

Getting rid of the EXCESS...

Keeping fit

with
Caroline Harris



Our first real taste of warmth, time with friends, and if fortunate enough it will mean time spent on a dock with a cold one in hand on a lake in Muskoka!

A great way to kick off the summer. A highlight of the year for those of us who love the outdoors for sure. It also means the first time we may need to shed our winter clothing and expose our meat suits for the first time of the year to the masses.

How do you feel about that? Do you say bring it? Or does it cause panic? What if someone thinks I look fat, or worse, flabby? How will I endure? Will you spend the next four months strategically planning how to avoid all situations where you may have to show your belly, thighs and arms?

Lucky for you, you have the option to firm up and feel more in flow about your body. Guys, you have more muscle and respond to workouts faster; it's a cruel reality of the universe but women are softer so it all works out!

In the big picture, it will do you well not to care so much what others think and get in shape for your own personal satisfaction, but that is another article.

Summer is an awesome time to release and purge excess from our lives. Know your desire and set forth the energy to create what you want. Harness your energies and create your ideal health and vitality like never before.

Here are a few action steps you can take to cleanse yourself of unwanted habits to move forward into a healthier, more peaceful and energetic existence.

• **Remove all processed foods from your home**

Chips, ice cream, crackers, canned fruits and veggie, pop, and the like. If it didn't at one time grow on a tree, vine, in the ground, swim, walk or fly, get rid of it. When cravings hit, and they will, no matter where you hide it, you will find it. Don't do that to yourself, just don't have it in your home.

If you live with a partner who doesn't fully support

your journey here is a suggestion. I have clients who do this and it works well. They have a locked box where the unsupportive partner keeps all the toxic substances. Only that person holds the key and vows to NEVER give the key to or open the box in your presence. Of course, best-case scenario is you have a partner who supports your desire for overall optimal health, but that again is another article.

• **Stock up on real food**

Cucumbers, carrots, broccoli, kale, Swiss chard, whatever you love to munch on, keep it handy. If you love dip, make your own or buy organic hummus, oil and vinegar, salsa, whatever you like, have it on tap. If you choose to eat meat-free-range turkey, beef, lamb and wild game- have it prepared ahead of time- 4-ounce servings at your fingertips. Just plan to do it twice a week and get it done. Put in the fridge premade containers of protein ready to eat. If you don't eat animal, make sure you have a supply of healthy organic nuts, quinoa, rice and beans and plant-based protein shakes to round out your protein intake for the week.

• **Avoid liquids that have more than zero calories.**

Water, organic plant-based teas and organic black coffee are your options. It is way too easy to consume one quarter or more of a day's calories in one trip to a coffee shop. Don't fall into that trap. Ensure the calories you consume are nutrient-dense in fiber, vitamins, mineral and enzymes. Not sugar and carbs.

• **Clear out the clutter of unproductive time in your day**

Do you now spend more than two hours each day in front of the TV? Could that time

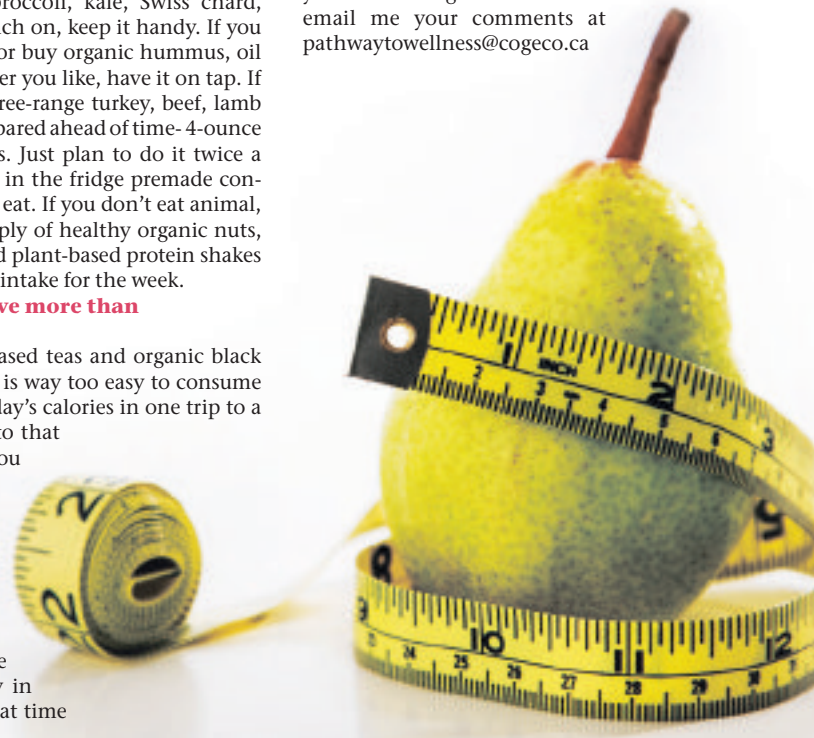
be better spent improving your body, mind, soul or relationships that are important to you? Would reading inspirational books do more for you to expand your mind and heart than sitting in front of the tube? Would talking to your partner/loved ones do more for you going forward? Finding out their dreams, goals, immediate struggles they now face? I don't know, it's just a question to expand your mind and think outside of what you now consider normal. Often letting go of what is typical, is the key to opening doors to what can be incredible.

• **Move every day**

Twenty minutes of intense activity will suffice in keeping you lean in combination with not overeating. Do something you love. You don't have to kill yourself, just sweat and move your entire body and commit to doing it daily. Do burpees, run, swim, dance, weights, yoga, whatever makes you smile. Just do it. I can help you develop invigorating workouts to complete your week.

• The most important action to getting rid of excess in your life and moving forward to a more joyful, healthier existence is simple. Believe in yourself. Know you have the power and the capability to do it. Take action on a few key steps daily and go with the flow. Judge yourself less. See the future of what you desire more. Know every morning when you open your eyes, you are one day closer to manifesting your ideal energy level, optimal health and yes, even your cutest butt ever! Make it so. You have the power.

I would love to know how this article has assisted you in moving forward. Please email me your comments at pathwaytowellness@cogeco.ca



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