

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

WHAT ARE YOU SCARED OF?

We all have fears, whether they be rational or irrational, there is probably something for all of us, that fills us with that dread. But there's nothing scary about changing your lifestyle is there? Well we think it is important to acknowledge that it can be a little bit scary - because when we do lifestyle change right, we force ourselves to admit our own faults, and start to do some things that make us a bit uncomfortable.

We know it scares us, because sometimes we can be very resistant to taking some simple steps that will really help us to get to where we want to be, because those simple steps are taking us out of our comfort zone and into a place where we might have to stop doing some of the stuff we really enjoy – i.e. eating and drinking recklessly.

Things you might fear, and shouldn't...

- 1 Tracking your food, drink and calorie intake** – this is the only way to take control of your situation. If you are struggling to lose weight, or your weight is spiralling out of control. Tracking will help you to understand where your wins are. And it might mean that things can easily be solved with a little tweak here and there.
- 2 Being hungry** – When we are in a cycle of constant grazing and snacking, we rarely feel hungry, but we often feel sluggish and bloated, because our digestive system simply doesn't get a rest. If we stop, take control and embrace the hunger occasionally, it isn't that bad – you won't die, you won't pass out. You will be fine. I like to think of the hunger pain as your tummy shrinking inside, and it's helped me to embrace being able to feel hungry and wait until the next meal instead of continuous grazing.
- 3 Change** – As humans we are all resistant to change, but all it is, is stepping out of our comfort zone. You might feel uncomfortable for a short while, but the only way to improve ourselves is to stretch our comfort zone – as the saying goes, 'Great things never came from comfort zones.'
- 4 Pushing yourself physically** – This can get very uncomfortable and even painful at times, but it isn't anything to be scared of. When you are pushing your body to it's limit, this is where it adapts and changes, to make you physically stronger and fitter. The more you do it, the more it will take before it hurts in the future. Before you know it, what was once your workout, will be your warm-up.
- 5 Acknowledging where we are** – owning up to our current situation, by weighing ourselves regularly and admitting our poor habits can only make us feel empowered. When we learn or admit what the truth of our situation is, only then can we take steps to improve it.

We have two choices when we are confronted by things that scare us or make us feel uncomfortable. We can run away, or we can tackle it head on. Running away only serves to make it harder the next time we are confronted with it. When we tackle it head on, psychologically we empower ourselves; and by repeating the action over and over we build our resilience and not only does the issue at hand get easier but other 'scary' things become less scary too, because we desensitise ourselves to how scary everything really is. By being brave once, we get braver over all!!

Be Brave!! Do something this week that scares you!!