



New Year New YOU

January 1st is here and gone. The day went just as fast as any other day. On December 31 at 11:59 I realized one important fact: TIME WAITS FOR NO MAN. If you are like millions of Americans across the country you made New Years Resolutions that you vowed to keep. You even said a special prayer this year that this year will be different!

Your new years resolution may be getting out of debt, spending more time with your family, getting organized, getting rid of clutter, and last but not least LOOSING WEIGHT. I'm a lifestyle coach you knew that one was coming. What makes this year different than 2006, or 2012?

What happens during the course of the year, that you continue to make the same New Years Resolution each year? What would happen if you finally kept the same New Years Resolution and actually lost the weight? You could move forward with another important resolution. My goal for you and every reader is to have you exceed your health living goals. How do we do that?

An emotional eater consumes food to replace a void that needs to be filled. The emotion could range from feeling alone, boredom, avoiding reality, stress, or anxiety. The key to controlling why you eat is to identify why you are an emotional eater. In order to identify why you may eat to deal with an emotion we will list typical issues that we are sometimes use food to address that emotion.

STEP 1. YOU MUST BE DELIVERED.

For me my deliverance was giving everything in my life to God. I got tired of trying to be aggressive with my career and dating. Yes I am still single and waiting patiently on the Lord. Deliverance for you may be changing your attitude to a positive attitude.

What do you tell yourself during the day? What is your inner dialogue made of? We all do it. I have done it and started listening to myself. When you are alone with your thoughts and in conversation what do find yourself saying:

"Things never work out for me!" "I can never do anything right" "I am so stupid"

"I have the worst luck" "Everyone in my family is over weight"

Thoughts and Words are so very powerful. There is a saying that I hate hearing parents say about their children. It sounds cute to say but it is a self-fulfilling prophecy. Have you ever heard someone refer to a child and say, "He is so BAD. "

From the time the child begins to comprehend, and children are much smarter than we give them credit for he continues to hear his mother say those words. So when a child from the age of 5 -16 continues to hear "He is so BAD " for 9 years. When he really is a great child that has been conditioned by his mother or father that he is bad.

When he starts getting into fights and ends up in detention or jail, we wonder what happened? That's what happened. He heard "HE IS SO BAD " for 9 years that he figured I AM. I gave this example to prove that what we say and tell ourselves is just as powerful. So take a mental note of what you tell yourself.

STEP 2: DESIRE

Many people set goals for themselves but they lack the desire to do the work that it takes. Loosing weight and implementing a healthy lifestyle is not just about how you look. It is about how you feel. It is about the work ethic that it instills in you to meet your fitness goals as well as any other goals you may have for yourself.

If you don't have the desire to work hard and meet your weekly fitness goals then continue with your old habits. Because working out and loosing weight has to be a desire you have to change your life.

STEP 3: DECISION

Make a decision that this is the last time you will not reach your fitness goals. If you are not reaching your fitness goals ask yourself what other goals have you set for your self that you are not meeting. I guarantee that if your goals in health and fitness are not being met there are other areas in your life that are suffering as well.

Make a decision to move forward with your goal. Decide to make realistic fitness goals. 2 pounds per week is a realistic goal. It may not sound like much but add those 2 pounds per week and you have lost 8 pounds per month.

STEP 4: DESIGN AN ORGANIZED PLAN

The biggest reason why people fail is step 4. A goal without a plan is a wish or dream. To begin your plan, start with hiring a personal trainer or getting an accountability partner. Now that we have a partner we need a location. If you have a gym membership, the problem is solved.

If you do not have a gym membership, try power- walking around a designated trail for 30 minutes to an hour. Add jumping rope and sprints after 3 weeks. 70-80% of your success will be based on what you eat. Consult the food pyramid to get an idea on what items to add.

Quick note on Nutrition: No fried foods, no sugary drinks juices and soda. Substitute dairy products with low fat products. Add fresh fruits and vegetables to every meal. Schedule to meet with your trainer or accountability partner for an hour 3-4 times per week. Keep a journal of every thing you eat and drink and compare notes with your partner or trainer.

STEP 5: DETERMINATION

Determine in your mind that you have already met and exceeded your goals. Each day you wake make a decision that you will put forth your best effort to eat healthy and keep all scheduled appointments with your trainer and or accountability partner. How can the battle be fought if you never show up?

STEP 6: DISCIPLINE

This step can be the most challenging. There are going to be days when you just flat out don't feel like it. Trust me I have those days. But here is where the men are separated from the boys, where women are separated from the girls. It will be those days when you see how truly disciplined you are.

When your accountability partner will phone after a bad day and you answer after your bad day and you just don't feel it. Here is where you find motivators to pump you up. Find that song that will pump you up or that quote that will keep you going on days like this. Or use the anger and frustration of the day and work it off.

STEP 7: DAILY DEVOTION

Every day you wake you are blessed with an opportunity to meet your goal. Set aside some quiet time and give thanks for your many blessing. I talked to a client one day who was complaining about her bills. She was tired of living pay-check to pay-check. It is so easy to get caught in the simple task we have day to day.

Then I said you know there are a lot of people who have had strokes, who are disabled who have to depend on others to help them eat, dress, comb their hair, and help them walk, who would love to go to a job that hate. I told her that all of those people who have to depend on others for things we take for granted would love to be complaining about having bills. So take some times to thank God for the simple things in life.

STEP 8: START TODAY

A handwritten signature in black ink that reads "Madison Chase". The word "Madison" is written in a large, flowing cursive script, and "Chase" is written below it in a smaller, similar cursive script.

For more articles like this one please my website at <http://www.madisonchasefitness.com>