



11 August

'Let the Games Begin!'

**".....the essential thing in life is not conquering but fighting well."
(Pierre de Coubertin, founder of modern Olympic Games)**

In July eatfit clients became **97.2kg** closer to their healthy weights.

Julie; "At no time do I have to deny myself."



"I have never had to diet but as I am getting older the weight has been starting to stay.

From day one I felt that the eatfit program was tailored for me personally. I was educated about what was in food and strategies to use if things were going off track. After an initial focus on nutrition we introduced exercise. I did not even have to join a gym, I walked and jogged and am doing swiss ball exercises.

Having a weekly visit with eatfit was great because it kept me disciplined in what I was doing. If I did slip up there was no chastising but encouragement to recognise what happened and then a constructive way of avoiding that in the future.

I am now two dress sizes smaller, fitter, energised and a whole lot happier about how I look. I am very aware of what I am eating and if I want to indulge in sweet stuff I have strategies that enable me to do that within reason. At no time do I have to deny myself.

The eatfit program is not a diet - this is a lifestyle change. It is an opportunity to look at how you want to look, how you want to feel, how motivated you want to be and at how healthy and fit you want to be.

I would encourage anyone to do this as it is not drastic. Although the first few weeks are hard, you do not feel hungry and as you get going having the knowledge keeps you wanting to continue. Go for it!"

Think like an Athlete



Olympians at one stage were just like you and me - everyday people. Through hard work, determination and a burning inspiration they became the best they could be.

We all have our own goals which require the same application of strategies and hard work. Perseverance is the key; allow time for progress, to gain momentum and to see the

results.

All athletes fail. But they never fail alone. They are surrounded by a support team of family, friends, coaches and team mates. With this support they learn and try again. Informing friends and family about your goals provides you with accountability for achievement and a network of support.

Olympic athletes achieve their results by thorough planning and extensive preparation. Work backwards from your goal and use monthly milestones and targets to measure and reward your progress.

Try thinking like an athlete for the rest of August and see what dreams you achieve:

- 1. Change your lifestyle.** There is no such thing as a quick fix, define what you want and live a life that brings it into reality.
- 2. Believe you can achieve.** Set achievable goals each week, as your health and fitness improves so does confidence.
- 3. Prepare mentally.** Visualize how you will feel when you reach your goal. Reinforce your ability with positive self talk.
- 4. Acknowledge your competition.** You may not be competing against other people but work, socializing, relationships and travel can demand time. Plan and prepare so you have strategies in place.
- 5. Support Crew.** Record a list of five of your closest friends or family members and over the next week share your goals with them. Explain what it would mean for you to succeed and how their support would be helpful.