



## What's on YOUR Bedside Table?

**I've always said that health and wellness is an inside job.** What I mean by that is if you change how you think about exercise and eating, you're bound to make it a lifestyle that lasts forever.

**How many times have you adopted a healthy living style,** only to have it side-tracked months, or even a year, down the road? It's happened to us all, but successful people are those that stay motivated in their training. For me, that means staying motivated to train 5 days a week, and stay in control of my eating. Because I know without this, I'm miserable! I'm in this for life! Are YOU?

### What's on your bedside table?

For me, I've always stayed motivated by reading magazines and books on the subject of training, healthy eating and spiritual uplifting themes. I started reading Muscle and Fitness magazine 30 years ago, when there were no women in the magazine at all! Thankfully things have changed, and there's a plethora of fitness magazines to choose from.



My favourites are **Oxygen, Men's Health, Flex,** and **Fitness Rx.** I flip through these every night, and get inspired by the training and diet plans, the fabulous women, and the amazing pictures. I also have a host of books I flip through. **Sacred Contracts** by Carolyn Myss, and the **Way of the Peaceful Warrior** by Dan Millman remind me of my part in the big picture called Life. I watch little TV and I always have music on in the house, different kinds for different moods. Music lifts me up and expands my vision. I also walk a lot in nature. It rejuvenates my soul.

### Where are you training?

**Personally, I love training in gyms.** I've had a home gym for years, but I rarely use it. I get motivated by going out to the gym and being with other like-minded people (and it's not a social time either. I talk very little when I'm training. I don't have time to get distracted). And I don't go to women-only gyms, because I find they just don't train hard enough, and therefore don't inspire me! I want movement, music, and muscle!

### Who do you surround yourself with?

**Do you have people around you that applaud your efforts,** or are they covertly undercutting your progress and your success? Believe it or not, the biggest challenge we have usually come from those people closest to us, because as you get healthier, you act like a mirror that reflects back to them how unhealthy/unfit/unhappy they are with themselves. Your new healthy lifestyle is challenging them. Stick to your guns, know you're doing it for yourself, and live by example. Don't preach to anyone, or try to change them. That's not your job. Your job is to be true to YOU. And only you.

### Are you visualizing your success?

**I visualize often. It's part of my creative process.** Whether it's active meditation, or on-the-run visualizing, I see my goals....I can't wait to fit into that pair of pants, or to drop those few extra pounds for that party next week, or to go to the gym and watch my muscles move and shift. Life is creative energy in motion. You become what you focus on. So visualize your way to a firm, fit, sexy you! And watch it unfold!