

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

CHOOSE WISELY AND CHOOSE TO WIN

This weeks focus: How every day decisions impact our long term goals.

Why is it important?: Our life is the sum total of the decisions we make every day. If we want to have a long and healthy life, we must make decisions that will ultimately bring us this. If we continuously make bad decisions around food and activity, this will add up to poor health and increased health risk in the future. No-one can make good decisions 100% of the time, but if we aim to make good decisions 80% of the time, we can be sure that we will be doing ourselves a lot of favours.

What we will tell you: Tips and ideas to reflect upon and help guide you towards making good decisions most of the time.

1	Do you have a person or people in your life, who's current health state is a reflection of their past decisions – good or bad? What sort of decisions have led them to be in their current physical and emotional state? How do your decisions compare?
2	Get into the habit of making good decisions by taking a moment before making a choice, and working out which choice fits in with your long-term priorities rather than your short-term cravings. Try to make decisions your future self will thank you for.
3	If one bad decision leads to another, and another and another, work out what the triggers are for these streams of bad decisions and find a different coping mechanism. Your trigger could be that you're feeling poorly, hormonal, the weather or your emotional state. Once you work out your trigger you can find strategies to manage that behaviour. This could be: interrupting the behaviour, replacing the behaviour, reframing your thinking or putting a strategy in place to make sure the trigger doesn't happen.
5	It's ok to make a bad decision. Just acknowledge it, and get back up quick, breaking the stream of bad decisions, so the damage is limited. We are all human and we all have flaws. The key is not to dwell on it!

KEY MESSAGES

Making good decisions 80% of the time will ensure that we live long and healthful lives, and be around for our families and loved ones for many years, living life to the full.

The more you practice making good decisions, the easier it will become. So just keep practicing.

Reflect on when and why you make bad decisions to come up with a strategy to manage that.

Then make decisions your future self will thank you for, that give your body the respect it deserves.