

Fitness After 50 | The Mindset of Fitness

Creating Positive Healthy Habits Simple Steps to a Healthy Lifestyle

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Part 1 | Your Change of Health

Introduction

Why would you really want to choose to be healthier in your life and what will be different as a result of your improved health? Please take the time to fill in your answers below.

1. _____
2. _____
3. _____
4. _____
5. _____

Your answers to the above questions, when you really get down to it, will determine if you even need to continue reading any further or not.

Please take plenty of time here. You may want to take each of your answers above and expand on them, perhaps a paragraph or two on each?

**If you have filled in your answers and are still reading,
Congratulations!**

I am writing this book because as I am approaching my 53rd birthday I see the need more and more to help people make better health choices in their earlier years when it is easier than to wait until their later years when it can be more difficult to make these simple health decisions. No matter what your age you can always take steps, even small ones to start improving your health.

I know I have taken my health for granted for most of my life. I consider myself fortunate that going on 53 I may be in the best shape of my life. And I can't say that it is because of my diet and exercise program of the last 20 years because until the last year or so I didn't even have one. And this is from someone who had Angioplasty (Heart Stent) at age of 37.

This should be good news for many of you. It shows that we can begin to reverse the results of both poor nutrition and lack of exercise at any time once you have a change of your mindset towards your health.

When I am talking about health, I am not only talking about your physical health, but your mental health as well. When you come right down to it, your mental health needs to come first as this is where your desire for your physical health is going to come from.

If you look around you at the majority of the population you will see how many of them have failed to take their health seriously over the years. The rise in major injury and illness is at all time highs, even among younger people. Much of this is due to poor or lack of healthy habits when you growing up or getting away from them as you aged.

There are any numbers of reasons for the reduction of health in the world; however it really all comes down to each individual's desire to improve the quality of their health. If a person really wants to improve their health they will, or not.

Some people will do it from a conscious choice prior to the onset of an illness. Some will do it to be able to take part in more activities and some strictly for vanity reasons. Many people will finally get serious about their health as a reaction to injury or illness. Sadly, many people will do nothing even when faced with the potential for life ending illness.

Which category do you fall into? Your actions will answer this question for you. Take for instance the number of people who have a New Years resolution to lose weight. I am sure the percentages of these well meaning individuals that actually follow through on their resolution are pretty low in comparison to those that are back to their same self destructive diet and exercise programs by April Fools Day of the new year. You just have to visit any gym in the country by April 1 and see how the attendance has dropped since early January.

I am going to be using two words regularly throughout this book, they are ***DESIRE*** and ***WILLINGNESS***. These two words are what will determine your success or your lack of success in regards to achieving a healthier lifestyle.

Your Mindset

When I think of the word mindset I like to see it as an overall Positive Mental Attitude; the word positive being the operative word.

This is why I will share with you various ways you can improve your thoughts throughout your day. It may sound like a simple plan; yet from my experience it will take discipline to develop a more positive overall attitude and mindset. For many you will have to start and stop a number of times until you begin to see the results this dedication will provide you.

What you fill your mind with will determine your overall mindset. Take for instance someone who consistently watches hours of television everyday. The majority of shows (especially the news) are mostly of a negative nature. There is really so little value to be had from them. The majority of shows are nothing but a way to escape from life for a short period of time.

I belong to a mentoring group where we discuss mindset on a regular basis. I know that when I invest the time each day to work on my mindset my days go much smoother with less challenges cropping up.

Your Desire - Vision

What do you desire in regards to your health and why? Knowing you want to lose so many pounds is great as far as setting a goal. Yet as many people will attest to, just wanting to reduce your weight does not always provide the necessary energy to make it happen in many cases.

Yet when you begin to list the reasons why you desire to lose the weight it will make all the difference. Think back to the test I had you take at the beginning of this book. Those five reasons all have some emotion charge behind them. This emotional charge is exactly what we are looking to produce within you.

This is the fuel which will carry you through the tough times you may go through as you begin to change your habits around your health.

If you review your five answers and if you find you have no emotional change to them you may want to take some time and dig a little deeper and come up with some more reasons to improve your health.

Here is a quick story of what it took for me to begin to make the necessary changes in my own habits. It was a couple of months after I had moved back to California that my Dad fell off a ladder and broke his hip (he had already had two hip replacements in the past) and was hospitalized. At the time he already had a case of pneumonia along with COPD and heart disease which made having the hip surgery in itself a life threatening issue.

He came through the surgery with no problems, but was laid up in the hospital for close to a month until he was able to get around on a walker. It wasn't until he got home that things rapidly deteriorated. He took a fall off his walker the first time he got out of bed. Little did we know that he was going to be bed bound for most of the next year?

It was a few months later that he developed a nasty bedsore that further complicated his situation. By this time he was on pre-hospice care.

Looking back on this situation and his other prior health conditions over the years really got me to take a serious review of my own attitudes and habits towards my health. I knew for a fact I was faced with a major decision. To continue on the path I was heading and be facing some of these same major medical issues in the next 10-20 years (I had my own Angioplasty Surgery back in 1997 at age 37) or to start making changes. Fortunately I choose making positive changes in my diet and exercise.

What made this easier for me is I had a strong emotional reason for making the changes. I did not want to have to face my later years fighting one disease or condition after another. I want to be able to do the things I desire and not have to worry if my health will stop me or not.

Your Willingness

Your willingness to achieve improved health will make itself known through your actions. I have said for years that willingness is really an action step more than a state of mind.

I can look back on many times in my life when I said I wanted something and kept making progress towards achieving it. I can also look back and see where I said I wanted something, but was unwilling to do what was necessary in order to get it. What happened was somewhere along the way I lost my willingness.

Here is the good news about willingness. You can have it one moment, lose it again and choose to get it back again all in a short period of time. Just because you may have had set backs in the past in looking to get healthier does not mean you cannot recommit yourself to your goals once again.

Sometimes I see this happen to me on a daily basis, especially in regards to my food choices. I can be eating well for most of the day and then I get home late and my mind tells me I should eat something. The problem is I am more likely to just reach first and think if it was good for me afterwards. Has that ever happened to you? Mostly it is a case of being undisciplined rather than just choosing something not as healthy.

I have found a solution to the binge food choices I make. It is planning ahead of time what I will have. Another way to choose wisely more often is to get rid of all the foods you know are not healthy for you. Clean out your refrigerator and cupboards of the foods that are not in your health plan. If there are no temptations handy it is a good chance you will not fall out of your plan unless you purposely go out of your way to.

Part of this process of gaining willingness to improve your health is making these tough decisions and sticking with them.

Sometimes we are only willing up to a point. I met one of my trainers in the park today for a park workout with a number of other people. I was willing to work out; I just wasn't willing to put in my full effort. I did all the exercises, I just didn't do them all to 100% effort.

You will see that part of how I set up my programs gives you this option. You may choose to take it easy if you are not feeling totally up to a hard workout. The reason I go with that philosophy is that it is better to be 80% willing to show up and do some work than to be unwilling to show up at all. Will you get more when you give 100% all the time in your life? Absolutely you will, however most of us are not always ready to give it our all.

Be willing to show up in your life each day and you will make steady progress. I see many people give up rather than just show up and do the best you are capable of each day. I look at the person who shows up and takes it easy for a short period as far ahead of the one who just chooses to stay home because they were not feeling 100% ready to at least try to get in a workout of some sort.

Change

All life is change. Regardless of how comfortable you may have become with your life or health it is going to change over time. This can work for you or seem to be working against you. I said it may seem to be working against you when all change is for your good, even though it may not always seem that way.

Making it so the changes to your health are exactly what you desire is what this program is all about. You can leave the changes to chance and just keep doing whatever you are doing and let the results speak for themselves or you can begin to create new healthy habits and take control of your results.

Adding weight or a decrease in your physical health is a natural reaction to how you treat your body. After years of a combination of poor health choices your body is going to get you attention one way or another. The signs can be both big and small depending upon how long you have mistreated your body. It can be as simple as feeling sluggish after consuming a large meal. It can also be any number of major medical issues, including the most final of them all, death.

I talk more in depth on the topic of change in my book “Beyond Faith...Into FREEDOM!” You can preview or order your copy [HERE](#)

For our purposes here I want to focus on how you can make changes to your health be a reflection of your current desires to live your life with improved health and wellbeing.

In my book I share a simple three step process that applies to the changes in your health you desire.

Step One is you want to take a look at what is working and what is not working in regards to your health.

Step Two is to decide what you desire, be it a weight or other fitness goal. Again, you want to know WHY this goal is important. You may want to also begin setting up a plan on how to reach your goal. If you need help with this step please [VISIT](#) my website and let me guide you through this process.

Step Three is to begin taking action towards your goal or desire.

I realize that for many the process of change is not an easy or comfortable process, especially when it is related to our health. For many of you reading this you may not have had success with your past attempts at improving your health. Most of us have seemed to fail miserably through the years in this regards. Many of you may not have had a serious attempt at improving your diet or exercise in many years. This is exactly why I have designed my programs with you in mind.

I know when I began going back to the gym regularly in 2011 I was a bit apprehensive to say the least. I found myself looking around the gym at the many people who were hard at work on the various machines, let alone the younger people lifting the heavier weights. As I watched some of the various aerobic classes for a length of time I was really feeling out of sorts. What it came down to was I felt out of place with many of those currently

working out. I was feeling “less than” and didn’t think I was worthy of having a healthy body like many of the people I was observing. How wrong I was!

We all deserve the best health possible. Yes, it will take some work along the way, but perhaps not as much as you would think. I have found that most of the reasons I have put off getting serious about my health in the past were for the most part mental blocks I had towards diet and exercise. Helping you move past these mental blocks is one of the main areas I will be working with you on when you decide to work with me on improving your health.

My “Back to Basics” training program is all about helping you create positive healthy habits that over time will produce the results you desire in regards to your health. This is not a program that will provide a “Miracle Cure” in a short period of time. It will start you on the process of creating the changes you desire though. This program was designed to last at least a year in order to give you the time you need to start making the necessary changes your body needs at a pace that you will be willing to follow through with. You didn’t not get to where you are in regards to your health overnight, so you can’t expect to overcome years of neglect overnight either.

I realize that for many people who have not worked out in a long time or who have never had much success long term with a diet programs that jumping into a highly intense program at the gym or an overly restrictive diet is not going to be very appealing. It is just going to throw up more of those mental road blocks I spoke of earlier. The same goes for hiring a personal trainer. The fear that the trainer is going to put you through the same grueling workouts they do for their 20 year old clients.

I recognize that older people or those not familiar with working out have different concerns than those already in relatively good shape. We all want to feel and look better and enjoy a healthy lifestyle, yet we also want to do it at a pace that makes sense from where we are today. I realize that if we can overcome the reluctance to get started and begin taking action, over time we will be ready and willing to increase the demands we place on ourselves. Getting started is the key, which is why I start with some of the basic low intensity parts of improving your health.

Self-Love is...the Answer

This topic is the most important concept in all we are discussing here. When you make the shift into consciously loving and respecting yourselves and your body it becomes much easier to do the most self-loving actions and habits.

Just because we are not taking perfect care of our bodies does not mean that we do not love ourselves. The point I am looking to make here is when we are being conscious in the moment, in touch with our spirit and bodies you will make new decisions than if you are just going on auto pilot.

When you are choosing consciously you are able to pause and respond from a more heightened awareness of what you are doing. You can ask yourselves if the food you are about to eat or the action you are about to take is in your best interest or not. Are you going to choose to go out for a walk or just sit in front of the television for another hour?

When you are consciously choosing your health you will find your choices may be far different from what you are currently experiencing. It makes taking those positive daily healthy habits easier than ever before. You may even find yourself saying Yes, to exercise more often! Three days a week is better than one, or none 😊

On the other side of the coin as you become more consciously aware of your health you will find that some of your habits, behaviors and foods you used to enjoy will not be the same. You will also find yourself just choosing other options instead. Instead of a soda with dinner you may choose juice or water. Instead of a large slice of cake or pie, perhaps you will just take a smaller slice or choose a piece of fruit instead. In many cases less is a just a better choice for you. And yes, in some cases complete abstinence is the answer.

Let's explore this concept from the other side, from the negative side as I think it will paint a picture to open your eyes a bit more about some of the thoughts and actions you may have been taking.

First we all make plenty of poor choices over a lifetime and this isn't about beating anyone up for those choices. The great thing about choices is you can always choose again to something which will serve you in the future. [Neale Donald Walsch](#) in his books has a great way of describing this "Not if something is right or wrong, but is it working for you?"

Let's start with a big one; smoking. There is so much information about the health concerns of smoking, both for the smoker and the people affected by the second hand smoke that it should be a complete no brainer that smoking is "Bad" for you, yet I don't see the tobacco companies going out of business anytime soon. My opinion is that smoking is consciously ingesting poison into your body. This is the complete opposite of Self Love.

When you consciously do something you know causes harm to yourself you are telling part of yourself that you don't matter or that you do not love yourself. This may not be a conscious thought, but it is there none the less.

The more you take these unloving actions in regards to your health the more likely you are to experience negative consequences sooner or later. These consequences may be directly tied to your actions (smoking as an example) or they may show up in other areas of your life. For instance when we are feeling unloving towards ourselves how can you ever love to another person in your life fully? So it may be that your smoking never causes you to develop cancer or any of the other nasty side effects, yet it does set up a negative energy that always seems to attract the "wrong" person into your life.

I could list out a whole lot of other things that are unloving towards yourself, but I am pretty sure you know exactly what they are, specifically, in your life. The more you become aware of what they are the more opportunity you have to choose differently, to choose something more loving. The more loving thoughts and actions you take regularly the more you set in motion positive loving thoughts which will then begin to attract positive people and events into your life.

I come from a background of addiction and fortunately have now been in recovery programs for over 16 years. Addictions recovery is another great way to describe this process of Self Love. Through my years of active addiction I was taking actions that basically said "I Hate for You" to myself. After entering recovery I began taking the steps that instead now told myself "I Love and Respect You" and over time I began to have more positive results in my life, in all areas of my life. This is the power of Self-Love and Self Respect that sets the foundation for your future Healthy Lifestyle.

Breathing

I will be talking about getting “Back to Basics” and you can’t get more basic than your breathing. It is the most basic form of movement you do. It is the one you do more than any other and it is one you can’t do without for an extended period of time.

For the most part your breathing is mostly an unconscious action; however you do have some control over your breathing patterns. There are a number of factors that can affect your breathing. Your level of activity can increase or decrease how much and how hard you breathe. Something important I learned recently is that your posture can also affect your breathing. Good posture will open your chest cavity making breathing easier and deeper. This leads to better oxygenation of your blood which can lead to better brain functions and more energy.

If you have practice any form of meditation you will have learned that focusing on your breathing is a great way to relax. The conscious mind can only focus on one thing at a time making it impossible to focus fully on your breath and have random or focused thoughts at the same time. You can also be conscious of your breathing and have focused thoughts, yet there is a difference between the two. Where many of us get in trouble is when we do not pay as much attention to our breathing as to our thoughts.

I have found that when I am following my breathing closely and I have a negative thought or feeling my breathing stops momentarily. What I feel is happening is my focus is taken off the breath and instead the focus is pulled into my mind to determine what the thought or feeling means. As long as my thoughts are positive or even neutral my breathing stays regular.

We can use this as a source of internal guidance in a number of ways. The next time you reach for a soda or other unhealthy food feel how your breath reacts. It is like your body is saying “Really, is that what you are going to eat?” Another way I can use the breath to improve my health is when working out to focus on my breathing as a way to block out the negative thoughts I may be having about the difficulty of my workout. I was able to do this recently when I ran my first 5K run in over thirty years. There were plenty of times my body was telling me to give up or to walk and instead I was able to focus more on my breathing which quieted the thoughts down enough to let me keep going to the finish line!

You will notice I will work on reinforcing you to pay attention to your posture as well as your breathing through many of the exercises in my program. As you become more aware of posture and how it can affect your breathing you will find just that simple action will have a number of positive results towards your overall health.

Meditation

What do you think about when you hear the word meditation? Many people have different ideas on both what it is and how it should be done. There are hundreds if not thousands of ways to meditate depending on who you listen to. For our purposes here I am going to share a couple of my ideas on the how and why you can use meditation to improve your health and leave the rest for you to pursue on your own if you desire more information on meditation in general.

When you meditate, be it for 10 seconds or 10 minutes you are giving yourself a mental break from your thoughts. This is not to say your mind will completely go blank when you meditate, because for many of us we will still have thoughts, it is just how much we let them rule us in the moment. In how caught up in them we are. There are many sources that will say that as little as 20 minutes of meditation per day can equal upwards of two to four hours of sleep. This fact alone should give you plenty of incentive to start a regular practice of meditation.

My mind left to its own devices will typically drift towards negative thoughts in a relatively short period of time. I can use short meditation breaks of as little as 10 seconds each to refocus my mind on positive thoughts. For me this is a great way to raise my energy level at any time. During my periods of exercise I try and both focus on my breathing and saying a positive affirmation. I typically use “I AM HEALTHY” during my workouts. Breathe in “I AM HEALTHY” on the contraction and release the breath on the release portion of the exercise. Again I will be reminding you of this throughout my exercise programs I work with you on.

[Click Here for a Sample Exercise](#)

Posture

I didn't realize how important posture is to health until fairly recently. I spend quite a bit of time in front of the computer and found myself constant leaning forward to be able to see my computer monitor. Over time this has caused me to lose quite a bit of my core stability.

At the suggestion of one of the personal trainers I work with I have replaced my old computer chair with a stability ball. With the stability ball it keeps me more aware of my posture and also gives me the opportunity to work on my core stability throughout the day.

Improving my posture has also allowed me to increase the depth of my breathing which as noted previously is another step into improved health.

When I think of proper posture I think of 90 degree angles. Sitting up straight with knees at a 90 degree angle and the back and hip at a 90 degree angle is the key. The one other point is to keep your shoulder blades back which will open up the chest cavity allowing for easier and deeper breathing.

Poor posture is typically a result of weak core musculature. We will be working on various core muscles throughout the various exercise programs I share with you. A great benefit of working on your core muscles is it will help reduce the troublesome belly fat many of us deal with.

Stretching

Stretching and flexibility are another often overlooked component to better health. When you are more flexible not only will this help you prevent injury you will also find exercise becomes easier and more efficient.

After taking part in a number of Yoga and Pilates classes I found not only are these classes great for helping to stretch, but you can get a fairly intense workout from them. Most of us do not consider these classes to be high intensity; however I have no problem working up a sweat at them.

There are a number of different stretching programs in addition to Yoga and Pilates; however these are the two most popular ones that are readily available in most communities or at your local gym.

I highly recommend adding stretching programs to your weekly fitness program. There are plenty of training videos available on my [website](#) that you can view to help get you started.

I find it fairly easy to add stretching into my daily routine. By adding stretching to my health program I am able to keep myself more flexible and pain free than when I wasn't stretching regularly. I also do not have to worry about injury as much.

I typically stretch most of the major muscle groups before I begin my exercise programs or before a walk or hike. I can get most of my stretching done in just a few minutes; however do like to spend more time fully stretching out throughout the week.

Body Movement

I think my tagline “Getting you off the Couch and Into Health” says quite a bit about how I view health and fitness. Everything we do adds up. As long as you are moving your body on a regular basis you will be taking positive steps towards greater health.

Even if the best you can do on any given day is a bit of stretching and some walking you are better off than just sitting on the couch.

Half a workout or even one done at 50% is still far better than not even showing up. All too often I hear a lot of different reason (excuse) why someone could not exercise on any given day. Sure there are days when I just don't feel like it; however those are the exact days I will probably get the most benefit from at least putting in some effort. Sometimes just showing up is half the battle.

That is one of the benefits of most of the programs I promote, they are more about being in motion than on high impact or high intensity workouts. Many of them can be done from the home or in a local park, making them more accessible to you no matter where you live or work.

When someone is looking to get back into a fitness program after a long period of inactivity I see it much more beneficial to get them on a program they are willing to commit to, rather than trying to do some of the higher intensity programs that you will be constantly finding reasons (excuses) to miss.

I designed my program around a one year time frame because it is more about helping you to develop consistent, positive habits in regards to your health than it is about trying to get quick results. You will be able to slowly over time continue to add to healthy habits. Once positive habits are established it is easier to increase the duration and intensity than trying to do it all in a relatively short period of time.

You have to ask yourself if you want long or short term results. You can choose to create lifelong habits or ones that are just going to get you through a short period of time. I am all about helping you to create the ones that will serve you long after the time we are working together.

Cardio

Cardio Respiratory training comes in many forms from the basics, walking which is the primary form I will be working with you on. It is simple, it is basic and we all do it already. Getting into a regular habit of walking is what we need to develop. Even if you only get in 10 -20 minutes at a time around your neighborhood. You may want to consider taking the dog for a walk a couple times a day or you could borrow the neighbor's dog if you don't have one.

If you belong to a gym there are usually a wide variety of different cardio machines to choose from. The nice thing about these machines is that it is easy to increase the level of training you perform. Also with the variety you will be able to work on different muscle groups while having the option of switching things up on each visit.

When I am looking to walk around the neighborhood or locally I have a number of different walks I do regularly. Some of them are either steeper than others or for longer durations depending on what I'm looking to accomplish on any given day. As you become more accustomed to walking you will want to look to increase your distance as well as the steepness of some of your walks. I will always prefer to take a hike out in nature than walk the streets.

Some of the other ways you can get a relaxing or even moderate cardio workout in is by taking a bike ride, go for a hike or perhaps even take part in some recreational sporting activities. I like a game of volleyball, tennis or even Frisbee as an alternative. I like the idea of making exercise not seem like it is exercise, but instead a fun pastime. When you turn your exercise routines into fun activities you will find you can easily turn them into group activities to either spend time with friends and family or meet some new active friends in your area.

The more active cardio type exercises or activities you can bring into your week will all help you attain your overall health goals and to really begin to develop a more active and healthy lifestyle which is really what we are all after.

Training Program

Just as every person is different, so too are the training programs that will be most effective for all of you. Depending on your starting point and any existing health concerns we will work together to come up with the plan that will allow you to reach your health goals most efficiently over time. Again I am not looking to jump you into any plan that is going to make you feel like giving before reaching your goals. I really prefer the slow steady approach to fitness that gives you time to adjust to increases in training volume and intensity.

My real job in working with you is in education and accountability. To help provide you the support you need in taking the best actions for your health over time. With today's modern electronics it is becoming easier and more efficient to be able to work with clients in a number of situations regardless of location. No longer are we tied to one on one or group settings in a gym environment.

With smart phones, tablets and other computer devices and social networking we now can bring the training right to you in your home, office or even when you are traveling for work or pleasure. I have a system in place to be able to share workouts with you via email and online. When you have question feel free to send me as many emails as necessary to get whatever information you are looking for. There is an online calendar to schedule for your upcoming trainings. Keeping track of all your health goals is also available on your own private webpage, or you can share with your friends and support group. I will tailor your program to your needs and desires.

Some people are looking for more regular interaction with their personal trainer than others. What are your needs? I can be as available as you want or we can work all through email, it is your choice on what you think you need to reach your goals.

The only thing I ask and need from you is your desire and commitment to your health. Your willingness to give yourself a year to make the necessary changes in your diet and exercise habits is a key component of my system. You will find that from these few things desire, commitment and willingness everything you want for your new healthy lifestyle is possible.

Your New Healthy Lifestyle

Diet and Nutrition

Studies show that diet and nutrition can account for up to 80% of your success in losing weight. With those numbers as much as you may like your sweets or other high calorie meals it is something you are going to have to face. Complete abstinence of some foods is the best policy; however moderation will go a long way towards giving you a slimmer and shapelier body.

I have found that once I get serious about my health and have started working out to some degree my diet almost always improves. I don't know about you, but I can get pretty frustrated with myself if I break down and eat some high calorie meal after spending a tough hour or so in the gym. I am reaching the point now where I will ask myself if I really, really want to eat whatever is in front of me and waste the time I spent that day. It works most of the time. Here is the great thing, on those times I give in to temptation I know it is not going to affect me long term because I did have that good workout already. The key is I have to accept my weakness of the moment and not beat myself up over an over indulgence once in a while. The trick is to keep them to once in a while and not an everyday or every meal experience.

By now you should realize I am not going to be strictly by the book bust your butt kind of trainer. Creating a healthy lifestyle is also about enjoying yourself. It is not all about sticking to some highly restrictive program in either your fitness or diet. I like the 80-20 program. Stick to the program 80% of the time and give yourself a break the other 20. This is how we can develop the program we are willing to commit to over the long term. I am not saying go out and only give it 80% all of the time, but don't get down on yourself on those times that you revert back to some of your old habits. You may find that 90-10 is comfortable or even 97-3 on most days and think of how far ahead you will be then!

I was introduced to "The Primal Blueprint" by Mark Sisson his [Website](#) has tons of information and a free eBook download for his program. I found this program to be highly effective for me (lost around 20 pounds) when I first started the program. I found the program easy to manage in both the exercise and food parts of the program. It is also fairly simple to learn and follow.

Another thing I have found helpful are meal replacement programs. I love fruit smoothies and they do not feel like any part of a diet. Yes, they can still be high in sugar, however I will choose one over a candy bar or slice of cake most days. Add some protein powder and enjoy.

Healthy snack are a big key to the success of my food program. I always keep a good supply of dried fruit and nut, power bars or beef jerky in my car and around my desk to help me make a better choice when I feel the urge to snack come on. If what I can easily reach is good food for my body then more often than not I will be making a healthier

choice than if I have something undesirable close at hand. Again we are striving for a healthy choice more than seeking perfection in what we are eating.

Your choice of beverages is another key way to improve your health. More water and less sugary drinks go a long way. You will want to take a good look at some of the drinks you enjoy; even some of the juices are pretty high in sugar content. I have found some that have great taste and still have less sugar than most. Again moderation will serve you well when your choices are limited. Even if it just about only drinking half a bottle instead of the whole thing at a sitting.

The more we are tuning into our bodies and treating it good the better our results will be and the easier it becomes to make the “Healthy” choice more often. This is how we will continue over time to create more and more Healthy Habits into our Healthy Lifestyle.

Your Daily Activities

I really feel this is the key point to my programs. When you are regularly taking positive daily action towards your health, you will feel results. There is always something you can be doing throughout your day to take another step forward to living a Healthy lifestyle.

Many of these steps can be done in a short amount of time and worked into even a busy schedule. It all begins with your self-awareness. It may take some rearranging of your daily schedule, perhaps waking up 30 minutes earlier than normal. It may be you make a choice between watching your favorite show on TV or getting in the car and heading to the gym for the workout you missed earlier in the day.

This is a good time to remind you of your health goals you are looking to achieve. When we keep them in mind it is easier to keep taking the steps we need to day in and day out to develop those positive healthy habits that lead you to a healthy lifestyle.

Some of the key activities I do not miss in my day are regular sessions of conscious breathing along with my affirmations. These can be done anywhere and anytime while only taking 10-30 seconds of your time. I rarely go through a day without at least one meditation session. My daily physical activities are a mixture of walking, stretching or some form of structured workout at least six days a week. I like to get in a couple of park days or hike or bike ride when possible.

I have created a number of different short exercise routines that can be done either in the home or at a park and are of various intensity levels depending on where you are at. Most of them have some form of cardio involved or are a great pre and post walk way to stretch your muscles helping you prevent injuries and reduce your pain or discomfort after any physical activity.

You can view some of my videos on my [Website](#)

Your Active Communities

Who are the people you spend the most time with? Are they active and healthy or are they living unhealthy lifestyles? As you begin to live a healthier lifestyle you are going to find you may want to be around other people who are also living a healthier lifestyle.

It is more enjoyable to have other people to take part in your new physical activities rather than to do everything alone. I completed my first 5K run not long ago and was surprised at the number of people who attended. This was a good way to meet new people who also have similar interests. Also want to consider joining these fun run-walk events.

Joining a local recreation sporting leagues is another way to meet and enjoy activities with likeminded people. I support any activity that gets you outdoors and around people. Turning your activities into healthy ones is always going to support you in your long term health plans.

You will also find your vacations become healthier. I have always enjoyed going on a cruise. There are plenty of opportunities for walking or other healthy activities. Enjoy yourself, yes even with your food! Just remember there are always gyms onboard also 😊

Are you a golfer? You could surprise your golf friends, or even encourage getting them to walk the course with you!

As you can see there are numerous ways to bring your new healthy habits into your community and your life.

Your Support

Left to our own few of us will take the necessary steps day in and day out to develop and consistently practice positive healthy habits over the course of our lives. As you bring more people who also practice healthy habits into your life and create healthy communities you will find this process becomes easier for you.

When you are constantly surrounded by groups of people in your different social and business circles you will find making healthy choices second nature.

I find that sometimes we will do things for others that would are not as willing to do for ourselves. This is where having a partner, friend or even a dog to bring along on your healthy activities can be a help to both of you (or more) in taking the daily steps to a healthier lifestyle.

I find that one of the areas in life I have had to overcome resistance to be accountable to someone for my actions. When I have made myself accountable on a regular basis is when I have made the most visible progress in my life in whatever area I was working to improve. This is especially true early on in an endeavor when I was still unskilled and undisciplined. Having a friend, coach or mentor was vital to my success.

As humans we really hate to let other people down when we say we will do something. We may push ourselves harder than we would if we were just giving our word to ourselves. This is where accountability can be invaluable to you. To keep you pushing harder than you would typically on your own. To get more done over a longer period of time, time you need to develop positive healthy habits.

Do you need an extra push? You can see how I can help keep you accountable [HERE](#)

Just fill out the form and we can set up a time to discuss how I can help you achieve your health goals and Create new Positive Healthy Habits in your life.

Part 4 | Into Health

Bringing it ALL Together

The question to ask you here is “What does a Happy, Healthy Lifestyle look and feel like to you?”

What are you currently doing that fits into this model?

What are you currently doing or not doing that needs improvement?

How willing are you to begin the process to change to a Healthier Lifestyle?

Notice that I said a healthier lifestyle, not to become completely healthy in the next month or so. Again, this process does not happen overnight. We did not get unhealthy overnight either. Once we put ourselves back on the path towards health it becomes easier to do more over time. What you do adds up. As your positive healthy habits increase over time making more of them becomes second nature and your resistance to making them goes down.

You will find that some things you resist more than others. This will be different for each of you. Some will fight physical activities while others will fight a change in what foods you eat. For other people it might be the idea of slowing your life down enough to focus on your breathing.

This is why I designed this program to encompass an entire year rather than a shorter time period. It gives you time to adjust to the changes you are going to make at a pace that will not overwhelm you, yet will still allow you to make progress on the lifestyle you deserve.

Here is the reality in my own case and I am sure it is similar for many of you reading this book. I left my diet and exercise program to chance for 50 years so is it really going to be awful if it takes me a year to create these new positive healthy habits that will enable me to live the rest of my life Healthy? Seems like a pretty good return to me!

I truly hope you take this opportunity to take the steps you need to live a Healthier more enjoyable life, whether it is with my help and support or on your own.

[Please visit my website to schedule your free health consultation call.](#)