

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Time To Take Action With Your Nutrition

Now we've covered a heck of a lot and I know by now you're thinking when are we going to be talking about exercise and nutrition. Well that's the direction that we are heading into right now!

But before we cover the actual foods that are terrific for helping you get into great shape, there's a couple of things I want run through with you first.

And this section is super important. Over the years, the biggest and most common obstacles that my subscribers and clients ask about when they first come to me, that they have the most difficulty with (other than exercise) is sticking with an eating plan.

And even though, I, more often than not, call it an eating plan. It should really just be called "improving your nutrition". Because at the end of the day, that's really what it's about. And tweaking it to suit your fitness goals.

And the mistake that people usually make is that they make the whole nutrition side of things way harder than it needs to be.

And what I want to do today, just quickly, is try to help you be more aware of what you eat, when you eat, and why you eat the things you do.

Because you can exercise your butt off every single day, but if you're consuming crap all the time for comfort, emotional reasons, boredom etc, you're going to continue to be really frustrated with your efforts to get into great shape.

I'm not an expert in the field of binge eating. And this isn't about how to deal with eating disorders or diagnosing or curing any type of food addiction.

I'm just sharing helpful tips, from what I've learnt from my own experiences with integrating great nutrition into my lifestyle and through my clients over the years.

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Because if you don't get your eating off on the right track, you'll continue to feel like you're smacking the head against a brick wall.

So what is your relationship with food? Do you eat for pleasure? Do you eat for comfort? Do you rely on food as your friend when things go wrong?

Do you come home at night from work, or running flat out after your children all day, after community commitments, your business and look forward to sitting down and eating piles of junk?

Do you tell yourself that you're rewarding yourself after a hard day. Do you tell yourself you're an adult, you can make your own choices, and you deserve to treat yourself. And being able to eat as much junk as you want is your own style of freedom.

But do you stop at one treat or snack. As you know a lot of junk food really isn't that filling. You have some, but you don't feel full, so you want something else to eat, but you really don't feel like making anything, but you've got more junk food in the pantry or freezer, so you go for it.

Eventually, you get a stomach ache, you get a headache, even nauseous, you start feeling guilty, because you know this isn't going to get you any closer to getting into great shape. You tell yourself, "tomorrow I'll start my new eating plan"... Tomorrow comes along and the same thing happens again. Meanwhile you're gaining body fat and getting further out of shape.

So just have a think about what your relationship with food is. And then think about if food, realistically, can actually fill that need on a deeper level.

For example:

If you're eating for comfort, because you're feeling lonely, to escape problems in your life... think about why you think food will fill that gap. And do you honestly

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believe that having huge snack sessions is going to help fix the situation? Food can't realistically fill that void. Food isn't a person, it's not a problem solver.

Open Your [take-action-with-your-nutrition-sheet.pdf](#) nutrition sheet...

Write down now what you think your emotional connection is with food.

You know, when you find yourself in a situation where you want to continually have big snack sessions, what is it that tends to cause it. Be specific as possible.

If you want to share these please head on over to the bootcamp private facebook group – we'd love to hear from you.