



**Let's Get Physical**  
**Week 1: Getting Started**  
**Tiffany Hall 09/03/10**

**1. Start Today**

Get moving now. Don't wait until after your next meal, or until you find a gym, or buy new exercise outfit, or hire a personal trainer: start right now. Commit to joining Chrissie and I on a weight loss journey to achieve ultimate health and fitness. Follow our easy steps.

**2. No Diet**

Quit your diet mindset now. Fad diets are self-sabotage as they are not a sustainable solution to weight loss and can actually teach your body how to store more fat. The first step to losing weight and keeping the weight off is to make a split second decision to go off all fad diets forever.

**3. Smash the Scales and Commit to Sustainable Goals**

Get your hammers and smash the scales! We have to understand that fat loss is different from weight loss. Opt for an old belt instead to measure your waist and check in every few weeks to see the notches go down. We don't want to lose weight; we want to lose fat. Many people fail to lose weight and keep it off because they set unrealistic goals and believe that when they reach a magic number the journey ends. Chrissie and I are not training to achieve a magic number; we are training for life. Lasting weight loss is a life-long commitment to a healthier active lifestyle.

Be clear on your goal and set manageable check in points either weekly or monthly. Your goal may be to achieve a particular dress size or a fitness goal. Perhaps your goal is to perform one push up, walk 5km or complete a set of dips. When fitness goals are the focus of your weight loss journey, you will attribute more meaning to your weight loss than just numbers and give you more energy to live life.

**4. Circle of Support**

Announce your goals to your friends and family so that you become accountable to them. When you speak your intentions out loud, you take responsibility. Every body needs a good coach and the good news is that they don't have to be a nutritionist or a personal trainer. A friend, a partner, a work colleague can offer you the same support and encouragement. With your coach you will then be able to establish a club – get friends and family to join you on your journey and together seek out information from professionals in the health and fitness

industry. If you can't afford a professional, organise group training sessions with a personal trainer twice a week which is an affordable way of staying on track.

### **5. Stay Positive**

So many people think that while it's okay to make mistakes in every other area of life, it's not okay to make mistakes when it comes to weight loss. Accept that on this journey there are going to be ups and downs, good days and bad days. Do not give up because you ate a piece of chocolate. You are allowed to eat a bit of junk food every now and then, but you are not allowed to think junk thoughts: "I can't do this." "There's no point". "It's not working." "I failed." "I knew this would happen." Don't beat yourself up – be gentle with yourself. It takes time for winning habits to replace bad habits. Don't get lost in the forest because of a single tree – don't give up because of a single piece of chocolate!