is the key to motivating yourself and to maintaining your passion for optimal health. See how great you will look being in the shape you want. **See and feel yourself with abundant energy as you move through your day.** Get the vision clear and get excited about it, because it's going to be amazing.



GET YOUR HEAD IN THE GAME BY STAYING FOCUSED ON YOUR GOALS.

3

PUT YOUR MASK ON FIRST

It is easy to become a martyr in life. We sacrifice good health in order to put everyone and everything first. There seems to be some need to give everything we've got, foregoing the most important asset we have: our health. **We must remember that we're more valuable to our loved ones when we are at our best; and being at our best means taking care of ourselves and putting the odds in our favour with a consistent wellness program. Jf**