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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Change Your Attitude About Exercise

By Michelle May M.D.

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Although exercise is one of the most powerful tools available for improving health and managing weight, even the word "exercise" can conjure up negative thoughts and feelings. If you are not very active or not exercising regularly, perhaps you have some negative thoughts of your own. Isn't it time to start thinking in more positive ways?

"I know I should exercise but I hate it so I just can't seem to make myself do it." Many people have negative feelings about exercise, as can be heard by the use of words like "should," "hate" and "make myself." These thoughts and feelings come from negative past experiences like being chosen last for teams, boring exercise routines, and discomfort or pain from doing too much too fast. Some people only exercise when they are trying to lose weight so they have come to think of exercise as a punishment for their overeating. However, this time you can find fun physical activities that suit your personality and lifestyle. You can start slowly and allow your body to adjust gradually so it is not uncomfortable. You can choose to focus on all the great things it does for you and how wonderful you feel instead of how much weight you should lose.

"I'm embarrassed to be seen exercising." Ironically most other people are so focused on themselves, they are not going to notice you anyway! Those that do will likely admire you. Eventually you will feel less self-conscious but in the meantime, find activities and places that make you feel comfortable so you can focus on all of the wonderful benefits. Remember, you are doing this for yourself – to feel better and become healthier.

"Exercise is really hard for me." Physical activity doesn't have to be hard or hurt to be beneficial. In fact, it is more important to find activities that are convenient, comfortable, and enjoyable so you'll stick with it. Finding a partner, trying new activities and new routes, rewarding yourself with a hot bath or massage, and setting small, achievable goals are great ways to make exercise more fun. Even if you have physical limitations it is always possible to find some way to increase your activity level. If you have been very inactive, start by increasing your "lifestyle" activity then work toward a regular exercise routine. You will be amazed at how much your body can adapt to whatever challenges you give it!

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"I'm so out of shape—I don't even know where to begin!" Of course it is important to check with your doctor before you begin any new exercise program. Once you have been medically cleared, you have to start somewhere—so start where you are! There is no such thing as instant fitness. If you start this week by increasing your activity level, little by little, three months from now you will be leaner, stronger, more energetic, and healthier. If you choose not to start, then don't be surprised if you are exactly the same as you are today!

What are your other negative thoughts and attitudes about exercise? Can you counter them in a positive way? Develop positive statements about activity and repeat them often to yourself. For instance, instead of saying, "exercise is boring", say, "being active gives me the opportunity to relieve stress and feel better." Repeat affirmations like "I can feel myself becoming healthier and more energetic", "It feels so good to move my muscles!" and "I can do it!" Start thinking of your self as an

active, healthy person—and you will become one!

Michelle May, M.D. is a practicing Board Certified Family Physician with expertise in the cognitive-behavioral aspects of weight management. She is the author of *Am I Hungry? What To Do When Diets Don't Work* in collaboration with a Registered Dietitian and Psychologist. Visit her website www.AmIHungry.com for ideas on managing weight without dieting.

Attitude Attracts

By Stephanie Yeh

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There's an old saying that "the level of your being attracts the level of your life." In other words, your general tone or attitude toward life will be reflected in the different areas of your life, including your checkbook. If you want to have a generous and prosperous bank account, the best place to start is with your attitude.

Here's a method for checking your attitude. First, when you wake up in the morning, check in with yourself. What's your attitude? Are you relaxed and languorous after a good night's rest or are you tense and anxious? What thoughts, if any, are running through your mind? Keep a notebook by your bed and jot down a few words about your general attitude. Then, at night, check in again. Review the events of your day and get a general sense of your attitude. Were the events upbeat and happy or were they argumentative and tense? Keep a running log for a week - and be honest!

At the end of the week, look back over your log and assess your general tone. If your checkbook or financial status is low, chances are your attitude is also low. If you find that your attitude has been less than generous all week, try this little exercise for expanding it (and your checkbook). Once a day, intentionally go out of your way to be generous, expansive and kind toward someone. It doesn't have to be someone you know - just pick a person to be generous with. You might compliment someone's outfit, give someone a smile or tip a little more generously than usual at a meal. Whatever you choose,

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keep it simple and easy. Be as sincere as possible. Most importantly, don't expect anything back from that person, and don't tell anyone about your kind act.

Keeping your kind act of the day under wraps is really the secret of success for this exercise. The Universe responds to your generous attitude and reflects that generosity through your bank account and the richness in your life. Do this exercise consistently for a week or two and see what comes to you. Whatever it is, it will be good!

Stephanie Yeh, co-founder of the Esoteric School of Shamanism and Magic (<http://www.shamanschool.com>), helps clients use magical and shamanic techniques to manifest their desires. Stephanie has created several online and video classes to make this information more accessible. She also helps others learn to create abundant health and wealth with spiritual and practical resources through her site, Prosperity Abounds (<http://www.prosperity-abounds.com>).



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