

Define Yourself

health coaching



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P.O Box 594
Redondo Beach, CA 90277

Danielle Vindez Personal Coach Danielle@defineyourself-coaching.com P.O. Box 594, Redondo Beach, California 90277

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Check out defineyourself-coaching.com for past newsletters, inspiring podcasts, and more about the components of your health.

I welcome your thoughts & ideas.

Simple Truth

The average American eats about 42 servings of broccoli, 54 apples, and **96 cups of ice cream a year.**

70% of health care costs are linked to unhealthy habits.

A study of 1000 people, followed for 19 years, found that runners live longer lives than non-runners
- Stanford School of Medicine

The Willpower Muscle

Let's assume (because numerous studies support this theory) that willpower can be strengthened like a muscle and that it also can be exhausted. If I am trying to loss weight, or stop uncontrolled chocolate eating, or be more calm when people say things that resonate badly for me, here our my better options,

1. Set one to two reasonable goals and prioritize. Conserve my willpower for what really matters, and forget temporary setbacks.
2. Recognize that willpower is not all in the mind. When my body is tired, when I feed myself unhealthy food and drink, when I do not get adequate sleep, when I am stressed, my body as a whole functioning unit will not provide me good decision making energy.
3. If my willpower energy is being drained by a challenging work environment, or I never have time to refuel myself because I am always orchestrating other peoples lives, or my husband challenges my patience, then the energy used to jump these hurdles depletes me, and therefore nothing is left to support my weight loss goal, or my exercise adherence goal.
4. Often times I must conserve my willpower energy by not bringing chocolate, or chips, into the house. I also do not go grocery shopping when I am starving. In so doing I do not have to resist the urge, because the stimulus (the chocolate or chips) are not in my face. I can use my good sense of planning and not buy tempting foods nor bring them home. I can use my willpower muscle to have readily available healthy snacks, so that I am not caught off guard. I can prepare healthy meals, whenever I cook, so that leftovers are not a trigger.
5. Think of the obstacles to your success, write them down in a journal and figure out solutions that work for you. Make the healthy choice now, in this state of positive planning, so that you can use those options when the challenging time comes.

Distinction:

Charge neutral – Is a response to a situation as an observer, it is free of judgment, criticism, or other forms of analysis.

Charged up – is language that is full of static generalizations, and often more telling about our inner challenges than it is about a particular situation.

Tools:

The Motivational Appraisal of Personal Potential (MAPP)

Is a world-class personal assessment that takes 15 minutes to complete. MAPP identifies your true motivations towards work and allows you to match yourself to job categories to see where you best fit.

Waist to Hip Ratio

Use a tape measure to size up the smallest part of your waist and the largest part of your hips. Divide the hip number into the waist number and voila a measure of your health appears. Men that have less than or equal to .90 are considered at lower risk for hyperlipidemia, for women it is .80 or less.

Holiday Fit

Taking a break from your fitness program until after the New Year will only leave you stressed, overweight and discouraged.

The holiday season is emotional enough with out derailing your health consciousness.

Here are six steps to help turn your healthy goals into accomplishments:

1. Blame no one. When we blame the holiday festivities for our lack of responsibility we are still faulting ourselves. When you blame someone or something for the shape of your life you are chasing your own tail.
2. Schedule exercise into your day. Be flexible when your days get busy. Instead of skipping the evening walk because you have an office party wake up an hour earlier and walk before work.
3. Work on improving one area of your body. Take a picture of that area and have it handy in case of uncontrollable urges to spurge. Then focus on your action and get friendly with discipline. Are you ready to set a higher standard for yourself?
4. Expect nothing. Taking responsibility for being that better you is the reward. Think of the trials and the challenges to a healthy lifestyle as stepping-stones to a more evolved you. Discover your strengths one challenge at a time.
5. Stop being a victim, this behavior is so emasculating. Stop complaining. When you take action for some aspect of your life, people are attracted to you, you inspire them. This attention then reinforces your motivation.
6. Be pro-active not reactive. Respond to this holiday season with a plan for every trigger and challenge you experienced last year. Then work on one of your choosing. You are not your pre-programmed thoughts, or your emotional triggers. You are the choices you make after the thought, and the steps you willing take. Observe yourself this season and respond in a manner that serves you well.