

OUT WITH THE OLD IN WITH THE NEW...YOU!

by Gwen Foster

Can you believe that a whole year has passed...another year of broken promises and resolutions? Do you even want to go there again, or is it just too painful and seemingly impossible to change bad habits?

If this is your state of mind, then join the pity party with thousands of other Americans! I'm writing to give you HOPE!

Get Out of Your OWN Way

Someone else said it before me –you've got to "get out of your OWN way!" "Now" you are probably asking "how can I get in my own way?" You do it when, for example, you don't admit you've got the bad habit(s). You can't work on a problem area until you first acknowledge that it exists.

Secondly, you get in your OWN way when you won't deal with the habit now. Once you've identified a problem area, begin NOW, with even the smallest baby steps...just do it! As I've said before it's like "mind over mattress!" So, don't procrastinate. Remember, "Procrastination is the art of keeping up with yesterday." (Donald Marquis)

You're in your OWN way when you don't change the way you think. You must replace thoughts of limitations, failure, and the barriers of the past with visions of yourself winning and succeeding. Remember, We always move in the direction of whatever it is that occupies our thoughts most of the time. So, whether you believe you can do a thing or not, you are right!

Get Some Help

Studies show that it is much easier to overcome destructive behavior patterns when we don't deal with them alone. "Buddies" can provide moral support or agree to hold you accountable for the changes you commit to make. So, identify a partner for this year's journey!

A Setback Can Be A Setup for the Comeback

If you experience a setback, don't be so quick to "beat yourself into a pulp." Instead, convert your self-defeat into self-determination. Ask yourself what you would do differently if you had it to do over again. Then chart a plan of action for the next time the same situation comes up. Determine to make a comeback!

Having positive support is one of the best predictors for success on a journey to health. Out with the old, in with the NEW YOU!! Call me at (215) 686-2128 our team will hook you up to the most fun group support for your journey.



To get more information about "HealthJourney", call 215-686-2128, www.phila.gov/fitandfun. Gwen Foster, MPRH, CHES, Health and Fitness Czar, Mayor's Office of Health and Fitness.