

Fitness Blog.....August 2015

Lenore—IFBB Pro



Photo credit: Ralph Kelly
Location: The Muscle Factory

Fitness Blog

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HAVING A PLAN

Have you ever taken a vacation without researching, knowing where you were going, what you were going to do, or have a bit of an idea of what to expect on your vacation trip? I would hope the answer is “no”. It would be foolish to waste 2-weeks you have worked hard to earn without planning, right? Same thought process should go when it comes to getting fit and healthy!

Consider your “dream body” as your dream destination. The place you have always wanted to go, but you have made every excuse in the book on why you haven’t gone there. You know that place....where you frolic in a barely there bikini or shirtless body with your feet in the sand....at least that is my dream.

Excuses are lies wrapped up in reasons:

“I don’t have the time.”
“I work two-full time jobs.”
“My kids.....”
“My spouse....”
“My job....”

The list can go on, but I’m sure you got my “drift”.

The bottom line is if you are walking, have minor complications at the least, can breathe, move, get to work, and handle day to day chores, your dream destination is only limited by YOU. So before you can put your plan into action, you need to have a “Jesus mo-

ment” and admit YOU are the problem. Now what?

Write a list of objectives that YOU need to put into action to get you to your dream destination:

1. Get up earlier to make the time
2. Clean out the pantry of all “bad foods”
3. Buy comfortable shoes to workout in or go for walks in the neighborhood.
4. Get a workout buddy that is MORE motivated than you are to keep you in check. DON’T buddy up with another YOU.
5. If funds allow, hire a personal trainer.
6. Replace your kitchen with ONLY good foods such as vegetables, chicken, and fish.

The list can go on and on, but I’m giving you an insight of where you can start. When you physically have to put pen to paper and see what you need to do, which by the way are all small task, you will realize how close you are to your dream destination “dream body” and know that it is obtainable!

For a person that is NOT prone to being discipline, I recommend the 6/1 plan. For six days out of the week, commit to a carb-free healthy eating plan with even minimum exercise. On the 7th day of the week, have at it...eat whatever your heart desires. If that means pizza, donuts, ice

cream, and French fries...go for it! Consider it your reward for doing a great job for 6-days. Yes....I mean it! On that 7th day, throw calories out the window and eat till your heart is content. BUT...you must commit to 6-days. That is not much to ask. You can do it. You will see results and the more you see them, the less you will want to splurge on that 7th day.

Now go conquer your dream destination! YOU!