

COMMIT TO BE FIT!

This e-book was created to help you...

Re-discover your natural state of balance

Find an exercise plan that fits you best

Practice making time for rest

Eat Healthier

Ultimately, this is only a guide...you must be willing to commit to a healthier way of living for this information to truly benefit you.



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YOUR PERSONAL
WELLNESS CONSULTANT

RE-DISCOVERING YOUR NATURAL STATE OF BALANCE

Each and every day we are faced with the challenge of living a balanced and energized life in a world that often times seems very chaotic. Undoubtedly, we have all been overwhelmed by difficult situations that have arisen at some point in our lives. But, why do some of us appear to be better equipped to manage these issues? Hopefully, this short e-book will provide you with some useful tools and insight to help you live a life that incorporates a healthier mind, body and spirit.

Where do I start in order to become a more balanced individual?

Becoming a more balanced and fit person is far more attainable than many of us realize. With a positive mindset, a willingness to commit to our goals and a passion to live a purpose-filled life, becoming healthier on a mental, physical and spiritual level is well within our reach.

The most important tip I can offer is as follows: **Commit to one wellness goal at a time and practice it for at least twenty-one consecutive days.** After twenty-one days of any practice a habit has been formed. Keep in mind though, it only takes three days to break a habit. So, once you create one, be committed to it and stick to your plan of improved wellness.

Why is it necessary for me to trust my intuition on the road to creating a healthier me?

By definition, intuition is the act of finding a sense of deeper understanding from within one's self. Knowing this, you must look deep within yourself to re-discover your natural intuitive state. At that point in time, you will be better prepared to understand how a healthier lifestyle will benefit you. In this book, you will find a host of exercises that help you interpret what your intuitive mind, body and spirit are trying to tell you.

The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.

~ Quentin
Regestein

If you accept the challenge to become more in tune with your natural state of thought, you will already be way ahead of most of us on your path to mental, physical and spiritual wellness. The unfortunate reality appears to be that many of us have dulled our intuitive senses by immersing ourselves so deeply in our earthly concerns that we forget about (or maybe never knew) our deeper sense of purpose here on earth. As a nation, we also watch too much television which is often aimed at clearing our minds and helping us relax after a busy day. But, in reality it clouds our thinking and intuitive abilities even more. Additionally, many of us allow stress and frustration to fill up our minds with negative thinking, which slowly can eat away at our spirit. Unfortunately, very few of us have an effective strategy to release this residue of negativity. Lastly, due to our country's fast-food lifestyle and with so many preservatives and chemicals found in the foods we buy in grocery stores, our diets have become a huge detriment to both our bodies and minds, not to mention our spirits.



What steps should I be taking to improve my overall well-being?

Find Balance – Be willing and committed to transform yourself into whatever you truly want to become, without any excuses. One important question you might want to ask yourself...“If I had an extra hour in every day, would I use it for exercise, rest, meditation or anything that helps me clear my mind (which will likely bring me closer to discovering a more purpose-filled life), or would I waste it continuing to complaining about my lack of free time?”

Engage in Physical Exercise - Being a clear-thinking individual requires energy and alertness. Since exercise elevates your circulation, strengthens your body and reduces tension, you should do it at least three times a week to heighten your level of mental clarity. As a result you will most likely find that you have uncovered an unprecedented reserve of pure and sustainable energy.

Take Time to Rest – Find the right amount of sleep you need each night and make every effort to get it. Of course, this is not always possible. I am a parent so I understand. During the day, be sure to listen to your body if it is tired and consider taking “two minute vacations” whenever necessary. These short meditative moments will help you clear your mind and restore your body's desired state of alertness. Take a few deep breaths accompanied by a short period of relaxation. Make a conscious choice to take such breaks throughout your day.

Eat Healthy – Food is the fuel for your body, so it is important to watch what you eat. Many of us do not always adhere to a healthy diet especially since it



can be hard to understand what a healthy diet really is. With so many different diets being marketed today, which is really the best one for you? This is definitely a question for a professional, but hopefully the information in this e-book will point you in the right direction. Before we decide what diet is best for us, we need to understand how to interpret labels on the food we buy. What do words like “light, natural, low-fat, or even organic” actually mean? As you probably know, many of these words are manipulative marketing tactics? Even once we better understand how to identify these misleading labels in the grocery store, what about when we are eating out or on the run? Since many of us have such a busy schedule, and realize there is a limited selection of healthy fast-food options, it proves to be that much more difficult to eat well. One solution is to bring your own food when you know you will be pressed for time, but even that takes time and a sincere effort.

What things should I do and what should I avoid in my quest to become a more intuitive, balanced individual?

As a motivational speaker, I always share the following acronym with my audiences.

TIP – TRANSFORM, INTERCONNECT AND PRIORITIZE

Transform – *Learn to be more accepting of change and be willing to renew your commitments daily.*

Interconnect – *Link the most important parts of your life, while bringing passion to all that you do.*

Prioritize – *On a piece of paper, write down your priorities for the week and ask yourself what really matters. Do you typically prioritize things in an effective order?*

In order to **transform** yourself into something new, you must remove the barriers that are currently holding you back. Of course, the removal of such barriers might require outside help or coaching. Many of us have formulated some amount of negative beliefs about our own capabilities and often times we build walls of negativity around ourselves. These walls are often difficult to tear down. If you are truly committed to a total transformation, seek assistance from a professional life coach.

Once you are committed to a positive transformation, you must interconnect as many facets of your life as you can. In order to **interconnect** the parts of your life that matter most, you must first reach deep inside and unveil what is most important to you. Remember, this is not what matters most to someone else...this is for you, and only you, to decide. Personally, I have committed my life to teaching, coaching, training, writing and speaking about wellness because I love it. I interconnect all of these things with my private life as well.

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

~ Elbert Hubbard



Life is not merely to be alive, but to be well.

~ Marcus Valerius
Martial

My family and I eat healthy, work out together and take opportunities to travel with exercise incorporated into our adventures. If you are interested in exploring ideas to interconnect your own life, you will need to identify your passions and incorporate them into all that you do.

Prioritization is often the most difficult part of the TIP model to explain and implement. I typically spend a half hour on this section alone in my speeches. Simply put, you need to prioritize based on urgency, but many of us have fallen into bad habits and prioritize based on doing what is easiest first. This most likely happens because it feels better to accomplish five simple tasks than to accomplish one bigger task...even if the big task is truly more urgent. An example of this would be a student who decides to clean his/her room, eat a snack or call his/her parents, instead of studying for a final exam.

If you do not want to tip over in life, follow the TIP program, and you will be on a better path to a more balanced “you.”

Additionally, be careful of becoming numb to yourself, your mind and your body. Avoid getting caught up in television, too much work or any activity that can potentially dull your brain. Try to take a few short breaks during your day where your only focus is to take deep breaths for at least two minutes and think positive thoughts. This simple exercise will do wonders for your mind, body and spirit once it becomes a habit. Also, try to incorporate the more detailed exercises at the end of this e-book which will help you create a healthier you.

How can I fit exercise into my busy schedule?

Fitting exercise into your schedule is a crucial part of prioritization. Of course, anyone who does not exercise often will say they have no time, but those who do exercise regularly typically say they cannot live without it. Think of exercise in the following way. If you were a computer with too many programs running at once, you would naturally slow down over time. If you closed some of those programs you would naturally speed up. This is no different than incorporating exercise into your life..you will speed up and function more efficiently.

When you clear space in your schedule for exercise, you help to clear your mind and improve efficiency. This is reality. Without a high level of sustainable energy (which comes by eating healthy foods, exercising and getting enough rest) you will be less productive. If you ingest caffeine and sugars all day, you will have spikes of energy, but you can almost always expect a “crash” or a “come down.” Additionally, your sleep is also likely affected by such bad habits, which will likely drain even more of your energy. As many of you already know, initially, it is not easy to break these negative habits. Creating a healthier you is important though...isn't it? Of course, in the beginning you will likely feel more tired, but after a few weeks you will start feeling significantly better and more alert. Then you can become part of the group that cannot live without exercise.

How do I choose an exercise program that is right for me?

First and foremost, ask yourself, “what will motivate me the most?” Many of us prefer working out in a gym. Some of us like working out alone. Some of us choose to exercise with a group. Some of us enjoy running. Whatever the case, be true to yourself. If deep down you know you could easily fail in your commitment, I suggest doing something with a group or with a one-on-one coach or trainer. This way, your commitment will extend beyond you. Personal trainers are a great catalyst to getting in shape. They can work with you on most every aspect of strength training, flexibility, and coaching through exercises that elevate your heart rate for maximum weight loss or toning. Another, less expensive option would be a fitness camp (or boot camp). These types of camps incorporate exercises suited for every participant. They are typically unintimidating and you work at a level that fits your needs best. However you begin your journey to discovering a healthier you, begin today! If procrastination has been your enemy up until now, do not allow it to be any longer.

Do not forget that regardless of which exercise program you choose, you need to be committed!!! Only with commitment, will you succeed.

How can I get enough rest when I have such a busy schedule?

However you do it, you need to sleep. First and foremost, you need to allocate enough hours to rejuvenate. Additionally, as mentioned before, you need to maximize your time spent sleeping. Ingesting sugars, caffeine and living unhealthy lifestyle all contribute to an inability to sleep. I also understand that situations can arise that make it difficult to sleep (children, work deadlines, etcetera), but we need to focus on making the time regardless. Additionally, as mentioned before, take two minute vacations during the day, clearing your mind and refocusing on what needs to be taken care of in that moment.

These breaks also help reduce stress, and with less stress, sleeping at night is usually easier.

How can I develop healthier eating habits?

Whenever possible, eat whole foods. Whole foods by definition are those that are unprocessed and unrefined, or processed and refined as little as possible before being consumed. They typically do not contain added ingredients, such as sugar, salt, or fat. Try to shop for food at least twice a week. Any food that you purchase fresh is almost always a great option for your diet. Fruits and vegetables are perfect examples of whole foods. In addition to eating minimally processed foods, make an effort to reduce sugar intake and drink plenty of water. Never drink soda (Coke or similar products) if possible. They contain high fructose corn syrup (a highly processed sugar substitute) and have no nutritional value, and needless calories. Diet sodas are not a good option either. Aside from the fact that they are low calorie drinks, there are many unhealthy chemicals in these products as well.

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

~ B.K.S. Iyengar

When it comes to eating right and exercising, there is no "I'll start tomorrow."
Tomorrow is disease.

~ V.L. Allineare

Rather than soda, try a sparkling water with an ounce or two of juice (no sugar added) mixed together.

Additionally, try to eat three small meals daily (with two snacks in between meals) while keeping your total caloric intake for the day below what is optimal for someone of your age, gender and activity level (this information can be found through a nutritionist). An ideal breakfast might consist of oatmeal and a piece of fruit or eggs and whole wheat toast. An ideal lunch might consist of a half a sandwich, fruit or side salad (be careful not to use mayonnaise or fattening salad dressings). An ideal dinner might consist of baked chicken, rice and vegetables. For snacks, yogurt or fruit are great examples of healthy treats. Of course, for a detailed diet plan, speak with a nutritional expert.

I exercise and eat healthy for the most part, but I either stay in the same shape or even gain weight and I often feel drained. What is wrong?

Of course, exercise is extremely important as a supplement to a healthy, balanced diet, but if a combination of those two things does not seem to help you achieve your wellness goals, please consider the following exercise. Choose a food type you currently eat, but know could potentially be a burden on your diet (such as high sugar foods, fatty foods, dairy products or maybe foods containing glutens or wheat) and go without this food type for as many days or weeks as you can. Take note of any change in mental clarity, behavior, or sense of wellness. Re-introduce the food type slowly, and listen to your body's



response. It will tell you if this is a food that should be cut from your diet permanently. If it is a food type you should avoid altogether, choose replacement foods that can help eliminate cravings for those foods.

If you crave milk, try rice milk, if you want cookies, try apples and peanut butter (a healthy snack that still satisfies sugar cravings). There are many alternatives to what we are used to eating if we are willing to explore our options. Once again, whole foods are always a good choice. We should all be aware of potential food allergies, since many people are allergic to glutens (wheat products), lactose (dairy), or certain nuts, among other common food allergies. Believe it or not, some food allergies are not even evident until our adult years, so you may have an allergy you do not even know about.

EXERCISES TO IMPROVE MENTAL CLARITY AND WELL-BEING

Rhythmic Breathing Exercise - At least three mornings a week, take ten minutes to do the following exercise: Sit perfectly still and imagine being in a place that brings you great happiness. Once you are situated and comfortable, begin to take slow, rhythmic breaths. Remain focused on your breathing. Feel the air as it flows in and out of your body. Once you can truly feel each breath and are in a peaceful state, begin to imagine that the air you are breathing is pure light and everything you know that is good. Now, imagine the air you breathe out as darkness and everything you know that is less than good. At this point you should become more and more aware of the connection between body and mind. Continue doing this for a full ten minutes.

X-Ray Vision Exercise - After the first exercise has been completed (If you only choose one exercise, do exercise #1) take an additional five to ten minutes to do the following: Imagine that you have an x-ray like, inner intuitive sense of sight. Allow your intuitive eyes to scan your entire body with perfectly clear vision that can see everything within your body. Begin at the top of your head and work all the way down to your feet and repeat. Take note of any places that appear to command your attention or seem odd. If you encounter such an area, imagine yourself breathing light and goodness into it. This will help connect you to this part of your body, and allow you to begin to understand why the area had drawn you towards it. Believe it or not, people have uncovered serious illnesses (cancer) this way, and have been able to treat it because they found it early.

Focused Healing Exercise – Take note of how you are feeling during your normal daily activities. If you notice continued discomfort or stress in a given area, refocus on it by repeating the above exercise. You also might want to explore massage therapy or stretching (yoga) if the discomfort persists. Of course never be afraid to visit your doctor, especially if this part of your body has had chronic discomfort. Remember, common sense is a key component of your intuition. ***Always remember, you are the one who needs to be aware of your body,*** but also remember that experts (doctors) are an integral part of healthcare as well.

Tension Relief Bedtime Exercise – Just before going to sleep, while lying in bed, begin this exercise by taking deep breaths and focusing on the air going in and out of your body. Feel each breath as it enters and leaves you as you did in the first morning exercise. After five minutes of deep and rhythmic breathing, you will begin to focus on individual body parts, flexing each of them, relieving all tension, while also comforting the mind. Begin by squeezing your hands into fists. Do this for thirty seconds and relax. Next, flex your forearms. Once again, do this for thirty seconds and relax. Follow this by flexing your upper arms and so on. Continue this routine for all body parts – arms, shoulders, legs, back chest and stomach. In doing this you will be able to spend equal time with every part of your body. In addition to staying in tune with your body, this exercise is a great tool for people who have trouble sleeping.

AFTER THOUGHTS

This e-book was written with the intent of introducing you to a healthier way of living by offering suggestions to get you started on your journey of re-discovering your natural state of balance and good health. This e-book is not meant to be an all-encompassing reference book for total wellness.

In order to get the most out of the exercises described in this e-book, you will need to commit to doing them at least three days per week. As for the diet recommendations, you should adhere to following a healthier regimen of eating on a daily basis. After a period of time your body will become adjusted to these healthier ways of living and I guarantee you will experience a more heightened level of intuitive alertness and newfound balance in your life.

THE AUTHOR



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