

FAT THINKING VERSUS FIT THINKING ABOUT EXERCISE

Excerpt from Lose the Lies, Lose the Weight
The Ultimate Guide to Permanent Weight Loss by Laurie Bell,
<http://www.losethelieslosetheweight.com>

Analyze this carefully. Both fit and fat have a price. The fit currency is healthy eating in moderation and regular exercise. The rewards are endless. You feel tremendous. You always wake up feeling healthy and energetic. When you look and feel great, it's easy to enjoy your life. Everything just seems to fall into place.

The fat currency is health problems, discrimination, being a prisoner to food, and misery from living in a body you hate. The rewards are (if you can call them that) you can eat whatever you want, gain hundreds of pounds, and avoid exercise. Overeating and avoiding exercise doesn't sound like a reward, does it?

Losing weight permanently means changing the way you think about food and exercise. To wrap up Lose the Lies Lose the Weight Part I, "Destructive Lies You Tell Yourself," I've provided examples of fat and fit thinking. Thinking like a fit person is precisely how you will become a fit person!

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Fat Thinking I'm going to sleep in tomorrow. Maybe I'll go to the health club next week.

Fit Thinking I'll get up early and workout. It will give me a great attitude for the whole day.

Fat Thinking I don't have time to exercise; I'm going to cancel my health club membership.

Fit Thinking I'm so glad I arranged my schedule to make time for exercise. My clothes fit better and I feel great!

Fat Thinking I had a bad day at work. I'll skip my workout and go to the bar for happy hour.

Fit Thinking I can't wait to get to the health club. Nothing relieves the stress of a hard day like a great workout!

Fat Thinking I hate working out! It's too hard.

Fit Thinking I love working out! A little effort at the health club is sure better than staying fat forever.

Fat Thinking I only lost six pounds this month by working out. I quit.

Fit Thinking I'm so excited that I already lost six pounds this month. At this rate, I'll lose 60 pounds by Christmas!

Think like a fit person. By changing your thinking, you'll change your actions. Changing your actions and embracing exercise (instead of fighting it) will lead to weight loss success.

Fit people understand how to deal with weight loss sabotage. You're going to enjoy Lose the Lies Lose the Weight Part II, "Manipulative Lies Others Tell You." After reading this section, no one will ever sabotage your fitness again.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource

covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

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