

MOVE *to be fit*

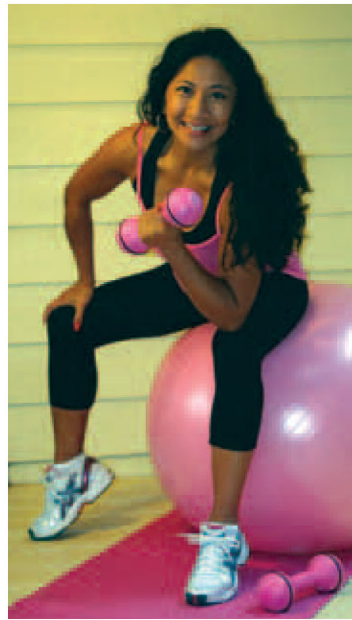
What's Your Why?

Your emotions cause you to take action toward your goal, cause, or mission. Fear can motivate you to make changes due to negative consequences of doing nothing. Embarrassment, pain, and denial are potential barriers. Improving your fitness is going to take work. Resistance is high when you lack vision or internal drive. You get in your own way.

Decide that you want the benefits of improved fitness and health. Believe that your body can be fully restored to optimal health. Get excited about how the results will help all areas of your life. Educate yourself on health risks if you continue to procrastinate. Learn ways to overcome your physical barriers for knee pain, busy schedule, cost, or childcare.

Create your personal vision, write down reasons you want results, and motivators. Invite people into your daily routine that will participate in your new lifestyle. Make a dream-board that represents your goals and embodies your "picture of health." Cut out pictures, download inspiring music, and fill your environments with images of vitality and abundance. Hang it where you see it everyday when you awake. Speak boldly about your new healthy habits.

"The most important thing is to take a deep look at yourself in the mirror and be honest about what you are eating, thinking, and doing. Then ask yourself, 'what do you really want (not what you want right now) and what you are willing to make a habit to get there.' Then enlist positive support to keep you honest and have fun on the fitness journey. Health and fitness require integrity of spirit." -Karen Ball, M.Ed, Weight Loss Coach/Counselor in the Seattle area



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Sportswear by tulees.com

Know your why. Crystallize your vision about a lifetime commitment to maintaining good health and vitality. Join the monthly challenges at MoveToBeFit.com.

MOVE because you can!

Testimonial from MOVE August 2010 Challenge:



"I am only 18 and have not always been the healthiest of eaters, but I have always done sports, so being active hasn't been my problem, not until senior year of high school when I didn't do any sports and I put on an

unnecessary amount of weight. And I've always wanted to do something like this, and this summer I've taken the time to really care about my health, and so far have lost close to 20 lbs and feel amazing! And all thanks to the strength God gives me. I'm training for a 5K at the end of August and the Rock n' Roll half marathon that's in November, the day after my 19th birthday, a good way to kick off my last teen I figure. Ha-ha. I've always hated running, but now I find it liberating." -Jessica (finished half marathon on November 14th)