



## Get the Family Involved!

Being a Personal Trainer one of the most common things that I see is people making up excuses as to why they can't look after their own health and fitness. By the time you've been to work, got caught up in the politics (at work and home), looked after the kids, had dinner (which you had to do because all day you've eaten badly because you haven't had time and now you feel exhausted), done the domestic chores, socialised with family and friends, done that extra 'work' (that's sooo important that if you don't do it the world will blow up)... So honestly after all of that, who can really be bothered? I understand all of the above. Everyone is busy. Everyone has things that they have to do and many people fall into the trap of putting themselves last. But right now I'm going to challenge you and ask: **If you don't look after yourself – then who do you expect will?**

Let's take it a step further, have you ever thought about what it means when you become unhealthy because you keep putting "you" off? It doesn't just mean a couple of extra kilos of weight (that you tell yourself doesn't really matter even though you constantly beat yourself up for it). It's the health risks you face – yes I know it's all melodramatic but guys it's the truth! The longer you ignore your health you're beginning to run the gauntlet. So many people think that bad health conditions always "happen to someone else"; after all we all saw it on the Biggest Loser. The contestants all thought they were 'just carrying extra weight' but some of them had serious health issues that were undiagnosed and were shortening their LIFE EXPECTANCY! Do you fall into that category? Could you potentially have some undiagnosed health risks, but more importantly can you comprehend that if you don't start looking after yourself now then you are literally risking your health?



Ok – to scary for you? Now let's focus on something that is a little more tangible to right now. What about how you feel about yourself, your self worth, what are the mental thoughts that run through your head? Are they positive? Think about all of the social events that you put off because you feel fat and ugly and also think that everyone will be judging you. What about all the times that you've had to sit on the sidelines as your kids are playing because you can't keep up? That doesn't even touch on the 'activities' that you keep putting off because you think you'll look ridiculous and feel uncomfortable, like going to the beach, going to restaurants, picnics or walks. So if these things are constantly coming up for you – why do you constantly let yourself get away with not changing it? Why do you keep telling yourself that one day it will change but not do anything to fix it? Because in all reality, if you keep putting it off, when exactly do you think that things are going to change?

So again I ask you – why is it constantly ok for you to put your own health and fitness last? Why is it ok for you to constantly make excuses like "I'll start tomorrow", "I deserve this" or my favourite "It's my only one vice in life"? And if you're a person that revolves around giving to everyone else, what is going to happen when you fall ill or when you get sick? Who will look after the kids then, who'll do all those domestic chores that, are more important than you looking after yourself now? And if you're a workaholic your performance will drop if you get ill (you won't have the energy – and that's if you're even well enough to go to work). Can you understand why I'm so passionate about you changing your lifestyle that will be in place for the long term? Doing one killer workout isn't enough. It's something you have to constantly work at.





To make a lifestyle change you actually have to get up off the couch, (watching “what’s good for you” just doesn’t cut it I’m sorry), you have to be consistent in your actions, you have to eat well on a regular basis, you need to be moving about and create a routine for yourself. One of the most successful ways I’ve found personally and I’ve seen with my clients is when you recruit family and friends on your mission – you’ll succeed!

Of late I’ve been so inspired by so many great stories of parents who are getting their children involved in what they are doing. They’re having sit-up competitions in the advertisement breaks (and yes the whole family is involved), they’re coming along to some of our Group Training sessions and joining in, they’re talking to their friends about their exercise regime and they’re getting involved too!

The coolest thing for me is, by those parents involving their families it means they are educating and reinforcing a ‘fit and healthy’ lifestyle to their children. Besides the obvious ‘health benefits’ what a fantastic lesson / gift to give them & have them learn so young.

The people around you want to help you succeed and to achieve your goals. The more people that you have in



your network means you will have even more people you have around to help keep you on track. Now I know at this point some of you will be scared of that concept and saying to yourself “if I tell people about my plans, well what happens if I fail? I’ll be a loser!” Here is the absolute truth, nothing will happen! Your friends and family won’t change their thoughts about you, you won’t lose their

respect and they won’t give up on you! Everyone has “been there and done it” in some aspect of their life, so don’t try and ostracise yourself by thinking you’re the only person in the world going through “something”! And at the end of the day, so what if you fail? Does that mean that you’re going to quit and give up for the REST of your life? If you’re not, start recruiting now and get people involved that will help you succeed.

Now that you’re psyched and looking for some activities here are some activities you can do with your family and friends (and personally I think it’s great when the kids are involved!):

- Go for a walk as a family (the kids can ride the bike) and you can walk or jog with them
- Get your friends involved, instead of catching up for coffee do a PT session, go for a walk, do a group class etc
- Play games together as a family or with mates (have a fun game of cricket (beach cricket always rocks, footy, soccer etc)
- Enter into a fun run challenge – you can walk it together or run it, up to you
- Create mini challenges for the family (i.e. a sit-up challenge: who can do the most)
- A great one for mums - throw on a music CD and go nuts and dance with the kids, they’ll love it and so will the big kid in you! (can you tell I went to the Pink concert last night?)
- Create a monthly theme for your colleagues in the office (i.e. do 2 walks at lunch per week)
- Get the family involved in your exercise sessions; bring them along to Group or a PT session. It’s really amazing how much kids love to do what their parents are doing!
- Get other families involved (their kids can run around and play with yours)

So as you can see, life goes on. 1 day quickly turns into 1 week, which quickly turns into 1 month. You can’t be expected to do it all on your own so please take up my challenge and get your family involved!

Remember; don’t wait for it to happen – MAKE IT HAPPEN!

