Welcome to Week 8

No excuses, you are not the busiest person in the world

We all get mentally lazy and imagine that what we do is the only way to be. This is the basis of excuses. And there are always excuses for doing nothing or just carrying on in the same old ways.

So it’s time to ditch the excuses and the first step to doing this is to face up to the fact that that is all they are. Excuses, they are not true, they do not have some magical power, they are not set in stone.

If you see a good weight loss hypnotherapist they will use hypnotherapy to show all parts of your mind how those excuses are holding you back. Soon they will feel the little, irrelevant things which they are.

But there is something else you need to do as well, to really make sure that the changes you are making are permanent.

I’m going to show you some common excuses and what you can do about them. All of these have come up in my own work with clients, so don’t feel that you are the only person who has ever gone through this. So, if you recognise yourself in at least one of these, and I bet you will, then answer the questions.

Excuse One: the busiest person in the world

Are you the person who says, “I never have the time to exercise!” However busy you think you are you can fit in some exercise. And why not start with walking, it is one of the best forms of exercise you can get.

So answer these questions honestly

On the way to work

How do you get to work? If it’s by public transport, I would suggest getting off a stop earlier and walking. So make sure you have comfortable shoes and weatherproof clothes. Walk at a brisk pace.

At work

Do you have a lunchbreak? Take a walk every lunchtime. It doesn’t matter where, just make sure you get out for at least 20 minutes. If you can’t manage 20 minutes then get out for 10 minutes.

Do you work above the ground floor? Walk up the stairs at work rather than taking the lift. If you find this too difficult then start by walking up one floor and then get the lift, then two floors and then three. Walking upstairs is the same as walking up a hill, it will get your circulation and breathing working and stretch your muscles.



No excuses, you are not the first fat person to get moving

You wouldn’t believe how many clients I have seen who tell me, I’m too fat to go the gym, everyone will laugh at me. That is how people can get stuck in a circle of excuses. Is this you, do you feel you would like to get physical, but dare not. Here is a way to get going.

**Research**

If you live in a big city you will almost certainly be able to find a gym which offers small or private classes. Invest in yourself, find a personal trainer and work one to one until your weight comes down enough for you to feel confident to go on your own.

**Bite the bullet**

Go to your local gym for a look around. Talk to the owner or manager on the phone before and explain your situation. Ask if they have helped people who are overweight before. You will soon find you are not the only person to have crossed the threshold of a gym while carrying those extra pounds.

**Choose what you like**

If the idea of going to the gym or doing a structured exercise class horrifies you then do something else. If you haven’t exercised for years, then that it be difficult to think of what you would like to do. Take a look at what your slimmer friends do, could you do that?

Often it is a good idea to do something which gets you out in the fresh air, so walking or starting to run can work.

Motivating yourself by being with others or doing. The Park run movement may be just the thing for you. <http://www.parkrun.org.uk/>

**Variety is good**

It is good for your body to vary your exercise and it is good for your mind and motivation as well. So try one day when you go walking, another running and then go for a swim. Ask yourself:”What did you use to enjoy?” Adapt this to your circumstances. For example, if you used to like hill walking start with a walk around the park. If you liked to play football go for a kick about with your children.

**Scale what you like**

You will find, as you get used to exercise, that it is enjoyable, and some things you will like more than others. So if you find yourself really looking forward to a certain sort of exercise up that a bit.

It can help to keep a record of what you are doing. So write down what you do every day and how much you enjoyed it on a scale of one to ten. Then focus on that highly enjoyable moving.