



ALL OR NOTHING – It just doesn't Work!

Are you one of the millions of people out there who has an “all or nothing attitude”? You're fired up, you're motivated and you have a brilliant goal that you must achieve at all costs! You are 100% dedicated to achieving it and nothing is going to stop you or get in your way. You live and die by the motto: “If I can't do it 100% then there is no point doing it at all!”

In the past when you've attempted your goals, you've been so good; you were gunning it and then BAM! Something happened and you fell off the wagon. Everything crashed around you. Your training became lazy (if you even continued doing it?), your eating was terrible and your will power became nonexistent. No matter how hard you tried to get that motivation back to the way it was, you just can't!

Am I right? Like most of the population, we've all experienced this before. The purpose of this article is to look at your “all or nothing attitude” and why it's going to kill your chances to succeed.

Let's look at a scenario below that I'm sure you would have experienced before when trying to lose weight (I know that I certainly have and so have many of my clients).

In three day's time it's going to be a new month and you're going on your new diet and exercise regime. From the 1st you will not look at or think about chocolate and wine again until you've dropped your weight! However, that's three days away so you're going to get that “last chance” eating in so you can get it out of your system once and for all. You go absolutely nuts, you eat chocolate by the block; you start at the dessert menu and work backwards, pizza... how quickly can it be delivered? You're going to eat and eat and eat because seriously, this is the last time you'll get a chance to eat all this super tasty evil food. (*Woops – with that binge you've added an extra 1 - 2kg, but “that's ok because it'll come off. This time I'm going to succeed” you tell yourself!*)

The 1st has arrived and so has the new you. The first couple of days are a breeze. You haven't even thought about junk food at all (*in reality it's probably because you overdosed on it in those last three days*). Your eating and exercise regime is immaculate. You are on track!

Day four arrives and you're looking at your boring salad for lunch. Why does the chick at the desk next to you have to leave her chocolate bar out in plain sight? Doesn't she know that you're trying to lose weight? And now, even though you've resisted temptation the downward spiral has begun. All you can think about is chocolate and you're feeling guilty. “It's only day four. I should be able to last longer than this without craving junk food... Shouldn't I?”

It's now Friday also known as “office drinks night”. You will be strong, you won't give in! Mid morning comes around and you're starving. Of course it's a colleague's birthday and they got them chocolate mud cake and handing out slices to everyone. You politely decline and you feel good. You refused. Now it's lunch time and you're soooo over salad. Everyone is going to the cafe for lunch but you know you can't because you will give in to your weakness for hot chips. So you push your salad around on the plate but end up getting it down.

It's the afternoon, and you've had your sixth request to come along to drinks tonight (*why can't they just leave you alone and stop tempting you*)? You're hungry, and you're tired and your will power is waning. You get a coffee (*to pick you up*) and what's sitting on the kitchen table – leftover cake. It's calling your name. You give in and tell yourself “one small piece won't hurt, after all I've been so good this week.” You eat it and it's heaven! Without realising it you've eaten a big slice (and more!) and “Oh My God”, that guilty feeling has hit you. “What have I done?” You feel like a failure, you are furious with yourself. “

Here you are again, giving in over something as stupid as chocolate cake, and this early in. “I'm never going to lose weight”. When the next invite comes your way for drinks you say “yes”. Come the evening and you've knock back a couple to drown your sorrows and then your hunger kicks in. Did someone order pizza? Oh well, I've already blown it, I may as well have a slice (*or four!*)



The next day besides a terrible hangover you feel so incredibly miserable. Yet again you've failed. You absolutely suck. You can't do it. It's impossible you say, as you reach for the chocolates biscuits to comfort yourself. Come Sunday evening you remind yourself of that absolute MUST to reach that goal. This time it'll be different. This time I won't give in to temptation. It's all or nothing. I'll start on Monday (*and now you're 2-3kg heavier than when you started out on your 'all or nothing attitude'*).

Sound familiar? You're not alone! If you have an all or nothing attitude towards your health and fitness goals you're setting yourself up for failure! It's not sustainable and that attitude is certainly not realistic. Here are some suggestions on changes that you can make to get back in control to stop you from sabotaging yourself (again!):

- 1) **BE CONSISTENT:** When you're trying to lose weight, get fit and tone up it's all about consistency. Just because you have a fabulous week doesn't mean that you can slack off the next week. When you want to achieve something you have to continually work at it (otherwise nothing will happen or even worse, you'll go backwards with your results.) It's what you do on a daily basis that gets you your results. Think about exercises. You wouldn't do one killer workout and go wow – that's it I can quit now. Being healthy (*and skinnier*) is all about being consistent. Plugging away at it every day. With an 'all or nothing' attitude you can't maintain that lifestyle forever – so in effect you're setting yourself up to fail!
- 2) **BE REALISTIC:** Your expectations have to be realistic. What I mean is you have to look at what is physically and mentally possible. Cutting out certain food groups (like chocolate) is not realistic. Unless you're planning on cutting it out for the rest of your life (AS IF!), why would you try and cut it out in the short term. You're setting yourself up to fail! I'll tell you why. If you "cut something out" then one of two things will happen. A) you'll focus so much on the food that you "can't have" that you'll end up bingeing on it (and then feeling guilty and eating more of it and undoing all of your hard work) or B) when you get to your goal weight you're going to reward yourself by eating that food. When you think about it, if you ate in moderation to begin with you wouldn't have this excess weight to lose. Instead of an "all or nothing attitude" you need to teach yourself to be realistic and do it in moderation. You need the same expectations about your exercise. If you haven't exercised in years, it's unrealistic that you're going to train 5+ days a week, particularly in the long term (and seriously who has the time?)
- 3) **DAMAGE CONTROL:** You are going to have a bad day! I'm not kidding – you really will. You'll have a major food blowout, or you'll get sick, or you'll miss gym for a couple of days. That doesn't mean that you have to throw in the towel or beat yourself up. Instead do something RIGHT NOW to fix it and change your attitude towards it. For example, let's say you go nuts and eat a whole block of chocolate (easy to do I know!!) Well instead of feeling sorry for yourself and guilty go for a walk! Burn off some of those calories. Raining outside – then do some squats, push-ups or lunges, dance in your lounge room; I really don't care what you do but please do something. It'll change your focus and you won't feel as bad about it (and with persistence you will change your behaviours and beat them!)
- 4) **BE ACCOUNTABLE:** Be mindful of what you're eating and how much you are exercising. When you're trying to lose weight you have to stay focused (and consistent) and make smarter choices. Yes I know deep down that you'd love another slice of dessert; however that's not going to help you lose weight. Be accountable and remember that it's in the short term of you trying to lose weight. (What do you want more – the 10 mins of pleasure eating the dessert, or the years of depression of being overweight?) Comes down to a choice – what do you want more?



Having an all or nothing attitude does not work. I've seen many people jump on this band wagon, reach their goals and unfortunately slip back into their old habits and regimes in a matter of weeks (and pile on more weight than they started with).

This time, let's do something completely different to what you've tried in the past. Your weight and bad habits have developed over a long period of time – why would you try and change them over a week to two week time frame and then expect to be successful? Instead be focused, motivated and realistic about your goals then you can absolutely achieve them! All or nothing does not work because it's not sustainable and it's definitely not realistic.

Set yourself up to succeed! Remember it's all about consistency and moderation

Happy Fitness

Luv Amanda xx

Amanda Woollard – Personal Trainer

Coming from an active and sporting background it was a shock to Amanda when she piled on 20kg and then couldn't get it off. Having been through cycles of strict diets and binging (and then the guilty, frustration and failure feelings associated with that lifestyle), she finally realised that losing weight is all about getting healthy, exercising and doing everything in moderation. Now with her Personal Training clients, she uses her own experiences to push, motivate, challenge and inspires her clients to be the best they can be and to take things head on (in a fun, motivating environment with lots and lots of laughing). With her friendly, encouraging style she helps her clients to achieve fabulous results physically and most importantly mentally as well!

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