



As creatures of habit, we often have difficulty incorporating new changes into our routines, no matter how beneficial they are for us, because we tend to do the things that make us feel good, secure and comfortable. Even when we are motivated and make reasonable efforts to change, why is it that we are still so resistant to changing our behavior, even when these changes are healthy or beneficial to us?

Most of us have a natural resistance to change even though we say we want to make one, because safe is easy. Change is hard, it usually means facing the unknown, and that fear can be greater than the strength to change. This fear can create a tremendous holding power and the uncertainty of success combined with the fear of the unknown can block change and create internal resistance. These physical and emotional reactions are powerful enough to overpower the desire to make (healthy) changes in our lives.

This is why awareness and acceptance are imperative when wanting to make a change in our behaviors. When we become aware of why we do the things we do it becomes easier to understand how we can go about changing them.

There are so many factors that create behaviors and the majority of them are connected to our thoughts, beliefs and emotions. This is what fuels our habits and behaviors. It comes back to how we talk to ourselves in our heads.

What are you thinking? What are you telling yourself?

Do you believe you have what it takes to change? Do you believe you deserve what a change may bring to your life? What will your life look like if you loose weight? What new challenges will you face?

If you believe that you're unlovable or a lost cause, or you're never going to change, then of course that negative thought pattern is going to fuel destructive and negative behaviors. It is literally your brain's job to seek evidence to support your beliefs, so if you believe you're always going to fail at a diet, you will - it's like a self-fulfilling prophecy.

So, whether you believe it yet or not, keep telling yourself you can. Create a positive belief system in your head to help you get past the uncertainty and fear to make positive changes in your life. Make that voice louder and stronger than the one that says you're scared, and you can't do it. If you can't find your own voice – make it somebody else's voice! Make it mine or your best friend or find a podcast or something.

MAY 13, 2019

Upcoming Events

SATURDAY, MAY 18th 12-4pm

MOMS MINI RETREAT \$50

(sweets – treats – chill)

@ Elite's Yoga Studio

SUNDAY, MAY 19th 1pm

GRILLIN' MEAL PREP PARTY

3 meals \$50 – 6 meals \$100

@ my home

JUNE 1st

ACCOUNTABILITY GROUPS

\$25 month

Text group with daily check-ins

JUNE- TBA

MEAL PREP 101

- Tried & true recipes
- Prep materials
- Appliances that help
- The best containers
- What freezes best
- Tips & trick
- Door prizes

For more information on any upcoming classes or events go to beyonpersonaltraining.org

BEYOND PERSONAL TRAINING

CORE CONDITIONING CLASS
TUESDAY & THURSDAY @ NOON
ELITE YOGA STUDIO
1121 WESTRAC DRIVE
SUITE 202



Workout of the Week

45 seconds of work/15 seconds rest ----- Complete each exercise once before resting 1 minute, then repeat 3-5 times

Basic Burpees



Push ups



Wide Jump Squats



Plank w/ step



Lunge w/ front kick



Swimmers



Bridges



Abdominal Bikes



Grilled Shrimp Chopped Salad

Ingredients

For The Grill:

3 ears fresh sweet corn, husked

4 hearts Romaine lettuce

1 lb. jumbo tail on shrimp

olive oil and salt

Other Salad Stuff:

2 cups chopped tomatoes

2 cups chopped cucumbers

2 cups chopped yellow bell pepper

cilantro avocado dressing

Instructions

Make the avocado cilantro dressing. Chop the tomatoes, cucumbers, and bell peppers. Set aside about 1/3 cup dressing to brush on the shrimp while grilling.

Heat the grill to medium high heat. Brush the corn with olive oil and sprinkle with salt. Wrap in foil. Wash and dry the romaine, cut in half lengthwise keeping the stem intact, and brush with olive oil and salt. Thread the shrimp onto skewers for easy grilling. Brush with olive oil and salt.

Grill times: corn (wrapped in foil) for 20-25 minutes, turning every 5 minutes // lettuce (directly on the grill) for about 5 minutes // shrimp (directly on the grill) for about 5 minutes. Brush the reserved dressing onto the shrimp as it grills for extra yummy flavor.

Assembly: Cut the stem off the romaine and loosely chop it up. Cut the corn off the cob. Toss everything together with dressing.



Serves 4

Serving Size: 2 cups salad, not including dressing

Calories Per Serving: 260

Total Fat 8.6g

Total Carbohydrate 23.1g

Protein 27.2g