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Red Flag Cheat Sheet

Avoid these sabotaging thoughts

Your head can mislead you to make ill-advised choices when it comes to how you approach the whole diet/exercise thing!

HEALTH & FITNESS REPORTS

AVOID THESE SABOTAGING THOUGHTS

THE THINGS that you tell yourself, your inner dialogue, often rules how you make your choices. Sometimes, what is going on inside your head can mislead you. You can end up making ill-advised choices that lead you down the wrong path when it comes to how you approach the whole diet/ exercise thing. Here are a few examples of some thoughts that many of us have. Perhaps this can help you to identify some of your own unhelpful thoughts.

“I’ve been good all week...so I can splurge this weekend.”

What this means: You are in the deprivation mentality. This can also mean you are either on your diet or off it. Does that sound like a lifestyle to you? Something that you would want to continue forever?

“I know what to do...I just have to do it.”

What this means: You don’t really have a plan. Your plan might be to cut back on certain things like sugar, fat, bread, or desserts. Or, it might mean you are going to look around and try a new diet. What then? How long are you going to do that? Is the plan to lose some weight and then go back to eating the way you were? Is there a plan for maintaining your new weight?

“I am going to join the gym to help me get motivated to use it.”

What this means: You are relying on a gym membership to motivate you. What really motivates is something from the inside, like why you want to get more exercise. How do you expect that it will make you feel? How are you going to find the time to get to the gym? You need to have answered these questions for yourself BEFORE you join a gym.

“I am really going to do it this time.”

What this means: You have not thought about taking a different approach. You are going to apply the same energy to what you did last time, and hope that you are more motivated this time. Why would it be any different this time? Ask yourself how you can make some lasting changes by attacking a few small changes at a time.

“My doctor told me to lose some weight and exercise more, but I have tried before and failed.”

What this means: You don't want to risk failing again. Perhaps particularly since it's your doctor giving you this advice. Sometimes it's just easier to hang out with other people who have the same difficulty. At least then it seems more like the norm. Use my website to explore other ways to approach diet and exercise.

“I need to see the pounds melt off in order to stay motivated.”

What this means: Like most of us, you like some instant gratification. Understandable. On top of that, you are probably wondering how long it will take to reach your goal. Instead, can you imagine reorganizing what you call progress? Focusing on small, significant, changes that you can adopt forever?

Try changing your mindset to one where you realize that you are not going anywhere. When that happens, you have time to make a series of small habit changes that will stay with you. Give yourself the gift of time, of awareness, and of trying new things.

All the best

Kristen

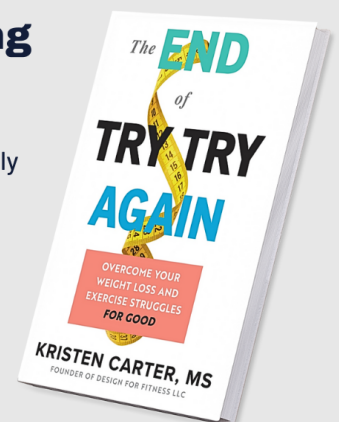


What's Blocking You From Achieving Your Eating And Exercise Goals?

Why do so many people struggle to eat right and exercise consistently when it seems to come so naturally to others? Burst through your roadblocks to a healthier life.

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ABOUT THE AUTHOR



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Kristen is the founder of *Design for Fitness LLC* and has been working in fitness and nutrition for over 30 years. She is the author of *The End of Try Try Again*, and its companion *Action Workbook*. She is the creator of the popular Design for Fitness Health & Fitness Blog, and the **Psychology Today** Health and Human Nature Blog.

Kristen re-examines the tools we have been using to lead healthier lives by taking a fresh look at some of the challenges we face. She studies the obstacles posed by our environment, such as fast food, body images promoted by the fitness industry, commercialism in gyms, and pressure from those selling the latest diet or fitness fad.

She takes into account the realities of our busy lives and current lifestyles. She keeps close tabs on research in body/brain chemistry and human behavior as they affect diet and fitness.

Kristen holds an M.S. in Exercise Physiology from Temple University. She is a Certified Precision Nutrition Coach, Certified Personal Trainer, and Certified Titleist Golf Fitness Specialist, and is trained in Lifestyle Management and Weight Control, and Health Coaching. Kristen has been on national podcasts, live radio, and You Tube interviews. She is a public speaker, workshop leader, and author of numerous articles through her blogs. She can be reached at designforfitness.com

