

If You Don't Like the Tune... Change the Station.

What do you do if you're listening to the radio and you don't like what's playing...you change the tune. The same can be said when we have these mental battles with ourselves each time we want to change one of our habits...especially when it comes to our health.

I've always stated that lean people lead lean lives...and it's their habits that create this leanness...eating, shopping, cooking, fitness and more importantly, THINKING habits which are the most powerful health shapers in your body.

Self talk—be careful who's listening—it might be YOU.

Have you ever said any of these statements?

I can't do this—it's not going to work

I won't stick with it—I never do

There's no way, it's too hard

I'm too fat

I hate my thighs

I have a big butt

I don't have any willpower

When we say these negative statements to ourselves they usually stop our action plans so we normally don't move forward with our positive, lean habits. We need to make a conscious effort to **STOP** it—before it STOPS you.

The progress in action. Here's how you develop your own daily victories of lean motivators:

- “I'm a success if I can count 5 or more fruits and vegetables I've eaten today.”
- “I'm a success because I got up a few minutes earlier today and did my fitness workout.”



Jaime Brenkus has helped millions with his 8 MINUTE ABS videos, and recently appeared on the Dr. Oz show.

Call Jaime for your FREE 60 Minute Consultation today!

- “I'm a success because it's been three months since I've weighed myself—and I dropped two pants sizes.”
- “I'm a success because I had a donut this morning, and it didn't make me think that I failed; I had a healthier meal at lunch.”
- “I'm a success because I didn't compare myself to the newly-crowned Miss America. I don't have to be perfect.”
- “I'm a success if I carved out enough time to walk my 10,000 steps today.”
- “I'm a success because I listened to my feeling of fullness and ate only 3 ounces of steak, rather than 12 ounces.”
- “I'm a success because with each meal today I made sure that I had a lean protein choice.”
- “I'm a success because every snack I ate today was healthy and low-calorie, but high quality...Greek yogurt, an apple, and some delicious fresh carrots.”
- “I'm a success today because every time I sat down to eat, I asked myself, ‘Is this food choice going to get me closer to my goal...or move me further away?’”
- “I'm a success because the negative mind exchange has not slowed me down. A slip is not a fall—I get right back up again.”

Remember to think like a *lean person* and focus on the progress—and not perfection. Don't beat yourself up, and keep the conversations you have with yourself...positive.



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