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fitness for bella girls

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The Battle (Between You and You) *(Part 5 of a 7 part series)*

(Time: 8:58pm, Location: Your couch)

"I finished dinner about an hour ago, I've rinsed the dishes and put them in the washer. I'm taking my glass of Reisling to the couch, because a new *Undercover Boss* comes on in 2 minutes." You've sent your kids and husband to their rooms. Everything is going just as planned, and then....

<Inner Voice> You know....there is a little bit of left over ice-cream in the freezer.

<You> No, I'm actually stuffed from dinner!

<Inner Voice> Come on; what's one taste gonna hurt?

<You> wooooeeell....NO, I don't need it!

<Inner Visual> You picture a bowl full of rich, creamy goodness sitting on your spoon

<You> Not this time, I've got willpower!

<Inner Voice> You've tried before and you didn't make it, you're strong right now, but what makes you think it's going to last.

<You> Damn, I'm right....what's the point in fighting it.

<Inner Voice> Exactly, besides, nobody cares if you lose the weight.

<You> Who am I anyway? What do I matter?

INNER VOICE

Meet Mrs C., a member of the Studio (someone just like you). She has made many attempts at losing weight in order to be happy. She's done the following:

- 1) She ditched her friends who always got her to eat bad (thought I don't recommend ditching anyone).
- 2) She started hanging out at the Studio, adopting our behavior: Exercising like we exercise, thinking like we think, etc.
- 3) She knew **WHY** she was doing this: she had never achieved anything (that she could remember), and wanted to prove to herself that she wasn't a "Loser".
- 4) And she focused on what she did, not the random numbers that a scale would show her. She had been on a roll!

But then that voice crept inside. She thought the voice was real; she did not know that our inner voice is merely a reflection of the way we perceive our past. She didn't realize that if we think we've had good experiences, we have an uplifting inner voice. If we think we've had sad, depressing experiences, we have a self-punishing inner voice.

How did she get this voice to work FOR her? She did what you can do....

The #5 Key to having long-lasting weight-loss... drum roll... **Program Your Brain!!**

She didn't fill her brain with BS thoughts. If she's not happy with herself she doesn't repeatedly affirm "I'm wonderful, I'm wonderful, I'm wonderful", because if she doesn't believe it, it won't resonate. She decided to use things she couldn't argue with.

Mrs C. set up these small goals she could easily achieve, without failure. Because she knew that achieving little goals builds your belief that you can achieve bigger goals. "I'm going to show up at the FitStudio365 five times this week. I've never gone to the gym 5 times in one week. It doesn't even matter if I workout; just show up!" She DID it! Then she did something **very important**: She journaled about it. She had solid, written evidence that she had achieved something that she thought she'd never do. Small?...maybe. Significant?... Hell Yes! Then she added another; she began to walk up our stairs twice each day before leaving... then she journaled about it! This continued until she'd had a list of things that even athletes can't claim they've done. She has pages full of little stories that she's written about her triumphs; proof for her inner voice.

So now when she's faced with a task, her inner voice assures her "Of course you can, you succeed at everything you try!", which becomes a self-fulfilling prophecy.

**Small achievements beget bigger ones:
the key is to fill your head with the memories of your achievements!**

This will give you an inspiring inner voice that will talk you into doing things you never dreamed possible before. Remember: "If you can jog 5 feet, you can jog 5,280 feet (1 mile)."

Health via Attitude.

Jeff

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