

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Tips To Help Distract You From Running To the Fridge and Pantry For Junk

You're probably thinking this getting all a bit deep here, right?

But whether you're a business owner, parent flat out with family, with study, hectic career, or community commitments – or all of these... We put a lot of passion and emotion into what we do. And life can be like a rollercoaster.

When you have so much of yourself invested in what you do, it's easy to fall into not so healthy eating habits. So bear with me here.

First up, when it comes to junk food, don't even stock it in your fridge or the pantry. If you absolutely know that if you've got chips, confectionery, doughnuts, tonnes of chocolate, cakes kicking around in your fridge or pantry - that you're going to eat them if they're there, then make it easier on yourself by not having them there in the first place.

Don't use the kids as an excuse or reason to have your cupboards filled with rubbish food, because this is a great opportunity for you to take control of things, for their health, as well as yours, and improving yours and their nutrition at the same time.

Make a to-do list. If you know, when you're getting those cravings, that you'll really only be eating just for the hell of it, then get out of the kitchen and find something else to do.

Exercise! Walk your dogs. If it's too late at night then do some stretching - something to help you wind down for the night. Read a book that inspires you. Studying, doing some of your courses. Following up on bills that need to be paid. Whatever it is find something that you can do to keep yourself occupied.

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If you are used to sitting on the couch at night snacking when watching TV, then just don't sit down and watch TV, once again find something else to do while the tv is on.

Before you start thinking that I'm trying to be the tv police, here's why I say this...

It's really easy to get caught up in emotional tv shows that take you on a whole other rollercoaster ride of their own, full of negativity, fighting, bitching... or nail biting shows that drag you in, you're on the edge of your seat waiting to see what happens next. They're often the shows that you find yourself wanting snacks or munchies while watching them.

When you've already got a lot on your plate, watching shows that are either making you feel exhausted or to the other extreme all fired up and ready for a "fight", making you think of not so happy issues you have in your own life and accelerating those negative thoughts, isn't helpful for you.

Even when you have the tv on, be mindful of how it will affect you and your mood. We don't let kids watch certain tv shows because of the content, yet we watch all kinds of crazy stuff ourselves and then wonder why we're feeling like crap when we've finished watching them.

I'm not trying to dictate what shows you watch, I'm just saying if you know there are shows that are making you feel awful emotionally, and you have a tendency to eat junk during these shows then change the shows you're watching and change what you're doing when you're watching tv.

I'm telling you from first-hand experience. I personally record the shows that I know will inspire me, make me happy, teach me things, make me laugh. So when I want to watch something I know I have a show recorded that's going to make me feel great and excited about life.

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You may not think that something that seems kind of insignificant can make a difference, but it absolutely can.

And look, our lives are so busy. After not watching those other negative crazy tv shows for a couple of weeks you'll forget them pretty quickly. And you'll feel better for it too.

So you want to turn this around, and start looking at making these changes as opportunity and to help turf out the negative stuff and just things you do in your everyday life, that you can make small changes too that can have an awesome impact on not just achieving your goals to get into great shape, but also helping you stay more positive.

Think of all the stuff that you can get done, if you swap a negative habit with for new positive one. Or how about the fun things that you can go and do, that you thought you didn't have time for before.

Open Your [combat-the-junkfood-pantry-sheet.pdf](#) Combat the junk food nutrition sheet...

Write up your to-do list. Think about all the things you can do, including things that you probably would love to do that you're passionate about, but haven't got around to doing, that you can start implementing, and what old habits you can turf and replace these new ones with.

So that you can create some fun new positive habits to help you stay on track with your nutrition.