



ASK THE TRAINER

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Editor's note: Dave Erickson owns and operates an area health club.

Dear Dave,

We just had another child and we're looking to move into a bigger home, I don't have the time or money to exercise anymore.

I've gotten many of these type of phone calls. People wanting to cancel their gym membership because something happened in their life causing them to need to do more "stuff" and think they don't have time exercise anymore. People, I've noticed are either on or off when it comes exercise. Either they're doing it, or they are not doing it.

I recently attended a Tony Robbins Unleash the Power Within four-day seminar in Chicago. Tony Robbins is considered the #1 performance coach in the world. Top athletes, presidents, and business leaders go to him for help and peak performance coaching. On day one he pounded into our heads the incredible power of being in a Peak State. We were taught how to get into our "Peak State". In a Peak State of emotion we were filled with energy, vitality, strength and inner drive. In this state of mind we felt like our problems were nothing, our challenges easily handled and our confidence went through the roof!

How did we do this? Sit and watch our favorite TV programs? Drink a pot of coffee? Think about how damn busy our lives are and how pissed we are about not having time to exercise? Obsessively think thoughts about being too busy and so overwhelmed?

Nope, none of the above! What we did do is we moved our bodies in ways that you would if you were full of energy and confidence. We jumped up & and down, danced, high-fived neighbors and ourselves and exhaled forcefully by saying the word "YES!" several times while pumping our arms with fists clenched. This was done to upbeat music. Even after sitting for many hours, we could get ourselves into this Peak State very quickly by standing up and moving our bodies and breathing forcefully.

Hmmm...This is EXACTLY what you do when you exercise! ...Specifically strength training. Remember this phrase: Powerful Motion creates Powerful Feelings

Listen, we're all working more and doing more. Both parents are working and Dad's overwhelmed and angry because he has to help out with the laundry & dishes. Mom's overwhelmed because she has to work 50 hours a week and take care of a home & kids.

Here's the secret to success in the 21st Century society: Step UP and put a big "S" on the front of your shirt or you're going to crash & burn! You have to become Superwoman or Superman or you will find life a big struggle of frustration, overwhelm & disappointment.

How do you power-up to become a Super Hero with the power to take on your challenges and then some? Powerful Movements = Powerful

Feelings or Exercise! Exercise! Exercise!

By moving your body powerfully, creating powerful breathing and listening to upbeat powerful music you become SUPER!!! You FEEL strong, you FEEL powerful!

What's the "Secret" that Tony Robbins teaches people who become SUPER-SUCCESSFUL? Exercise and powerful physiology gives you the confidence and mindset to overcome and break past what most folks give up on—finances, relationships, their bodies, their future.

If you want to feel powerful, vital and ready & able to take on your world, than make exercise your "fuel" for success! When life gives you more, get in the gym and Power-Up!... put a big "S" on your chest on the way out the gym door and all your challenges will seem like nothing to the powerful, vital & Super YOU!

For more questions about eating, exercise, and weight loss, you can visit www.getfit4life.net