

1. “We become what we think about all day long.” ~ Ralph Waldo Emerson Positive Thinking creates powerful, positive action and ability.
2. Momentum: Encourage and remind how each day we can feel better and prouder of good decisions made.
3. Aware: Encourage your clients to heighten their awareness of the “subtle” changes occurring in their bodies.
4. Make better choices: Instead of drumming in the old “you were bad”...haven’t we ALL had enough people tell us we were “bad” or “not good enough” in our lives? You should be the person encouraging the client to see it as making a new or better choice.
5. Celebrate: Learn to celebrate victories in a more centered manner. There is a way of “feeling” a victory without having to change our physiology from the outside (alcohol, sugar, etc...)
6. SIX is a Magic number. When consistent effort is engaged the body becomes stronger (even new, more resilient brain cells are ‘grown’ after 6 weeks of training, which help us fight the effects of stress.
7. Breathe: Learn to “welcome” or draw in air from the diaphragm and ribs, not panic breath.
8. Fake it till you Make it: “act as if...” start to feel what it would be like to be the person you desire to “welcome” in your skin.
9. Journal: write down events and feelings. NEVER WHAT you ate (again, we don’t need someone telling us we’re bad) but HOW you felt when you made a better choice.
10. Food is a “comfort” when it’s high fat and carb because it activates the part of the brain holding “comforting memories.” Understanding this can make better choices.
11. How do you celebrate victories? Do you celebrate victories?
12. Sharing helps reinforcing. Share what your learning with others to help reinforce the principles within yourself. “I teach what I need most to learn...”
13. Admiration: What qualities do you most admire in those you respect.
14. Obstacles are those frightful things you see when you take your eyes off your goals. Henry Ford
15. Are your goals evolving? Changing? Are you expectations and satisfaction being changed as you create a positive, consistent input both physical and mental.
16. “Everyone is a Genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.” Albert Einstein Be proud of who you are and can grow to become.
17. Rest: The cells have a microscopic fuel system called the mitochondria. It demands at LEAST one minute rest between sets to prepare you for your next challenge. Be fully aware of rest as much as the lift, run, etc...

18. Graceful: Moving our body with full “presence” whether lifting a dumbbell, cardio, running, etc... Think more like the way a dancer moves.
19. Rewards: Create a list in your journal of the great feelings and experiences you will own with your new lifestyle.
20. Aroma: The smell of lavender, rose, citrus can change genes in our brain to make us better able to deal with stress and even boost immune function.
21. "Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away." - Antoine de Saint-Exupéry
22. Connoisseur: Become discriminating in your meal choices.
23. Learn to find your center wherever you are. Start with finding your breath.
24. Comfortable: Your training should challenge, but innately feel “right” to your joints, muscles, mind and heart.
25. Partner: Training with a partner can help you share the learning experience, reinforce principles and give support both on and off the studio floor.
26. “There are two ways of spreading light; to be the candle or the mirror that reflects it.” ~ Edith Wharton
How do we reflect to others our new, inspired lifestyle? Sharing information learned about food, fitness, recovery, etc... is a wonderful gift.
27. Recovery occurs when we sleep at night. Growth is part of the recovery cycle. Mother nature prepares us for the challenges to come.
28. Gentle: If a stretch or exercise does not feel right at the start, immediately stop. Forcing anything is damaging. Let your body “find” it’s right posture and pose gradually and with proper support.
29. Energy. If I only had the energy I would... Start thinking in terms of how our choices add to our energy and what we can do to enhance this process.
30. An Energy Filled Plate is first filled with COMPLEX CARBS which means leafy greens, legumes, vegetables, fruits, nuts, seeds, complex grains (quinoa), beans. These are our energy foods.
31. Quality Protein will help the body rebuild and strengthen muscles, ligaments and tendons. It isn’t the amount, but the quality that counts.
32. One fact about exercise is absolutely certain. It makes us HUNGRY. One of the most important choices we must make is the quality of “energy foods” found in our post exercise meal.
32. An “energy filled” plate will make all the difference with EVERY meal. A plate of empty carbs (or liquid, empty carbs) and fat will stimulate hormones that will immediately replace any fat that was mobilized during the workout! In other words, everything you just worked so hard to lose, will be replaced FIRST as part of nature’s natural defense mechanism.
33. Exhaustion is bad. The body responds hormonally as if it’s being attacked by wild animals, and this change makes it impossible to mobilize body fat (stored fuel) efficiently.
34. Challenging the Body, Mind and Spirit with our “good physical works” is wonderful.

35. Today...

Walk as if each step were a yoga posture.

Breathe as if each breath were a meditation.

Touch as if you could only heal.

Speak as if each and every word were a prayer.

- Dr. Jack Barnathan

36. Make a note of how you sit. Where is your center. Does it change at work? In the car? On a Jet? Reading a book?

37. Inspired: What inspires you?

38. How have you inspired someone today? How can you inspire someone today?

39. Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything. ~ Napoleon Hill

40. Every day in every way I'm becoming better and better and better...

41. Stress releases hormones that can cause the muscles, and brain to shrink. How can we make a better choice today (one choice) that can free us from one stress.

42. How do we relax? Is it true relaxation or merely a distraction?

43. How can we plan a centered holiday season? An energizing birthday celebration?

44. Do you taste your food? Do we permit our taste buds to truly experience what we're eating, and properly start the digestive process?

45. "Strength is nothing if it doesn't set you free. Muscles are wasted unless used to uplift others." Dr. Jack Barnathan How does your Fitness Support your becoming "Free."

46. How do you define adventure?

47. New seasons offer new challenges and goals. How can we work today to prepare for the next season to come?

48. Are you proud of your accomplishments?

49. How can your new found Fitness Soul help inspire your "community" (town, work, church, temple, friends, family...)

50. Can we tell the difference between "Strain" and "Strength"? Our goal is to challenge the body to grow, not brutalize it into a defense mode.

51. New Years Evolution, not resolution... Be gentle in expectations, but be persistent.

52. "Fitness means nothing if it doesn't set you free." ~ Dr. Jack Barnathan

This experience should liberate. Open us up to new possibilities and worlds to explore with our new found energy and ability.