

DAY 13

Hi All,

It's the weekend and we are social creatures.

Ever been put in a situation by some friends to indulge in large meals and drinks at their favourite restaurant or at a BBQ? I have a Healthpointe solution. Sharing meals is a great way to limit food intake. Quite often Julie and I will order 1 meal between us with 2 side salads. Sparkling Mineral water is a great alternative to wine and fruit and nut platters are on most menus. It is also possible to have 1 dessert between 2. Is it ideal?? No, but it is a thinking alternative.

So we can turn obstacles into opportunities. We don't have to be victims of circumstance, but we do have to be clear on what our goals are and in which direction we need to head. Challenges are there to reveal to us what we are capable of becoming.

But there are 3 important points to consider. Belief, Desire and Persistence as I mentioned yesterday. You must end up believing it is possible to improve your situation. You must have a genuine desire to improve your situation and you must be persistent in improving your situation. Sometimes we can be discouraged because others can take bigger steps than ourselves but we must "just keep going" (or swimming in the case of Dory and Finding Nemo).

Just a quick note on exercise as well.

Gentle exercise is a health investment that achieves a number of outcomes

- relaxes and releases tension
- naturally controls your appetite
- increases mitochondrial numbers and surface area and therefore accelerates weight loss
- strengthens your immune system
- produces noradrenaline which elevates mood and works as an antidepressant
- enhances your sense of well being
- tones and firms muscles
- boosts your metabolism
- increases strength and stamina
- helps sleep
- improves flexibility, balance and coordination
- keeps you living longer

So let's go for a walk, (including the family) breath in the fresh air and think clearly about any challenges that may arise.

Speak tomorrow,

Jamie