

The Key to Health & Fitness Success

*"5 easy-to-follow
steps to success"*

Instructional
eBook by
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Health & Fitness Success

5 Easy Steps: 1. Get motivated. 2. Stay Safe. 3. Eat Right.
4. Stay balanced. 5. Stay Focused.

1. Get Motivated

*The key to health and fitness success is **MOTIVATION**. Why be healthy? Why work out? What's the point of it all? Quite simply, it makes sense from a success point of view to stay healthy and fit since it will consistently give us more energy and help us feel stronger each day so we can get more done, help prevent sickness and allow us to live longer for our family and friends, just to name a few of the proven benefits.*

Once you've found your motivation, there should be nothing standing in your way of a lifelong, consistent and enjoyable fitness and healthier living journey. Feel better each day and set a good example for others to follow, including members of your family and friends. Just take baby steps to get started and then enjoy the ride! (of health and fitness, of course).

Allow yourself to enjoy every workout routine. Be excited about the upcoming results. Think about the future you and track your progress. Keep tabs on your weight loss every few days and look in the mirror every so often to actually see the results.

Look at the definition you're generating in your muscles and allow this positive feedback, along with the extra energy and strength you're experiencing to be the catalyst for your continued and consistent health building journey.

2. Stay Safe

It makes no sense to work out with (preventable) injuries. So, it's paramount that from the outset we keep our workout environments clear of clutter, organized and in good working order. Being organized and keeping everything clear of clutter is also a very important success attribute.

A clean and uncluttered environment helps us keep our minds clear and we're able to focus on important matters more efficiently. Same goes with our workout environments. Not having to step over (or even trip over) items when we are in the middle of a fitness routine goes a long way making the workout more enjoyable and gives us a much needed peace of mind.

3. Eat Right

Eat the right foods at the right time. What I mean by eating foods at the right time is that the bigger portions should be eaten earlier in the day when you're active and it has time to process throughout your body and burn off. This doesn't mean you should gorge yourself on as much food as you can eat during the day. You still want to be mindful of the amount and type of foods you eat. And it's best to eat smaller amounts, but more often through the day instead of the typical 3 main meals (breakfast, lunch and dinner). This is something you'll be able to train yourself to do with a little self-discipline and

practice.

The smaller portions should be eaten at the end of the day, but not too close to bedtime, so the food doesn't just sit in your belly in a slow processed state turning into fat. Our bodies are resting while we sleep so eating too much too late won't allow the food to process and burn off like it does when we are active during the day. This may seem difficult because I think we all love to eat big dinners at the end of the day when we're relaxed with our families or in front of the TV. There's something about having a full belly before going to bed. But this type of behavior is exactly why we get into the rut of continuously gaining weight even if we work out.

A normal schedule for us is to be active during the day and to sleep at night. So, we don't want to eat too much too late or it will just sit in our bellies turning to fat while we sleep. This takes self-discipline and it's not the easiest thing to do at first. But, once you train yourself and settle into a routine of eating the right foods at the right times, it becomes second nature and there's no need and hopefully no desire to go back to the old ways of unhealthy eating.

4. Stay Balanced

Take Breaks. As most of us are aware, "All work and no play makes Johnny (or Sally) a dull boy (or girl)" As you are working toward a successful life to achieve your personal and business goals and dreams, it makes no sense to leave fun and relaxation out of the equation. Doing so can create a hot bed of disappointment, resentment and unfulfillment. So, take those much-needed breaks to relax and enjoy yourself.

Enjoy Yourself. If you let go of the stress and anxiety that inherently comes with the hectic, yet, fulfilling, journey toward success and

allow yourself time to have fun and relax, your overall life can become very enjoyable and terribly exciting. So, schedule time each day or throughout the week to enjoy yourself.

Spend time with family. Take a stroll at a nearby park or through the city. Take in a good movie or go out on that date you've been putting off. You should take time to enjoy yourself every week, not just sometimes. That way you're resetting yourself (like a computer) and you always have something enjoyable to look forward to. This will renew your perspective on life and give you the energy and excitement you need to continue down the right path.

5. Stay Focused

There are many distractions in life. It can be very easy to lose focus. But, in order to truly succeed in life, including health and fitness, we must learn how to stay focused on our success building journey regardless of those distractions.

To succeed at any worthwhile endeavor, we must balance those every day distractions with our ongoing success building tasks in order to keep our focus on achieving our goals and dreams. Health and fitness is by far a worthwhile endeavor and continual and consistent effort is paramount to success.

Having the right support system tools in place is pivotal to staying focused on what is important. For health and fitness success, we have many tools available to help you stay on track (see our website menu) until you've reached the point of simply making it a part of your every day routine.

This is where you don't even have to think about it .. you just do it, because it's simply part of who you've become. When you've

reached that level of success, it's a truly satisfying accomplishment, to say the least.

In Summary

Health and fitness success comes to those who follow a plan and stick to it. First, decide what motivates you, whether it's to have more energy and live longer for family and friends or even to look and feel better about yourself. Next, clear the clutter and organize your workout area so injuries are less likely and to have peace of mind.

Then, make sure you're eating the right foods at the right times allowing your body and brain to efficiently process the nutrients, thus boosting your immune system and increasing your energy output for an overall increased rate of success.

Meanwhile, as you work toward your health goals and objectives, make sure you're taking much needed breaks to give your mind and body a chance to reboot, regroup and be ready to climb the next success mountain (so to speak).

Finally, keep your focus on the prize, a much healthier and fit version of yourself. Stick to your plan to achieve all your health and fitness goals by keeping track of your progress, being excited about the journey and enjoying the positive results from your ongoing effort.