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MAKE YOU A PRIORITY

In this busy fast paced world we are living in it's very easy to lose ourselves in life and forget to put ourselves in the correct order in life. When we get wrapped up in life we slowly start backsliding in our health. We start to slip in bad foods, drink a little more wine, less sleep and exercise a little less and eventually our health starts to suffer.

Here are five simple steps for making your health a priority:

MAKE YOURSELF A PRIORITY: *Making your self a priority isn't being selfish but it's really the opposite. Constantly running around making sure your family is taken care of and working long hours will get them everything they need, but will eventually cost you and them. If you start taking care of yourself now you will be able to maintain your independence longer into your golden years without your family having taking care of you. None of us want our kids to have to take care of us, although most of us that is exactly what will happen in one form or another. But keeping our health a priority can ensure that time is pushed out farther in our lives.*

ORGANIZE YOUR FOOD: *Every Saturday or Sunday set a short period of time to schedule your workouts and your meal plan for the week. If you have a simple written schedule of some type it will make it much easier to stay with your program.*

EMERGENCY FOOD: *Be sure you have some meal replacement bars or shakes with you at all times. This will make it possible to stay with your 5 to 7 meal a day plan. When your stuck in traffic or a meeting goes much longer than planned you have something to eat that will keep you as close to on schedule as possible and helping to keep your metabolism running hot.*

REGULAR SHOPPING DAYS: *Having a regular schedule shopping day, that you take a list with you, will keep you from running out shopping in a crisis management situation. Making short shopping trips during the week is dangerous because you will be tempted to purchase items not nutritionally sound or just eating out and causing you to draft off your plan.*

DON'T DIET: *That's right, no diets, no frozen meals, diet programs that include tons of shakes, cleanses or anything system that you can't keep up forever. Just eat clean foods, good tasting healthy clean foods in the right proportions and you will achieve your goals and you will enjoy the journey along the way. This doesn't mean you can't have*

some deserts or wine, just in moderation. I once heard a nutritionist on the news say if people would just eat correctly 80 to 85 percent of the time their health and quality of life would change dramatically to the good.

MOST IMPORTANT TO ME, “ENJOY YOUR JOURNEY”: *Enjoy your exercise program and nutritional plan. Just make a plan, take pride in it, if you fall off the plan get right back on it and don't stress over it. Getting healthy shouldn't be another job but should be as enjoyable as possible. It's to be a lifestyle not a career. So enjoy your health journey.*

If you would like to learn more about enjoying your health journey and would like a partner to support and guide you daily and help you reach your health, fitness and nutrition goals please contact me about Lifestyle/Fitness and nutritional coaching. You can call (858) 344-2834, e-mail Dan@realufitness.com or go to Realufitness.com.

It's never too late or too early to start taking control of your health...it's up to you, start now.