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Achieving BEST! Me™ Fitness in Health, Body, and Soul ... By Becca Marino

Shaping Up! so that the year 5771 may be richer in service to God and humanity. Taking action. Repairing individual lives. Healing and transforming the world is an honorable and demanding responsibility. Serving greatly requires a healthy and fit mind, body, and soul! During the High Holy Days we had the opportunity to reflect and examine the past year of our lives. I pose these questions: How would you describe your health? How would you grade your success in honoring your body's needs through regular exercise, nourishing nutritional choices, rest, and balanced living? Was it an A? Well, mazel tov to you! For those of us who scored a little less, here are a few strategies to get the A this time around.

Thoughts: I probably would have the money if I cut back on dining out!

Strategy: No money necessary. We can exercise to maintain health without equipment, a gym membership or a personal trainer. Review resources available on the Internet. Here are a few resources to get you started:

- www.EXRX.net and click the Exercise Instruction tab
- www.YouTUBE.com to search for fitness videos
- E-mail or call a certified professional in your area and ask for the information you need. We are here to help you!

The 5 Most Common Fitness & Exercise Obstacles We Face and Strategies To Overcome Them

Obstacle: I don't have the TIME and I have to get all of it done.

Thoughts: "The arrow that is too tightly strung is easily broken." Not exercising is not an option.

Strategy: Use the time you already spend in the shower, standing in line, pumping your gas, sitting in your chair at the office, or talking on the phone to exercise or stretch. Something is better than nothing.*

Obstacle: I don't have the ENERGY.

Thoughts: Once I give my body the exercise it needs I will naturally have more energy.

Strategy: Start by increasing your activity level in small doses. Choose activities you enjoy. Commit to improving 1% each day over the next 30 days and you'll be 30% healthier at the end of the month!*

Obstacle: I don't have the MONEY to invest in: an expert or certified professional who can teach me proper technique and program design, a gym membership or purchasing equipment to use.

Obstacle: I do NOT like to exercise.
Thoughts: "Everything can be taken from a man but one thing, the last of the human freedoms to choose one's attitude to a given set of circumstances, to choose one's way." Victor Frankel

Strategy: Choose a new attitude and open yourself up to experiencing new activities!

Obstacle: Negative mindset or attitude. (I can't do it; I'm too far gone! I always start but never finish so why should I try...and so on.)

Strategy: Find inspiration! Reflect on past challenges you overcame. Read stories about other people overcoming similar challenges. Own your power to choose differently. Go after it!

**Tune in and join us for a weekly dose of inspiration, education and demonstration via our 5771 BEST! Me in Health, Body, and Soul YouTube videos. Go to <http://www.youtube.com/user/FitnessINSPIRATION7> or Google FitnessInspiration7 and search for the title.*



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