

Picture This...

Written by Leslie Pickel & Ian Hart
Tuesday, 02 March 2010 10:43



A close friend recently asked me how I'm staying motivated now that I'm nearly one month into EarthFIT's Fat-to-Fit weight loss challenge. For me, it's all about visualization. Picture this if you will...it was early Monday morning, February 8, following the Superbowl (Go Saints!) and I was going to work out. Who in their right mind would be up and exercising (especially being a Louisiana native and avid sports fan and supreme Superbowl party thrower... you get the picture) after that? Yet, that's exactly where I found myself- in the EarthFIT workout room- along with my new exercise cronies. Something has gone terribly awry. Or not. This is what I was scheduled to be doing – and I was doing it!

As I began jogging around the room warming up for our workout, visions of *my victorious Saints* began to swirl in my head. The joy and excitement of recalling key momentum shifts during the big game were quickly replaced by the thought that I must be carrying
around

an extra Saints fan on my back while moving through the workout circuit! My legs, arms and abs were not enjoying this wake up call. Ah yes, let's rewind again; now I remember the previous evening's Cajun delights of gumbo and po'boys along with celebratory champagne toasts. I confess, I didn't deprive myself of these special occasion foods. It's just that now I don't eat an entire fish bowl full of gumbo and my diet is more about quality than quantity. But as I huffed and puffed my way through class, I intuitively made the connection - those foods that don't help fuel my muscles will negatively impact my workout performance. This might seem like a no-brainer to you, but I apparently needed to feel that lesson in my bones. I've now learned that if I pay attention, my body has plenty to tell me.

Coach Ian infuses each class with mixtures of cardio, strength training, balance, stamina, mobility and flexibility. EarthFIT's music is a great motivator for me too (I suspect true DJ skills here), especially when I'm in the midst of a difficult exercise circuit like walking lunges (not my favorite!). I just think "If I can keep working through this class, I'm one step closer to lying on a palm-filled tropical beach sitting pretty in a bathing suit and swank sunglasses." Are you with me ladies?

According to Coach Ian's scale I can say with great pride that four whole pounds have melted away from my frame within the last three weeks! The positive effects of weight loss I have experienced through my workouts at EarthFIT are safe, sustainable and truly enjoyable. Spoiler

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alert: I'm afraid there's no magic path to lasting weight loss. I've found it to be simply one training class at a time. How will I continue to stay motivated? In the immortal words of Destiny's Child, "I'm a survivor, I'm not gonna give up, I'm gonna work harder!"

TIPS FROM THE TRAINER:



Leslie is doing an amazing job, we really upped the ante this week on the training and she hung in there really well. I am truly proud of her.

I'd like to address those special occasions that Leslie referred to, such as Superbowl Sunday. Those occasions are fine as long as they are few and far between, especially when you are in a weight loss competition.

Here's an example. You want to lose 20 lbs. Your expected calorie burn is 2000 calories (calculated by weight, height, age and activity level) and you want to burn a pound of fat per week. Then, you'd need to eat 1,500 calories per day. That's a caloric deficit of 500 calories a day. 1lb of fat = 3500 calories. So negative 500 calories a day multiplied by 7 days equals -3500 calories: one pound of fat.

If people decide to cheat or overindulge on those special occasions then their goal will be delayed.

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I am addressing things like this and more in detail at our **FREE Weight Loss Workshop, Saturday, March 6, from 10 – 11 a.m. at EarthFIT's The Studio, 31-A Market in Habersham.** I invite the Beaufort community to attend and learn our four main methods for weight loss success, how to take control of slow metabolisms and uncover why certain plans have high failure rates. Attendees will receive a free two week trial of dotFIT, an innovative web-based program with a comprehensive fitness and nutrition library that allows clients the ability to track their progress. We hope you'll join us. Reservations are required as space is limited. Call or email now!

"Aim Higher. Train Smarter. Live EarthFIT."
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