



## 9 Small Steps for Big Results

*Looking to achieve a body transformation in 2018? You will need to transform your thinking first.*

»» —————> New resolutions, new gym memberships, new activewear – we do it every single year when January comes around (I know I do), but do we really see the results we're looking for? When it comes to achieving a body transformation it's not all about the physical. There's a strong mental connection involved. You've got to adopt the right mindset to tackle your fitness goals and make big changes that last.

### Commitment issues

▶ It's all very well spending your pay check on a fancy 12-month gym membership, but that only affects the size of your wallet, not your waistline. Instead of the big splurge, try signing up to smaller class packages at different studios, so you can rotate your

workouts and keep things varied. This will also help you to stay committed to your goal. Guavapass and Classport are two easy ways to do this, allowing you to bounce between studios with one set monthly fee.

### Positive reinforcement

▶ It sounds pretty simple, but you have to actually believe that you can achieve what you're aiming to, and it's important to put a positive spin on the experience. Don't be too self-critical, because a body transformation is a big undertaking and these things take time. Assess your progress week on week, and take pride in the fact that you are doing something great for your health, your body and your fitness.

### Put a plan in place

▶ Set yourself a weekly fitness plan and organize it around your work schedule so you don't end up missing class because of that meeting that never came to an end. This is why morning workouts are a great idea – there's way less to distract you at 6am and you start the day pumped with all those mood-boosting endorphins. Allow yourself the evenings to unwind.

### Set achievable goals

▶ We all want to see results fast, but for the majority of us that's not quite how it works. The idea of a body transformation is to see long-term results, so think of your journey as a marathon, not a race. Set achievable goals and push yourself, but know your limits. This is your big race, so make sure you set the right pace.

### Get plenty of sleep

▶ This is one of the most important points to consider, because a lack of sleep means that you won't have the energy to work out, and you're also pretty sluggish, which often leads to poor nutrition choices throughout the day. Sleep is how we recharge our bodies and set ourselves up for the next day. Without it, we are just tanks running on empty.

### Eat right

▶ Eating healthily doesn't have to mean eating boring, tasteless food. There are so many meal plans to follow, but just keep it simple – keep it fresh and prepare something that you enjoy. If everything tastes like cardboard, you may find yourself substituting those meals for something cheap and deep-fried instead.

### Active meditation

▶ I am a believer in active meditation and using particular sports to complement your fitness challenge. This could be yoga, or swimming – it may even be running; it's about finding a sport that takes you out of the daily hustle and bustle, giving you that inner sense of calm and clarity. This will bring it all together for a holistic and more mindful approach to your transformation journey.

### Mind-body connection

You need to really understand your body: how it functions, how it moves, reacts - and to know your limits. Try sports with a strong neuro-muscular connection such as pilates or martial arts, as they focus on incredibly specific movements and a strong mind-body connection.

### Wear gear that makes you feel good

Think about putting on a brand new shirt - you feel special, motivated, and ready to go. That's the feeling you need when you get ready to work out. Your activewear is your power suit, but for the gym. Inner confidence is everything, and it will put you in the right mindset to go kick butt in class.

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