

Progressions Inc.

Sales Training & Consulting



Focus 2011

Happy New Year!

How quickly the years come around. I'm guessing, like me, you have made some resolutions. Mine every year is for more exercise and a healthier diet.

I was reading an article from *Experience Life* magazine from our gym, and was pleased to find a **list of benefits** from being **healthy and fit!** I omitted some and added many of my own to share with you. Whether your reasons are for personal or to be better at your work the following thoughts are sure to **enhance your life and build success.**

Everything you do is easier

Clears and quickens your mind

Balances your emotions and lowers stress

Enhances your chances of career success and improves your earning power

Heightens your sense of presence

Makes you a better partner, parent and friend

Eases depression and anxiety

Relieves you of chronic aches and pains

Reduces inflammation; reverses many inflammatory conditions

Improves your immunity and decreases your vulnerability to contagious diseases

Extends your longevity

Reduces the likelihood of your being hospitalized or put on prescription drugs

Increases your energy and stamina

Heightens your senses and increases your pleasure in being alive

Increases confidence and self-esteem

Makes you more fun to be around!



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Emboldens you to try things you might previously have believed beyond your reach

Gives you strength to fall back on in times of trouble, and helps you bounce back faster

Gives you an opportunity to experience your life in a proactive, intentional way

Makes you a role model and an inspiring force for positive change

Demonstrates your integrity, your willingness to pursue your priorities and your ability to follow through on your commitments

Connects you with other strong, exceptional, health-motivated people who share your healthy values and interests

You live longer and happier!

Pretty compelling...yes? Now how do we accomplish living healthier and being more fit? I'm sure you've already heard some of these reminders, but here goes:

-Eat smaller meals more often;4-6 times a day

-Watch your fat grams –no fried foods

-Avoid the whites; breads, rice, cookies, potatoes...all the quick to grab things

-Plan you meals and be prepared with healthy choices like high fiber breads, fruits, vegetables and lean meats

-Keep portions in mind-take food home from a restaurant

-Keep a food diary

-Cheat occasionally-just not all the time (Some folks have one cheat day a week)

-Exercise daily for 30 minutes

-Lift weights for bone density

-Increase your aerobic exercise

-Take the stairs versus the elevator--Walk more

-Have **more fun and increase your activity**

Here's wishing you and Happy, Healthy and Prosperous 2011.

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