

DAY 22

Hi All,

Well the start of week 4 and the last week of weight loss before we do our add more food days to readjust our metabolism.

One of the key points I regularly repeat is that Healthpointe is about lifestyle change. The lecture I went to recently also emphasised the best results with Type 2 diabetes prevention is with lifestyle change. Keiran Perkins (the famous Australian 1500m swimmer with 2 olympic Gold medals) says "I found that when put under the most pressure we revert to our most practised habit." Meaning that we need to practise what we want in the long term. We are 21 days into our new habits which is 1/3 the way to making it permanent. Also use it or lose it is a common phrase and is very true. So let's make the choice today to make the step towards our long term health.

It is important that we all do our daily exercise and I hope the exercises we talked about on day 20 will work for all. Just a little bit more each day.

It is important that we think of and have healthy alternatives for our social occasions. It is important that we keep our pantry full of the right foods and don't let our old habits slip into the house.

So when is our exercise scheduled? When and where do we make our shopping list? Never go shopping when hungry. I always have ½ a protein bar about 30mins before food shopping because I know I make better choices and much less likely to do impulse buys. I always schedule my exercise as a priority in the morning, and it always seems that I achieve much more than when I don't exercise because I'm "too busy". What are your solutions.

Keep it going!!

Speak tomorrow,

Jamie