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...results that stick NEWSLETTER

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Making changes that stick...

Welcome to another edition of our fortnightly Gloo Fitness newsletter. Inside you will discover more about how to make lasting change and get your mind right to help your fitness journey. Ready? Let's get into it.

Often we can change our behaviours only to end up right back where we started just a few short weeks later. Why is this? And what can we do to stop it?

In the last edition, we spoke about the fact that there are two of us fighting inside whenever we try and change: the old us and the new. Let's explore this further...

Changes that stick cont.

What happens is that as we shift a few behaviours we end up feeling at odds with these new behaviours and so retreat back to our old self; the version of ourselves that feels more comfortable as we are....

We call this our Identity. And **to create lasting change we must shift how we see ourselves**. That is the nutritional changes we make must feel good. The new fitness regime we try on must feel sustainable and, above all, we must work hard to make sure who we believe ourselves to be matches up with the new behaviours we are trying on.

Make sense? Let us put it really simply. Who you are is ingrained. It has become your default. The filters that reside inside of your mind sabotage your attention to create more of the same, resisting all efforts to change and ultimately pull you back to your old preset.

Being consistent is your strongest weapon to shifting your preset. **It's why 30-minute Personal Training works. It keeps you accountable and consistent as days become weeks and weeks, months.** Then you wake up one morning and everything has changed for the better. In the next mini-article we will clarify 2 strategies you can use to support this process.

Our Minds Think in Pictures

We are visually driven beings. Think of a four-legged animal, barking whilst wagging its tail. You no doubt **pictured** a dog. Think of a wonderful holiday you enjoyed before Covid hit. Can you **see** yourself there?

So, our strategy is to create a vision and use our daily self-talk to talk yourself into, instead of out of, new ways of thinking every single day... You must create a super-positive vision for yourself; you looking and feeling your best 6-12 months from now. Who will you become?

How will you feel? See yourself as you are then, not as you are now. **Become that person**. Think as the future version of you would think, act as they would. Make this real by actually creating a vision board.

Cut out some images that represent this vision from magazines or download some images from the internet. Write a few words on the board as to how you will feel. Use colour to bring it to life.



Make sure when you are done that when you look at it you cannot help but smile. It is inspirational for you. It must make you feel highly motivated and remind you every single day of the place you want to get to; the person you wish to become who is fit, healthy and enjoying being their own ideal weight! This will take effort. But then you seek results you haven't previously managed to attain, which will mean doing things you haven't previously done :)

Back this up with a daily affirmation. An affirmation is a brief statement of being that you aspire to but aren't currently living stated as if it is already done.

It will sound something like: "I am so proud of who I am as a healthy, fit and happy person". Or: "I love my new body and life and feel amazing again in my own skin". Now, it might feel a bit like a white lie. But white lies are OK. Tell yourself enough this to be true and you, in the end, will believe it. When you believe it and are acting as if it is already true i.e. exercising most days and eating as you plan and you will make the shift. Your new behaviours and person you are inside will be at one.

To be clear it was your little white lies that got you into your current struggle. You told yourself you don't have time, you told yourself you were too busy, not fit enough, too tired – you know the stories. They were not and are not true. They, nevertheless, felt true because you told yourself these lies so frequently. So, if you are going to tell yourself some white lies. At least make them sure they serve you :)

"I am so proud of
who I am as a
healthy, fit and
happy person."

"I love my new
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5 truths you probably didn't know about losing weight

1. Dieting makes you fat

THEY REALLY DO. YOU LOSE WEIGHT BUT THE WEIGHT IS MUSCLE NOT JUST FAT. YOUR PRE-SET DRAGS YOU BACK TO YOUR OLD WAYS, AND YOUR WEIGHT RETURNS TO NORMAL. HOWEVER, YOU LOST SOME MUSCLE IN THE PROCESS BUT GAINED JUST FAT WHEN YOU PUT IT BACK ON. THE NET RESULT BEING YOU ARE THE SAME WEIGHT AS YOU WERE BUT WITH MORE BODY FAT.

2. You need to eat fat to lose fat

OMEGA 3S AREN'T JUST KINDA NICE BUT ARE CALLED ESSENTIAL FATTY ACIDS. THEY ARE ESSENTIAL FOR CELL MEMBRANE PRODUCTION, STERIOD HORMONE SYNTHESIS AND YOUR NAILS TEETH AND HAIR. DON'T CONSUME ENOUGH (IN OILY FISH, NUTS, SEEDS AND OLIVER OIL FOR EXAMPLE) AND YOU WILL LIMIT YOUR BODY'S ABILITY TO USE YOUR STORED FATS AS FUEL.

3. Carbs are not the enemy

WHENEVER WE BLAME FOOD WE GIVE AWAY CONTROL. TAKE IT BACK. KNOW IT IS NOT CARBS OR SUGARS OR FATS OR ANYTHING ELSE FOR THAT MATTER THAT IS THE PROBLEM BUT YOU. PERHAPS YOU CONSUME TOO MANY CARBS, TOO MUCH FAT, WE DON'T KNOW. BUT KNOW YOU ARE IN CONTROL.

4. Healthy eating in over-rated

THE SECRET TO LOSING WEIGHT IS IN OUR PRYAMID WITH CALORIES DEFICIT AT THE BASE AND HEALTHY EATING AT THE TOP. GET THE BIG BRICKS IN PLACE FIRST. GET SOME HELP DOING SO. BUT KNOW JUST EATING MORE HELTHILY IS NOT LIKELY GOING TO BE ENOUGH.

5. Exercise isn't about burning calories as you might think

IT'S NOT HOW HARD YOU WORK OUT BUT THE DEGREE TO WHICH YOU GIVE OUR BODY REASON TO CONTINUE TO BURN FATD AFTER YOU STOP. LEARN MORE AND ATTEND ONE OF OUR FREE SEMINARS AND TAG ALONG TO SUPERMARKET TOUR, NOW AVAILABLE.

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