

It Is Time To Get Fit!



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What prevents someone from having the best life possible? People we live with? People we associate with? Our jobs? Our circumstances? How about none of the above! The only thing that prevents us from achieving our dreams, goals, hopes and desires, are excuses. Excuses which come from the chit chat in our head that convinces us things would be better if we waited for something, anything - in other words, insert excuse here. So not only are we providing excuses why we can't do something now, we provide the reasons to why we can't do something in the form of an excuse.

Why does someone start an exercise, health, or fitness program? Most of the time the catalyst is an upcoming vacation, or an event like a wedding or class reunion. Summer's coming - have to look good. New Year's resolution - have to take off the weight I gained, etc, etc, etc. Insert excuse here! Now you're saying, "But these are valid reasons!". Of course they are valid reasons, and sound great at the time, but when the event or vacation is over and reality sets in, how successful will these endeavors be, and will the results be lasting? Chances are, not very successful, or very lasting.

The key to having success in our lives, fitness, and health is to figure out a lasting reason why we want to do something. What is the difference between an excuse and a lasting reason? A lasting reason is excuse proof. It is not a temporary situation; it is a long-term

accomplishment. If there are no plans in place, success is highly improbable. Most of the time we sabotage ourselves in our efforts to have the best life possible. I know people who are even aware that they are doing it, but yet they still do it on a daily basis. I was one of those people. I had excuses for everything. Life will be better when...(insert excuse here). I'll start tomorrow because...(insert excuse here). When this changes, I can do...(insert excuse here).'

How do we stop becoming Insert Excuse Here People? Set long-term goals, which need to be evaluated daily. Life changes all the time. The only way we will be successful is to keep up with it. Having goals in writing allows us to change the goals to keep us on track. If we set exercise goals, and our hours at work change, we need to modify our exercise goals to accommodate our new work schedule. Otherwise we will find that we no longer have time to exercise, and before we know it, we're telling people, "Oh I used to exercise all the time, but just don't have the time anymore." And "just don't have the time", is a poor excuse. We all have the same amount of time in the day. The only difference is how we use it, and how we set our priorities, or goals.

Need help setting goals, or have fitness questions? Give me a call.

For a rockin' mind and a rockin' body, train with someone who's been there and understands your needs to get you into the best shape possible, mentally and physically.

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