

SLIDE 1

How to Stay Motivated: Rethinking Your WHY!

It's not my intention to stand here this morning and dish out facts, data, graphs, and figures on how our country is in the worst shape in its 240 year history.

It's true that we're living longer, but we're certainly not living longer healthfully.

It won't be that kind of talk this morning. So, relax and be open to what I have to share with you. Let's think over a few matters together, ok?

I'm sure it's never happened to anyone in here, but do you know of anyone who's started a diet or exercise program, and relapsed?

Just in case it's ever happened to any of you, don't feel bad, because many more relapse than succeed.

The **purpose of my talk** this morning is simple.

1. I want to motivate you to try again
2. and maybe redirect your thinking a bit in a positive and healthy way.

I'm about to play a video clip. Here's what I'd like for you to think about before I play it.

The little boy represents you. You desire to accomplish a goal. You've tried so many times before to succeed, but each time you've been sorely disappointed. Presently, you're very skeptical and you won't be fooled again!

The little girl represents the promise of hope. She also represents mass media; the endless media of temptation to buy the latest gadgets, prepackaged foods, pills, potions, and 8 minute exercise programs.

They promise that it's easy, it won't hurt, and it doesn't even interfere with your morning Starbucks Frappuccino with whipped topping. This promise of hope will never be offered again. It's our special *"holiday offer"* and it's now or never!

"We'll", the little boy says, "it is a holiday and they wouldn't promise this on a holiday if it weren't true".

Take a look...

SLIDE 2

(play video)

Good Grief!!!

I watched that video the other day and thought about how well it resonated with so many folks who've tried and failed so many times to lose weight, feel good, have more energy, and be happier. Maybe you've also been in Charlie Brown's situation.

I have three parts to my talk this morning...

1. WHY we relapsed
2. Rethinking our WHY
3. Recommendations and take a few questions if time permits.

If you look at weight loss purely on the basis of numbers, it should be so simple the experts say.

All you have to do is eat less and exercise more and you'll be successful. And to that we all say sarcastically, *"wow, I've never tried that before!"*

If you Google the terms "diet" or "exercise" you'll come up with over 300 million hits for each. Do you see why we are so confused about these things? I mean, if there was any "one way" to eat right or use the right or perfect exercise program, there should only be a couple of hits on each category!

The truth is, although we are alike in so many ways; we are also very different in many others as well.

There are certain principles that are fairly solid when it comes to creating the right nutrition and exercise program. The principle that identifies our uniqueness is called the **Principle of Individuality**. IT says, *"Each one of us has unique abilities and needs."*

Listen to what God says about how unique you are speaking through the psalmist in chapter **139:13-17...**

"You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered!

A few ways we're different include gender, cultural background, race, metabolic differences, fitness level, past experiences, and the way we think about things, as well as our values and principles we live our lives by.

So, the bottom line is – what works for Beth and Susan may not work so well for Jane and Barbara!

Let's look briefly at several reasons **WHY** we relapsed when it comes to diet and exercise. There are many more, but we'll look at a few...

1. Unrealistic goals

- Lose 10 pounds in 10 days may not be too realistic and safe.

2. Comparing to others

- As I just mentioned; there is **ONLY** one you and there's never been one before and never will be in the future. You're unique!

3. Negative thinking

- The battle is fought in the mind. Romans 12:2 says, "Do not conform..."

4. Listening to others negative advice

- In computer language, we call it "garbage in, garbage out." We all get to choose what we allow into our mind. Stop listening to negative people!

5. No time

- We all have 168 hours in a week. If you chose to exercise 5 hours weekly; that's under 3% of your time doing something good for you. I don't know of anything else that will give you that kind of return on investment!
- Where do you spend your time? Try doing a daily time chart and find out. How many hours watching television, being on the internet, etc. The Bible says in 2 Peter 2:19 that "a person is a slave to whatever they give in to."

6. No system

- Maybe you don't know which type or kind of exercise to do and in what order.
- Vicki and I have a complementary report called, "The 21 Day Smart Start Check List". There's a place at the bottom of your handout. We just need your first name and email to send it to you. We'll not share or sell your info with anyone.
- We also have my book ***"Unlock the Five Doors to Your Best Body: A Fitness Guide for the Serious Couch Potato"***, for sale. 100% of the proceeds go to the L.A. Teen Challenge Mission. We've been supporting these awesome people for some time. It's a good basic guidebook about some of the things I'm speaking about with you this morning.

7. Medical issues

- You may have issues with your knee's that prevent you from walking certain distances.

8. Bad environment

- You try to eat healthy but everyone else in your family is eating crap!

9. Unmet expectations

- You exercised and ate celery and carrots and didn't lose a single pound.

10. Emotional wounds

- You may be scared and wounded emotionally from something that happened to you as a child, adolescent, or adult. I know of a great program and the initials are CR if you'd like to talk to me after the talk today!

11. Too restrictive

- The program takes way too much discipline to stick with it.

12. Not truthful

- Either you've not been honest with yourself about your situation or you've been lied to like Lucy has lied to Charlie Brown!

13. Metabolic differences

- There are hundreds of metabolic processes going on in your body or the rate at which your body uses energy to process change.

14. Medications

- Prescribed, over the counter, or recreational drugs will affect exercise and diet.

15. Wrong rewards

- You lose 10 pounds and then reward yourself with an Italian dinner.

16. Excuses like... "I've tried everything"

- Really? You've tried 100 things? 50?

17. Lack of knowledge

- Maybe you don't understand how your body works. You don't have to know how a combustible engine works in order to get into and drive your car! Most folks know more about how their car works than they do their own body!

Let's put this health and fitness thing into **perspective**. Do we have to make eating healthy and exercising the focus of our life?

For years I was passionate about bodybuilding and all the discipline that went into my resolve to build the best body I could.

I spent many hours in the gym, ate lots of raw eggs, ate tons of tuna fish, drank a small lake of some really bad protein shakes, popped a lot of vitamins, minerals, and numerous other supplements too many to mention.

My brain received an ample amount of continuous input as well as it consumed volumes of information on the subject.

I fed my body and mind this routine daily for a long time. Sadly though, it was all about one thing....ME. I had made myself my own idol.

What does God have to say about it?

1 Timothy 4:8 says, *“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”*

The scriptures don't say that physical training isn't good; it is! However, spiritual fitness, or our relationship with God is far more important.

I was so far out in left field about my own perspective. Just like some people would use drugs and alcohol to mask pain, I used this compulsive behavior of physical exercise to mask my pain.

I grew up in a very volatile home. Both of my parents were alcoholics and each night brought a mixture of confusion, anxiety, and fear.

Today, thank God, I have a new mind and my priorities are in a much better place. I'm just a slow learner.

Maybe some of you can identify with me even if you're bandage of choice wasn't bodybuilding.

It's all a symptom of a more serious underlying problem. Recognizing that problem is the first step to improvement.

I want to help you rediscover your motivation. Particularly in regards to the proper place that physical training, eating right, and taking care of the body, mind, and spirit God gave you!

Since the battle is fought in the mind, I'd like to give you my biggest recommendation...

Change your focus from what you want to see in the mirror to what you'd like to feel like and be able to do!

Eat healthier and exercise simply to feel better and move better.

I can't help but think of Ruth when I say that.

I received a call from a doctor friend of mine years ago and he said a woman named **Ruth** wanted to speak with me about training her.

Ruth's goals were simple but quite a challenge. She said she wanted to feel better and be able to get out of a chair on her own again.

She had a few challenges, she had two knee replacements and Ruth was 92 years old!

I've never seen someone work so diligently toward her goals. Yes, after a few months of working with her; she was able to get up and down out of chairs again.

Ruth called me a few months ago and said after she moved to Newport Beach that she hired another trainer and walks the flights of stairs to her 3rd story condo daily! Ruth is 97 currently.

Another principle that must be followed is called the **Principle of Balance** that says to **maintain the right mix of exercise, diet, and healthy behaviors for mind, body, and spirit.**

And this principle leads me to **10 recommendations** that may be helpful to you. You may be surprised to know that some pertain to areas outside the physical...

1. Daily Quiet Time

- Spend intimate time alone with God, praying, and reading His Word, and try journaling your thoughts and prayers as well!

2. Serve

- The biggest depression buster is serving others.

3. Exercise

- Do what you can! Move what you can and keep trying to improve.

4. JERF

- Just Eat Real Food!

5. Rest

- Get quality sleep at night but don't sleep your life away!

6. Play

- Find some physical activity that you enjoy and do it on a regular basis.

7. Brain

- Exercise your brain by reading, playing Words with Friends, and other brain games to keep your cognitive thinking sharp.

8. TEAM

- Surround yourself with others who will support you.

9. Plan

- If you fail to plan, you're planning to fail. You need a blueprint.
- God says in **Proverbs 16:9** that "we can make our plans, but the Lord determines our steps."

10. KISS

- Keep it super simple! Don't make it complicated.

It took a little help from Snoopy, but **Charlie Brown** was finally able to succeed in kicking that ball!

You can get back up again because that's the way you were created to be. Don't quit!

We are all made in the image of God and He has given us the capacity to make our own choices.

With that thought, I'd like to again challenge you to rethink your WHY.

Don't stop searching for answers. Do your best. Create healthy habits in your life.

Whatever you do, wherever you go, whatever you say out loud or to yourself, whatever you eat or drink, whatever you read or listen to...habitually ask yourself, **“is this healthy for me?”**

I love how the Apostle Paul's says this in his instruction to the **Philippians 4:8-9.**

“Whatever you do, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me – everything you heard from me and saw me doing. Then the God of peace will be with you.”

QUESTIONS?