

Don't limit yourself

One of the most common mistakes I see in the gym is people limiting themselves in their exercise progression. Your body is the same body as any Olympic athlete. Sure they have some better genetics, but the difference in the human body from one person to another is not much. If another person your age can run 26.2 miles (a marathon), and you think you could never run two blocks, you are **poisoning your potential with your false beliefs!**

I've seen people make incredible progress. Your body is designed to grow stronger physically—even after years of abuse or a sedentary lifestyle. It should be your goal to continue to keep climbing the ladder of progress to make your body as physically fit as possible. Why? Why not?



The only barrier to living in an athletic body is your beliefs. It is very common for overweight folks to have the belief of: **"I'm not athletic or good at sports or exercise."**

This may have started in grade school from something as simple as being rejected in Phy Ed class or having an older sibling who was great in sports that you thought you never could live up to. Or it could be that you grew up in a culture or family where girls and women were not encouraged to be athletic.

Regardless of where you got the belief that your body is not athletic, it's a belief that I am glad to report is absolutely false! You might say, *"But wait Dave, when I try to do things, I am so clumsy and uncoordinated and weak. Look, I'm hopeless!"* But what you are doing is viewing yourself as you are now. And if you keep doing that, you will continue to get the same. Just like I felt clumsy and uncoordinated the first few times on roller skates, ice skates and skis, I didn't judge my potential to do those things based on my ability when I started. I believed I could get better if I kept trying! If I thought I was hopeless in regard to learning how to roller skate, ice skate or ski, I would have quit and never learned how to do these things.

Think about what you're missing!



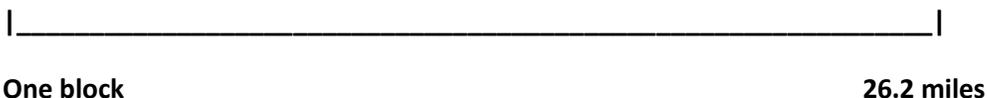
When I decided to learn how to ski, I really wanted the lifestyle of a person who knew how to ski. I wanted to be able to go on skiing vacations and enjoy doing it with my family and friends. Today my family takes one skiing vacation each year and it's a very enjoyable part of my life. I would be missing out on this had I given up on learning to ski that first year or two of really stinking at it and feeling inferior— falling down, looking like a beginner, little kids better than me, etc.

You are at the same crossroads. Are you willing to put in time feeling inferior in the gym or out on your bike or jogging around the block to work your way into becoming physically fit and enjoying the life of a physically fit person? (Your fear-based brain says “no”, your heart says “yes!”)

I'm sure your conscious answer is “YES!” This is why so many people buy a gym membership wanting to become a physically fit person, but then never use it! Your subconscious is thinking “NO WAY!” by sending you gut-level feelings of embarrassment, inferiority, etc. To be successful, you must understand the difference between what YOU want and how the feelings produced by your subconscious compel you to do the opposite of what you consciously want. This is why conscious willpower never works when it comes to changing your life or weight loss. You must reprogram your subconscious to LOVE exercise rather than dread and avoid it.

Look at Exercise from a realistic perspective

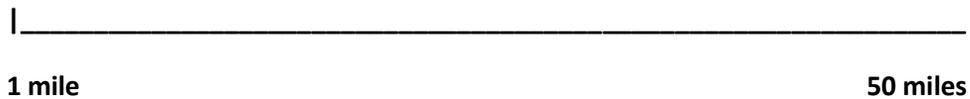
Our brains tend to produce on/off, either/or, do it /not do it thinking. When it comes to exercise, this is very evident. Let's take jogging for example. Most everyone CAN jog. The range of jogging is from one block to let's say 26.2 miles (a marathon).



Rather than picking a goal on this scale that is realistic for them, most overweight folks will tell me that they are not “joggers” so they only walk. Despite the fact that they could jog anywhere

from one block to eventually 26.2 miles, they refuse to even try! (because they are listening to their brain's self-identity!)

Let's look at biking. I live near a bike trail and our family loves to take bike rides during the warm months. Even if there wasn't a trail, I'd still bike down the country roads. I like to ride a 2-mile route that takes only about 12 minutes. Let's say the range of biking ABILITY is between one mile and 50 miles.



Most overweight folks will tell me that they haven't been on a bike since they were kids. Their mind doesn't think they can bike or something as silly as thinking they wouldn't know what kind of bike to buy or that they are too expensive or they have no place to ride, so they don't even try! Despite the fact that anyone could build themselves up to riding anywhere from 1 to 50 miles, most won't and don't even try.

So take a new realistic perspective on what you can do and just get started!

Doing what we're good at

I see it all the time in the gym—people doing what they are good at and avoiding what they are not. The weight lifters just lift weights and avoid the cardio machines. The aerobics people spend hours on the cardio machines and rarely if ever touch a weight. The people that do machines stay away from the free-weights. Men train their upper body muscles and avoid their legs. Women train their legs and avoid the upper body machines.

The most powerful emotional need we all share is the avoidance of failure. It was permanently programmed into our brains by parenting when we felt rejection time after time for making a mistake or doing something wrong. So when we find something we're good at, we tend to focus on it and avoid things we're not good at. This fulfills this powerful subconscious need, but doesn't improve our lives! Our lives improve when we improve what needs improving! If we

keep our energy and focus on only those things we are already good at, we never improve what we want. But this basic and simple understanding leaves our awareness when these emotions come into play.

To make your body an athletic calorie-burning machine, you'll need to learn to do things you're not currently good at.

Believe

To go from not being able to jog a block to jogging 5 miles, it takes one thing.

To go from lifting 5 pounds to lifting 50 pounds, it takes one thing.

To go from being able to do one push up to being able to do 20, it takes one thing.

To go from being able to do 5 sit-ups to being able to do 40, it takes one thing.

That one thing is belief.

Whether you believe you can or can't, you are right. –Henry Ford

But how do you get belief?

1. **Belief is CREATED by proving your doubt wrong.**
2. **Going from: "I know I can't" to "I think I could" is what creates belief.**
3. **Belief STARTS as a small flame and grows.**
4. **Don't expect your belief to be strong at first. You will grow your belief over time with more proof.**

Belief is created by SEEING your progress (proof).

This is why keeping track of your progress is so essential to your success!



YOUR ASSIGNMENT:

1. Keep track of your exercise using an Exercise Journal and do not limit yourself from preconceived beliefs of what is possible. Just make constant gradual improvement and see where it takes you! Be sure to look back monthly at where you were and how far you've progressed!

I commit to reject any preconceived beliefs about my physical abilities and limits. I promise myself to keep working toward improvement and see where it takes me over time!

_____ date _____
Your signature

2. Think about where you have been limiting your physical abilities by your own beliefs. List at least 3 things you now believe could be possible for you.

Example: I CAN start jogging one block and walk the rest. Increasing a block each week.

I CAN buy a basic bike at wal-mart and start biking on weekends to start.

1.

2.

3.

4.

