

2016—Stepping Up Your Game

Extreme Ownership—Your Health, Your Life, Your Work.....Your Choice!

My husband came home recently with the best selling book/audio, Extreme Ownership—How U.S. Navy Seals Lead & Win by Jocko Willink and Leif Babin. I was excited to start listening to the CD audio and found myself driving my car aimlessly just so I can finish listening to the first CD in its entirety. I found it to be so good, I drove to the nearest Target to buy a portable CD player so I can continue to listen while I did cardio at the gym.

Although I found many characteristics of my own embedded in their teachings, it pumped new blood in my veins to strive for more out of myself. Here are a few insertions I have walked away with so far that can not only help in your fitness and health, but all facets of your life.

Taking extreme ownership—what does that mean? That means dropping the excuses you have made time and time again on why you haven't started your fitness plan, stopped getting up early to go to the gym, left the bike in the garage to collect dust, and haven't cleaned up your diet. Excuses are found at the end of your fingers pointing at every one else and every reason imaginable instead of owning your health to maximize your life to the highest level possible. **And yes....**it is possible!

Simplifying—Getting your fitness and health goals shouldn't be overwhelming and complicated. Taking small steps in the right direction is still progress in the making. It can be as simple as cutting out sodas and sugars from your diet to a walk in the neighborhood each day when you get home from work. Setting these small goals that are obtainable will give you a sense of accomplishment and set you up for greater goals in time.

Setting the example by leading by example—I once was told "Pick your life partner wisely by asking yourself if in 10-years I inherited his/her life habits, would I be okay with it?" If that question was asked about you, what would your answer be? In marriage, friendships, and in the workplace, one or the other will eventually adapt to the others life habits....make sure yours are good ones. Set the example by leading by example.

Unify with no ego— Get yourself connected with others that have similar goals and that you can count on for a buddy system. We all need encouragement from others to stay on track, to stay focused, and be accountable. Egos have a tendency to make you think you can go down the path to health and fitness alone. There is nothing worst than finishing each milestone along your way without a

cheering and encouraging friend to pat you on your back saying, "Well done! Keep going! You can do it!" I'm blessed to have an amazing support team of friends, family, trainer, and a husband as my teammate that keeps me in check during my grueling prep months prior to competitions. Sometimes their smallest gesture of encouragement is all I need to step up my game to get me through the finish line.

You can do it!



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