

Deanna Shankle

My Top 5 Tips For

A Successful Healthy Week



Every Week

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Maybe you are just starting your health journey and feeling a little overwhelmed as you look at the week ahead or perhaps even just the next day.

Or

Maybe you have been at it for awhile and find yourself struggling, overwhelmed or confused as to if what you are doing is working.

Trust me, sometimes we overthink things and make our weeks more stressful than they need to be. This is where I step in.

These tips are to help take some of the stress away. Not only do my clients follow these tips, but so do I! While I would love for you to follow all of them, I understand that sometimes you can only implement a couple. As long as they are making your week easier for you, then “we” should consider it a win.

The following 5 tips will help your first week be more manageable and can be used every week until you can have a routine down or get back on track.

I am here with you every step of the way. If you have any questions, make sure to ask in my Facebook Group page or PM me.

Sincerely,
Deanna

Tip #1: Don't Go Overboard, Think Small Changes

No one will be more invested in your health than you! When we think about becoming healthier we often feel that we need to go to the extreme. Like throwing everything that is food related out of the house and buying the whole produce section or acting like we are all of a sudden becoming pro athletes and exercising every day. Do you have the money to restock everything in your house? Are you being paid to workout that much? Do you have time to workout that much? BREATHE!

Yes, becoming healthy will require some changes but please don't go overboard and drive you, your family and friends crazy. One day at a time may seem slow, but will also provide sustainable progress. Making small changes will provide a healthy road to your overall goal. During your first week think about making only 2 to 3 small changes.

Tip #2: Have A Plan

We make plans for work, family, friends and even our budgets are plans. So it only makes sense to have a plan for your health journey, especially the first couple of weeks so you can get into a routine of things. One of the best ways you can do this is write it out and create a schedule, just like you do with all the other aspects of your life. There is significant scientific support proving success rates are dramatically improved when we write our plans out!

I don't know about you, but life is busy and sometimes I find that if I don't set a reminder then I don't get my workout done. Set an alarm on your phone to go off to remind you about your upcoming workout or walk. Think of it like an appointment with your doctor, after all, it is for your health right?

Tip #3: Find Support

You may feel like you need to do this alone or you don't want to bother anyone with your health goals but support is the biggest factor that will determine if you will succeed or not. Studies even show that spousal support is the main extrinsic factor that has the most influence on those that are working on their health goals. Reach out to your family and friends, let them know what your goals are and why.

Sometimes we need other forms of support. Those that are on the same journey as you, can relate to what you are trying to achieve and share some advice. Social media is full of group pages, like mine, that you can help. Maybe even look into group classes or seek the assistance from a personal trainer to help educate and support you during your road to success.

Tip #4: Don't Beat Yourself Up

We are our own worst critics! Admit it, how many times have you called yourself an idiot or talked down to yourself for some silly reason or because you didn't get something done like you feel you should have?

NO ONE is perfect, we all slip. Our true strength comes from using our slip ups as learning experiences and becoming better because of it. Perfection is NOT required for progress. If you were to show me a person who has never made a mistake, I will show you a person who has never accomplished anything.

So instead of beating yourself up, take a breath, think about the issue at hand and ask yourself why it happened. Make the proper adjustments from your learning experience and **KEEP GOING!** Practice patting yourself on the back rather than beating yourself up.

Tip #5: Celebrate

Big accomplishments are to be celebrated. You worked hard to reach your goal, so make sure you have a celebration planned. It could be anywhere from a new outfit to a party. You deserve it. I must caution you about celebrating with food. Your celebration should catapult you forward in your health journey and not be a potential setback.

With that being said don't forget to celebrate the small accomplishments! If you tell yourself that you are going to get 3 15 minute workouts in during your first week and you do, celebrate it. The smaller achievements pave the way for your bigger one!!

CELEBRATE each step.

PSSST!

It is NOT TOO LATE to get serious about your health and be successful at it. You made the first important step by choosing to become healthy and I want to help you succeed.

Check me out in person or online for your coaching needs. You will also find free resources, motivation, and support in my [Facebook Group Page](#), [Business Page](#), [Website](#) and [Instagram](#).

Talk to you soon!