


How to *Guarantee Long Term Success with Your Health and Fitness Goals*



Whatever one's long-term personal and business goals, enjoying the journey and the freedom of life are impossible without optimal health. And the key to ongoing health is balance. Many successful executives, entrepreneurs, stay at home moms and students wish they had more time and energy to lead a more active personal life, while many athletes and fitness fans wish for more success in their family and business



life. A healthy balance of family, business, and fitness is needed to maximize both productivity and fulfillment.

Dedicating four to five hours a week to intense exercise provides the anchor we need to create the energy and balance, the strong body and strong family and business life we desire. As a bonus, the discipline we exert in exercising feeds the discipline needed to succeed everywhere else. We get better results in all areas. So the question becomes, "How do we put this ideal situation to work in everyday life?"

Just like opening the doors of your business in the morning, setting up a doctor's appointment, or picking up your children from school or practice, exercise must be scheduled. Surprising research even shows that a healthy individual can potentially burn more fat and calories in an intense 20 minute exercise session performed in the morning on an empty stomach than a full hour of exercise performed in the evening after eating a few meals. Plus, it naturally feels good, even virtuous,

to have our core exercise done for the day and out of the way.

Even better, exercise supercharges the body's metabolism and energy levels, preparing us to take on a busy day. At the end of the day, taking just 15 minutes to plan your next day's eating and exercise helps ensure we'll waste less time chasing energy with caffeine, sugary snacks and waiting in fast food lines.

Success in business depends on how well an individual holds himself or herself accountable to assigned daily tasks and large projects. As a spouse, parent or a partner, we also hold ourselves accountable to spending time with our children and our significant others. If you don't, your business and financial life suffer; and of course ultimately our relationships and family life suffer as well.

The same principle holds true with exercise and nutrition. When people fail with fitness it's because they lack a system of accountability. Tactics that work to change this depend on ones personality and of course desire to succeed. The best accountability system comes with hiring a fitness coach or trainer. This not only will show you the proper technique and correct way to do things but also can obligate you financially.

Another great way to encourage accountability is to enter a contest or event with a goal or deadline. This positive pressure will help you stay focused on a pre-determined goal. Having a deadline creates the urgency and motivation needed to develop consistent habits.

The last method of accountability

to use is partnering up with a friend or mate and committing to weekly workouts or some type. Perhaps some type of intensive class like spinning or kickboxing. If possible it's a good idea to pay in advance for a series of classes.

Learning to develop realistic long term lifestyle changes is the key to health, vitality, and weight management. Having a plan is essential for creating habits that will last a lifetime. Human nature will take over and you will fall off probably more than once a week. The key to achieving great results is knowing that when you do fall off, you get right back on track instead of giving up completely. Everybody falls, but great people overcome their adversities and immediately get back up. There will never be a perfect time to begin developing fitness habits. The best thing to do is to begin taking small steps. Consistency, not perfection of the basics described here, programs your body for maximum productivity in fitness, business, and in life!

Remember that your life will never be in a perfect situation to begin an exercise program. Committing less than five percent of our time weekly on exercise can dramatically improve focus and productivity in all areas of life. Take a small step today to start developing what can be the most life-empowering habits you have ever experienced. Please consult your physician and get a clean bill of health before trying any type of exercise.

