

PREPARATION FOR THE JOURNEY



You may have heard the saying; “if you fail to prepare, you are preparing to fail”. I know this sounds a bit dramatic doesn't it? But, is it?

If you were going on a holiday, but you didn't know how to get there and you didn't have a map or petrol in the car, how would you go?

Too many people take the same approach to their health and wellbeing and their attempts to 'get into shape'. Preparation needs to be looked at in different ways; there is the mental preparation, the physical preparation and the organisational or logistical preparation. Which one do you think is the most important? Did you say mental? You are spot on. Unless we prepare ourselves mentally for a journey that will take some time and effort the other steps we take will not lead us to the long term results we would like.

If you are serious about creating long term change then consider some of the following ten steps as you prepare for what will be a life changing journey:

1. Be prepared for and know where you want to go, what you want to achieve and how you plan to get there. This will require help, support and advice from a trusted professional.
2. Before you start you need to make a decision that the journey, once started will be completed. The only reason why people don't get results with their health and fitness is simple. They don't finish what they start – they don't prepare themselves with the attitude that they will 'Dance Until it Rains'.
3. Be prepared and understand that in the attempt to create long term change, it won't just be a 'rosy walk in the park'. Expect challenges, expect discomfort and expect discouragement and if these become an issue then refer back to step one and two above.
4. Plan, schedule and prioritise the time to; focus on your goals and stay positive (refer to the download 'you get what you focus on'), go shopping on a weekly basis to have the food you need to stay healthy & energised, exercise regularly and any other things you have decided you want to achieve.
5. In preparation for an exercise regime, it would be wise to get a comprehensive medical check and clearance to make sure all is well.
6. Prepare food so that eating healthy is a simple and convenient process and not a hassle. Have fresh foods in the fridge and ready to go - cut

up and prepare foods in advance and plan meals that are simple, healthy and easy to prepare.

7. Always have a survival kit with you when you leave home for the day so you are prepared for any eventuality. In it you would have more than enough; filtered water, fruit, nuts, quality protein bars, your multi vitamin and omega 3 supplements, your sandwich or lunch ready made. You should have enough so that you are never caught out without food or with a less than desirable option.
8. Before you are going out to a social event and you are unsure of the quality of the food that will be there, eat something before you go so you are not starving and can make a wise choice about what and how much of the food you will be prepared to eat.
9. Be prepared to indulge and enjoy it occasionally!
10. Buy a pedometer and be prepared to make the most of any opportunity to increase your daily steps.

Finally and above all - be prepared to be successful and to live a long, happy and healthy life.

