

Pitfalls!

4 Lies We Tell Ourselves to Derail Healthy Living & Strategies to Avoid Them!



Lies We Tell Ourselves

LIE #1

I can out train a bad diet. I'll run off these 3 slices of pizza tomorrow.

LIE #2

My friends and family will give me the support I need.

LIE #3

My plate is too full.
I am too busy.
My _____ (family, friends, co-workers) need me.

LIE #4

I fell off the wagon and ruined everything. There's no point in getting back on.

Super Truth

SUPER TRUTH #1

Abs are made in the kitchen. Nutrition is 80% of a healthy lifestyle. A 400-calorie workout can't burn off a 900-calorie midnight splurge.

SUPER TRUTH #2

You're more likely to find the support you need in a community of people who want to take the same journey you do.

SUPER TRUTH #3

Prioritize your plate! YOU are the one filling it. How important is your health?

SUPER TRUTH #4

There's nothing to ruin. Falling off the wagon IS part of the journey when you're living a healthy lifestyle.