MINDSET: How we got here

Oftentimes, the mental approach to fitness precedes the physical approach. In other words, because of how we THINK about exercise, we are driven to do it (or not). If you are in this program, likely you have done a lot of exercise in your life. Lots and lots 😊 And over time, you may have learned that in order to see results, you just need to do MORE exercise. As a result of being in this program, we now know that it may do more harm than good.

The bottom line is that it starts with a mindset about what we need to do to see results. Three specific though patterns start us down this road:

1) The Dieting Mindset:
So long as we think of exercise and eating in terms of “dieting,” we are fighting a losing battle, because we have it in our heads that at some point we will stop the diet. Whether you have been a competitor or just someone who have tried every diet out there with an end goal, having a deadline for dieting does not serve us. It hasn’t served us because we always end up back at the same place we started, and with simply more miles on our metabolism.

2) The “Do More” Mindset:
When you first started learning about nutrition and exercise, you probably got the message that in order to continue to get results, you simply have to do more. Same tools, just more of it. More cardio. More calorie-cutting. More volume of training. Earlier to the gym. The problem is that at some point, your metabolism reaches the point of diminishing returns, and even worse, accustoms to a large volume of exercise, at which point you need to keep it up, or else you gain. The do-more mindset is a dead end and is ultimately not sustainable. And there are only so many hours in the day to exercise, and only so far you can cut calories. There needs to be another solution. Work smarter, not harder.

3) The Short-Term Mindset:
Once again, this idea of having an end point in mind. Many of us, in the past, have started out on a new diet knowing full well that it will not work. Why would it? Nothing has ever worked long term! So, we decide that we will just go for it, harness tons of willpower and expect instantaneous results. And when we don’t get the fast results we expect, willpower gives out, we give up. Again. And who could blame us? When we have the mindset that we must reach a certain fat percentage or size fast and furiously, we can never win because we don’t accept that this is a lifestyle. Ask yourself, “Could I eat like this forever?” And if the answer is no, then it’s time to reevaluate your short-term/instant gratification mindset.