

CAN YOU SPARE LESS THAN 5 MINUTES A DAY FOR YOUR DREAM BODY?

By Brett Campbell

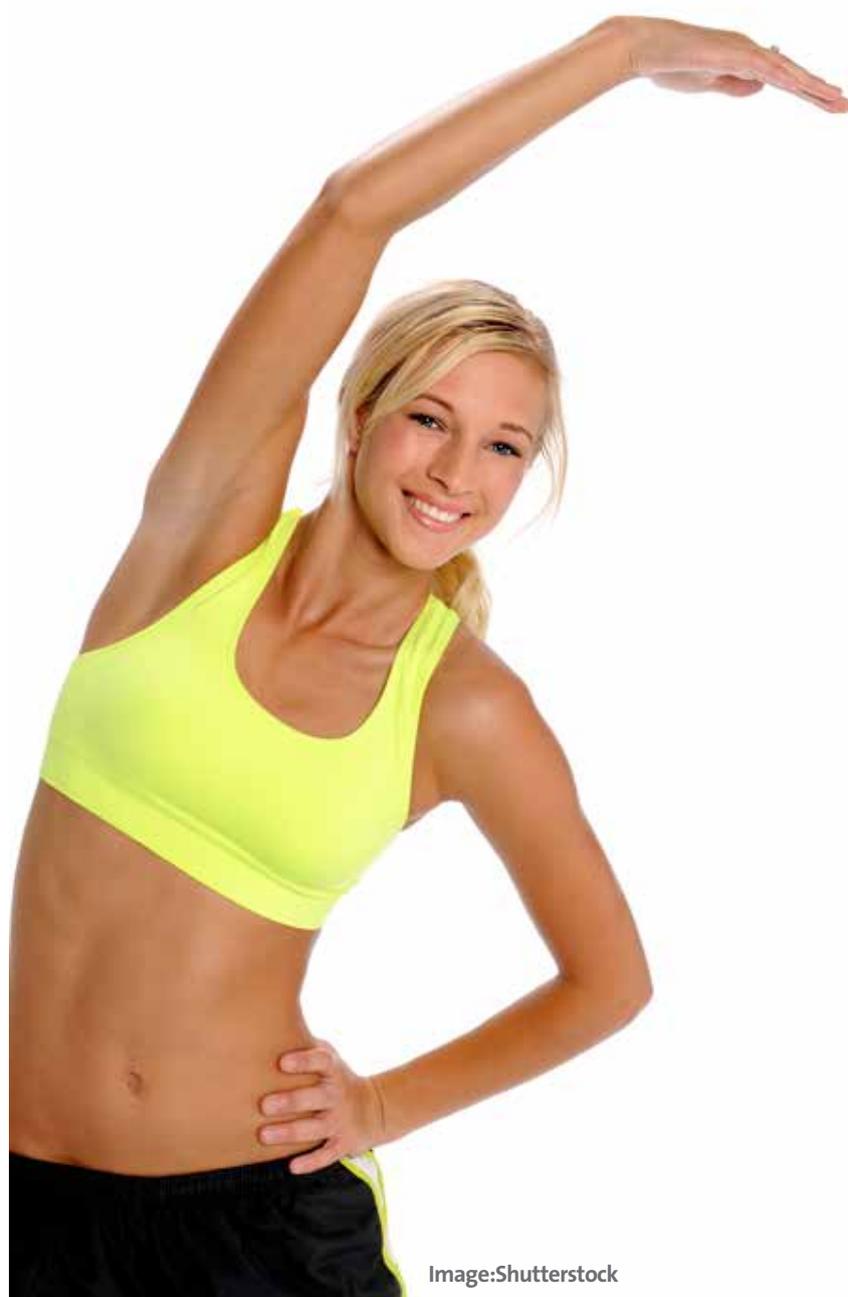


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I'm sitting at my computer with a blank word document open and ready to go... but there is one problem. I am looking at another word document, a list of about 40 topics I have just come up with, all relating to fat loss and how you can achieve the body you truly desire!

There is one thing that keeps attracting me to the list of 40 topics. This one thing, I believe, has to be the most important element in any fat loss journey. The words 'motivation' and 'inspiration' don't really pay it justice. I say this because it is probably the most forgotten aspect in any training regime and in other areas of life also.

Now I can give you tips and hints to lose fat and shape up your waist line. However I can assure you if you don't get this element down, then unfortunately your waist line won't stay down for too long either.

I want to provide you with a practical exercise that, if done correctly, will have such a huge impact on you. Losing fat will become easy. When I say easy, I mean it will be easy for you to push yourself harder, get up in the morning to attend training and stop yourself from reaching for that last Danish, chocolate or whatever it is you are thinking right now. YES... that's right, I can read your mind.

I bet when you hear the word 'chocolate', or 'lollies', it provokes a reaction in you. Maybe you love it, maybe you hate it, or maybe it just gets you thinking of something different. Not only is it an emotional reaction, but believe it or not your body undergoes hormonal reactions as well.

To illustrate my point, let's look at a study done on the power of 'Neuro Marketing'. A participant was put under an MRI scan and shown a series of marketing pieces. After the experiment was over, they asked the participant what he felt like. "Thirsty," the participant replied. "What do you feel like?" asked the doctor. "Coke," said the participant. When they looked at the MRI scan, what they found was that when they showed a Coca Cola logo, the participant's brain had a chemical response. It released serotonin, the feelgood hormone. Basically it will make you feel like a 15-year-old girl who has just met One Direction!

So back to my point. Before we can even look at what exercises to do or what foods to eat, we need to address what's going on upstairs.

Now, before I explain the exercise, I want to state that only 5-10% of people will actually take the time to get a pen and paper and complete it. Twenty per cent of people will say, "I'll do it later" and never get around to it.

“[Motivation] is probably the most forgotten aspect in any training regime and in other areas of life.”

The rest have probably skimmed through this magazine looking for colourful images or the magic pill.

So if you are still with me and ready to do this exercise, be ready for some powerful changes.

I have used this particular exercise with many of my coaching and personal training clients to remove any blockages they may have when it comes to getting in shape. It is broken down into 3 parts.

PART 1: THE EARLY MORNING WAKE-UP

Personally I am not a morning person, but once I do this, there is no stopping me. Look out world! Now, I can't take the full credit from this, as I have borrowed some of the method from Peak Performance coach, Anthony Robbins, and have made my own adaptations.

I want you to think for a moment. Think of the last time you were happy, extremely happy. So happy that you had a little spaz attack, like you would when you're seven years old and allowed to stay over at your friend's house (yes, that's my example - I used to get so happy when I could have a sleepover!). Got one? Cool, keep that in mind as we move on.

Here is what you are going to do tomorrow morning when you wake up an hour earlier. Yes that's right, an hour earlier. Okay, so if you get up at 5am or earlier, you're already good to go!

Set your alarm an hour earlier (if an hour is too hard, start with 30 minutes). As soon as that alarm goes off, I want you to leap out of bed and bring to mind that happy feeling you brought up before - NO SNOOZE BUTTON!

I want you to pretend you are a string

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puppet; you need to move and shake what your mumma gave you. Act like a kid, jump around, and swing your arms for 20 seconds. Not 5, not 10 but 20 seconds. Also be sure to let your partner know you are doing this. The first time I did this my partner asked what on earth I was doing! Once I explained, we now both wake up every morning and do our 20-second ritual to get us started.

After this, I proceed to put on some workout clothes, head to the front door with my iPod cranking and stopwatch set. I say to myself, "I'll be back home in an hour."

IMPORTANT NOTE: motion creates emotion.

If you wake up all sad and tired, slowly slide to the toilet, drag your feet behind you, shoulders flopped forward, proceeding straight to the kettle to make a coffee to wake you up... then that right there, to put it straight, is pretty crappy motion. With crappy motion, you are going to create crappy EMOTION.

You know when someone is not happy, you can just tell. But when someone is happy you can also tell; their shoulders are back, they have a smile and they will more than likely acknowledge you (strange that!).

PART 2: MIDDAY CHECK-IN

You know how Facebook has the check-in app? Well, this has nothing to do with the app, more to do with the check-in part.

This is where I want you to take two minutes out of your busy day with no phone, no computer, no eating... just two minutes to yourself. I want you to write down on a piece of paper: 'What have I done today that has brought me closer to (write your desired goal e.g. lose 10kg)'. I then want you to answer it. It may read, 'Well, I got up and did a crazy dance for 20 seconds, felt the best I have felt in years and from there I completed an hour walk.'

IMPORTANT NOTE: be honest. If you haven't done anything, write down why you haven't. For this to work you need to be brutally honest with yourself and leave the story at the door.

PART 3: PREPARING THE BRAIN

Right before you go to sleep I want you to open your journal (I use an exercise book I bought from Officeworks for 5c) and answer this question.

What is the number one thing I am going to do tomorrow to move one step closer to my goal? Then answer it. It may read, 'I will get up, do my crazy dance and walk for the hour. I will eat all my healthy meals, which I already planned (this is a whole other article) and go to the gym after work.'

IMPORTANT NOTE: in order for this to truly work and become the life-changing system that it is, you will need to attach a consequence to your daily step. That is, if you do not achieve the one step you set the night before in your journal, you need to pay a consequence.

Now this will differ between people, but it needs to be something so compelling that you have no choice but to achieve your goal. Maybe it's no Facebook or no TV for a week? Perhaps no dining out for a month?

Remember, if the consequence is not strong enough, then your passion and desire for your dream body is not strong enough either. Make it count, be accountable to yourself, and achieve.

For more great tips, workouts and methods to burn unwanted body fat, go to www.rapidfatloss.org and download your free 13 untold ultra fat-burning secrets e-book.

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TAKE OUR **QUIZ**

ARE YOU TOO STRESSED?

Ever wonder just how ramped up you are when it comes to everyday stress?

TAKE A LEAP OF FAITH WITH OUR QUIZ.

The last time you woke up rested from a full night's sleep is:

- A. I can't remember.
- B. Last week.
- C. Today.

In the morning, you:

- A. Complete a multi-tasking marathon: juggling your iPhone, extra-large coffee and emails as you do your makeup on your way to the office. Breakfast? Yeah right – caffeine only, and lots of it.
- B. Get ready quickly – you're an expert at looking fresh in five minutes flat – then you grab a bowl of cereal and are out the door.
- C. Have enough time to read the paper and eat breakfast.

When the person using the elliptical before you walks away without wiping down the machine, you:

- A. March right up there to school her in proper gym etiquette.
- B. Are mildly irritated, but wipe down the machine and hop on to work out your frustration.
- C. Aren't bothered – she might have somewhere important to be, and besides, you know to wipe down equipment before you get to work.

You would describe yourself as:

- A. Moody, impatient and irritable.
- B. You have both good days and bad, but overall you're content.
- C. You're easy-going and cheerful.

Concentrating and decision making is:

- A. Difficult. There are so many things going on, you can barely focus.
- B. Challenging, but you get in the zone.
- C. A breeze. You know what you want.

For fun, you:

- A. Fun? Who has time for fun?
- B. Practise a hobby – there's nothing like unwinding with a good book!
- C. Make time to go and see friends.

Lately, your eating habits are:

- A. Erratic (either eating a lot more than usual, or a lot less).
- B. Pretty normal, but you reach for snacks more often when you're feeling the heat.
- C. Unchanged. You haven't noticed anything different.

You feel overwhelmed and pressured:

- A. Constantly.
- B. From time to time.
- C. Rarely or never.

When you let your mind wander, you:

- A. Worry constantly about everything, sweating even the little things.
- B. Are worrying more than usual about things you typically brush off.
- C. Are thinking positively – why worry? It gets you nowhere.

On a day-to-day basis:

- A. You suffer with physical ails (jaw pain/headaches/muscle soreness/digestive issues/skin flare-ups, etc.).
- B. You usually feel fine, but occasionally experience headaches and/or seemingly stress-related flare-ups.
- C. You feel fine. The last time you felt really sore was after a particularly intense workout.



How did you rate?

If you scored mostly As:

Chances are you have too much on your plate – running from place to place, scarfing down meals on the go and not taking enough time to yourself can lead to chronic stress and burnout if continued over long periods of time.

If you scored mostly Bs:

You have multiple signs of being stressed and should continue paying attention to how you deal with your stressors to stay healthy.

If you scored mostly Cs:

You seem to manage your stress well and have a great attitude on dealing with life's challenges. ☺