

WEAR YOUR ATTITUDE, NOT YOUR CALORIES

The combination of exercise and diet is very important. But equally important is **Your Attitude**.

Attitude is all about how you approach your set goals. How do you go about fulfilling what you want to accomplish? If you really want to lose weight and if you really want to get fitter you can program your mind to achieve it.

It all starts by setting small goals for yourself and that's going to help you to reach your goals one step at a time. The right attitude will enhance your results and take you towards your goal faster.

One way of reinforcing a positive attitude is meditation. Meditation is a brilliant source of getting your mind stronger. Meditation does not necessarily mean you need to be sitting on a meditating pose with your eyes closed. Meditation is focused thinking.

You can actually meditate in different ways. Some pray and concentrate on the God they worship- that is meditation. Some just spend moments in silence reflecting on nothing and even that is meditation. De-cluttering your mind of the routine thoughts and concentrating on what gives you peace, and practicing silence is meditation. You can start by doing meditation 5 minutes a day.

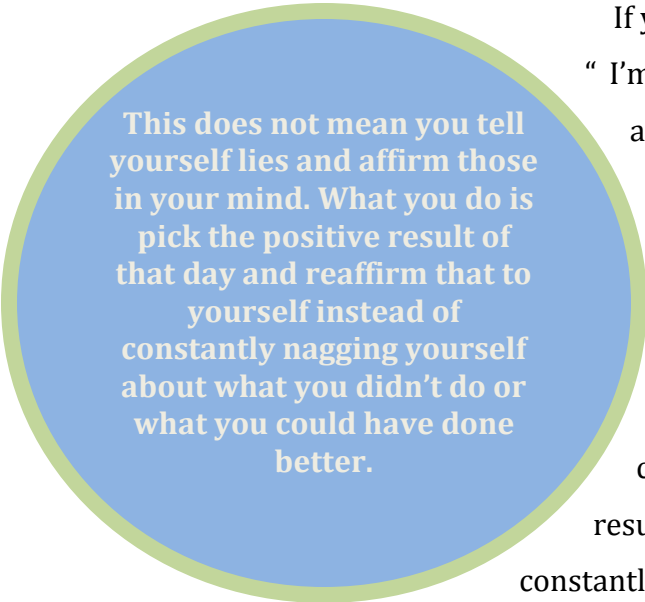
One of the biggest things, one of the most difficult things for someone is to be with oneself. And if you learn to be with your own self, you will be able to be with someone else. Because it's not just about yourself, it's about looking after yourself so that you can give yourself fully to others.

Along with meditation, spirituality helps tremendously. So keep your body, keep your mind as pure as possible. Keep your thoughts as positive as possible and anything is accomplished. You will be able to deal with any stress that comes by your way.

The 93-7 Philosophy

Whether it is your own fitness or even goals at work place or other areas in your life, 93% of the battle is won in the mind and 7% needs to be done physically.

Another way of developing the right attitude is by encouraging a lot of **POSITIVE AFFIRMATIONS**. For example if you want to lose weight, and if you keep saying “I’m not losing weight” , then you will not lose weight. Even if you do you will not acknowledge it and go back to binging and gain what you’ve lost.



This does not mean you tell yourself lies and affirm those in your mind. What you do is pick the positive result of that day and reaffirm that to yourself instead of constantly nagging yourself about what you didn't do or what you could have done better.

If you want to lose weight and you keep telling yourself “ I’m successful in my weight loss program and I have achieved my goals” make a positive affirmation and keep repeating it again and again. This does not mean you tell yourself lies and affirm those in your mind. Reflecting and understanding where you went wrong is alright but blaming yourself constantly and punishing yourself instead of correcting is of no help. Instead pick the positive result of that day and reaffirm that to yourself instead of constantly nagging yourself about what you didn't do, or what you could have done better.

And that’s going to help you accomplish your goal. If you want to get stronger and fitter, just keep saying so - “I’m getting stronger and fitter day by day in every way”. And opportunities will come your way to help you get stronger. Lot of opportunities come our way but what we pick , the choices will make depends on how our mind is at that moment.

Our health and fitness and our well being depends on the choices that we make. Whether we smoke or not, the relationships that we have, how we deal with stress- these are all ways of helping one get stronger and fitter every single day. Fitness is about mind, body and soul. Because it’s just not just life, it’s the quality of life that matters in the end.

So wear your attitude!