
So let's talk about exercise! What are some of the first words or feelings that come into your head when you hear that word? Go ahead; think about it for a second, I'll wait.

So, if you are like most people, you probably thought of it being work, a lot of work. This is why people probably call it a workout! I hate this word and the feeling that comes up when I think of it. Your "workout" shouldn't be work. It should be fun... something you enjoy... Something that will motivate you and keep you going back for more.

I used to have a fight going on inside my mind, body and spirit about it. I would resist it. I was a master at procrastination. I could get anything done if I was trying to avoid working out. There will be days or weeks even, vacations and holidays, where you will inevitably go off of your exercise schedule. Believe me (raise hand) I've done it. When I tend not to exercise, I start adding a pound on every two days. That's okay, because that's part of it... Part of life, right?? Yes, that's where this program comes in handy.

See it's like this, for me. I tend to eat 400 more than my maintenance calories. So when I do exercise, I am working that off. So guilt sets in... and then there is this dreaded feeling like you "neeeeed" to work out. And that feeling is no fun. Who wants to do anything as a result of feeling guilty? Not me.

So here's the magic of the Count 2 Indulge Program. Ask yourself... Can you live on your maintenance calories per day to keep yourself at your ideal weight? With this program- You bettcha ! That's the bargain. The Count 2 Indulge recipe of ***Express, Sleep, Love, Breathe... And Exercise Feeds My Spirit EVERYDAY!*** It's not a chore! After all, if I frankly don't feel like exercising, I can pay attention to my stomach or count up my food in seconds to see where my choices are: Either no more food or I carryover to tomorrow. It's that simple of a choice.

So now exercise is not dreaded, there's no guilt, because there is no pressure to workout to fix what I've eaten because I am managing my calories. I am paying attention to what I am eating for my body and my weight. It's like I have fixed, healed my relationship to food and it's no longer in this unhealthy co-dependent relationship with my exercise habits.

Exercise is now enjoyable to me. My body welcomes it! Bring it on! I get exciting knowing what its doing to my body- releasing endorphins and those feel good neurotransmitters- serotonin, dopamine- all that!!...not to mention the strength I build and how I look and feel. For me, it's not in a gym... It's dance, it's biking, it's hiking and yoga. I found what works for **ME**. **BUT** first, your body might scream, "NOOO...stop"! But after a week or two, I'm telling you, it's going to want more. You just have to remember to keep it going. If you haven't exercised for 3 days, for example, ignite it back and force yourself to enjoy something to get the fire going. As you get older too, when you stop exercising for a couple of weeks from an injury or vacation, remember it takes a little time to get back in the swing of things, even if you have not gained any weight. It just **IS THAT WAY!** However, in about a week, you can start feeling great again! Use it as an addiction, meaning realize that once you are feeling great from it, keep that feeling in your pocket of tools to inspire you and get the extra push!

So what is it for you? What type of exercise will excite you, bring you joy? Let's go through a few of them together. There's exercise that could be done in social groups, like sports or dancing with or without a partner. Modern dance and interpretive dance can allow you to talk in ways your mouth can't. Dance can connect you with your body so you can really listen to what it wants, feels and wants to express. Competitive sports and arts can be very motivating. Be careful though; do not let losses or lack of skills set you back. Teachers are guilty of doing that too! You need to find some ways to exercise you really enjoy! Explore it! You might have not reached your goal in school in a certain sport. Then, you might have dropped out because you believed you weren't good enough, or something like that. You might need to revisit some stuck places in your life. So, as you mature and get older, finding the sport, activity or fitness groups you really love is the key to continuing your health into later years. If you're an outdoorsy kind of person, the weather outside can be a challenge and an interference. Don't let bad weather keep you away from taking care of your body. See what else you can do- Be childlike... and keep exploring! Most of all...have fun doing it!

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"Tell me and I will forget; show me and I may remember; involve me and I will understand." – Chinese Proverb