

WHY DO I BEAT MYSELF UP?

by: Nadia Bender, PTS FIS



Why do I beat myself up when...

- I don't want to exercise every day
- I make excuses for driving instead of walking
- I get only 5 hrs of sleep at night
- I don't drink 8 glasses of water a day
- I eat late at night after the kids finally go to bed
- I overindulge at parties
- I do a fitness class and don't want to sweat
- I don't eat enough vegetables
- I feed my kids fast food
- I don't check the nutrition labels before I purchase food
- I add salt to my meal before I even taste it
- I buy sweets to feel better

Why do we do this to ourselves? There are many different answers that may be correct, but the one that stands out most is because we are human. It's natural to feel this way!

But that's not what I want to focus on - I want to know what to do about it. When we beat ourselves up, we make ourselves victims. Self pity and guilt don't help anyone. What's really important is what you do after your misstep. If you fall off the wagon, stop worrying about it, stop feeling guilty, and just get back into the healthy lifestyle routine and feel good again. Start doing the right things as soon as possible.

Plan for the cravings: Moderation is the key. A little indulgence now and then is not a big problem, but keep it little.

Plan for the time crunch: No one I know has too much free time. You need the time to exercise so demand it out of your schedule. Add exercise into your agenda and block off the time. Book time with another person (a friend or personal trainer) if you need to in order to make you stick to the time you have scheduled.

Get help if you need to: Personal trainers are great motivators and coaches to help you get on (and stay on) the healthy path. Or maybe you work best in a group setting. So, sign up for a boot camp to kickstart your fitness routine and push you to an improved level of health. The energy of the group is sometimes the biggest bonus to keep you challenged and keep you exercising.

There are a lot of things in life that we could and should do to be healthier, but looking back at missed opportunities does nothing to help you. Look forward and take the steps you need to fit "healthy" into your life.

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