

If you want to effect long term positive lifestyle change

Create an Environment for Success

Tick the boxes to indicate your personal investment in a particular area & see what you score.

Focusing on 1 or 2 categories, eg. exercise & nutrition may deliver a short term goal that is un-sustainable long term.

So try to have at least 2 or 3 boxes ticked in each category for a truly holistic approach to health.

This will ensure a gradual & achievable shift in your habits that are sustainable into the future-good luck!

Structured exercise / activity

- Minimum of 30 min's per day (7days per week)-average person (no known health issues)
OR minimum of 60 min's per day (those in need of lifestyle repair!)
- Variety of training
- Correct prescription (type, frequency, volume, intensity)

Nutrition

- Balanced
- Variety
- Avoidance of diets that change your eating radically
(ie shake meal replacements, high protein/low carb diets etc)

Self

- Practise positive self talk & attitude
- Handle injury, obstacles, issues by finding a way around them, don't lose momentum
- Find ways to remain social
- Spiritual investment / time out just for you / quiet time / self reflection
- Help or empower others, especially if you're struggling personally. Shift the paradigm
- Learn to listen to your body rather than your head or external influences
- Do things that make you happy & feel good, replenish your energy

Support

- Engage support you need. eg Dietician, Counsellor etc. Lower Eyre Health Services Allied Health Team
- Collect any other tools you need. Appropriate clothing, bike, gym membership, heart rate monitor
- Share your aspirations with family & friends & ensure they understand why you are doing it
- Find a training buddy
- Seek support groups locally or on internet eg. Diabetes Support Group
- Join a local group exercise activity. eg. Walkers, strength class, lawn bowls, dance

Plan & Accountability

- Dream, believe. Set goals & a date to achieve!!
- Break down goals into 'macro' goals (bite size pieces), identify problems & set 1-2 strategies to minimise
- Review progress regularly
- Record progress in a journal or diary
- Organise semi-regular health checkups or fitness testing
- Set 'event' type goals. eg local fun run, Master Games, overseas mountain trek

Knowledge

- Continually self educate through reading & research
- Invest in a trainer initially to learn correct exercise execution, & ideas
- Enrol in a course or program. eg local foodies or Tafe/online nutrition, cooking or fitness course
- Use a diary to record exercise volume & intensity, nutrition, sleep, mood & their overall relationship

=TOTAL SCORE. **A score of less than 12 may indicate the need**

to review your commitments toward sustainable long term lifestyle change

If you need any assistance, support or to be referred to the relevant Health Team Professional
call or email Corey on 08 8688 1932 or corey@thinkingfitness.com.au