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# "Fitness is a Lifestyle"

Mark Spreizer, ACE Certified Personal Trainer

Those words are still ringing in my ears. Last month, while training one of my higher-profile "celebrity clients," our conversation turned to the topic of having the right attitude to getting in shape. "What people just don't get is that fitness isn't something you try doing for a little while when you need to lose a couple pounds. Fitness is a lifestyle! It's something that has to just be part of your everyday life." It was then that I knew I had the topic for my next article. "People look at me at the station like I'm crazy when I tell them I'm leaving work to go to the gym for a while... They spend more time talking about Botox and plastic surgery than they do about working out."

My client really hit the nail on the head with that statement. Fitness IS a lifestyle. In a world full of quick fixes like Botox and plastic surgery, it can be hard to wrap our heads around this idea. I've trained hundreds of clients over my years in the fitness industry and some of those clients have created miraculous changes in their bodies and lives, and some, well some I just don't understand why they even hired me in the first place. But for all of those successful people I've helped, the one thing they all had in common was the right attitude. Attitude is everything, isn't it? They really understood what needed to be done. They understood that the beginning of their fitness program was not just a temporary fix to a "falling butt." They knew it was a decision and a turning point that would affect almost every aspect of their lives- their lifestyle.

So what does it mean to make fitness a lifestyle? By no means am I suggesting that you rent a cot in the back room of your gym and drink protein shakes 5 times a day- that's called fitness compulsion. But I do have a couple suggestions.

- Try to be mindful and base your daily choices on how they will affect your

efforts to get fit. When dessert is staring you in the face, ask yourself, "How will eating this take me closer to losing 15 pounds?" Or when you're tired and don't feel like exercising, question, "Am I really exhausted, or is it that I just don't want to work out today?" Then make your decision. Use this technique to slow down the automatic process of making emotional or habit-based choices.

- Give workouts a place in your schedule. Exercise tends to be on the lower end of people's priorities. It's usually something we do when we have a free hour here or there. Change this and actually PUT a workout into your planner and even start to schedule things around it.

- Surround yourself with a fit home. Subscribe to a couple of natural living or fitness magazines. Get some new recipe ideas from a low-calorie cookbook.

- Get involved in some local area events. Check out www.Active.com for a list of charity runs and races. These are also great opportunities to get your family and friends involved.

- Focus on the lifestyle, not the results. It can be easy to get a little caught up in the idea of seeing changes on the scale. Instead, try using these tips to shift your focus away from the destination and more on the journey. Start living life in a way that SUPPORTS your desire to get in shape.

Good Luck!



Mark Spreizer is an ACE Certified Personal Trainer. He educates, coaches, and empowers clients seeking weight loss, muscle tone, and a healthy lifestyle. To learn more about his

philosophy and to sign up for his free monthly newsletter, visit [www.sustainableshape.com](http://www.sustainableshape.com), or email him at [marks@sustainableshape.com](mailto:marks@sustainableshape.com).