

Relationships

sort **your** life out

It seems, in fact, as though the second half of a man's life is made up of nothing but the habits he has accumulated during the first half.

Fyodor Mikhailovich Dostoevsky



Do you sometimes feel as if you are looking for the missing piece - searching for the thing that will make everything in your life slot into place? Or do you have all the pieces, but sense that they are somehow in the wrong order? Maybe you think you know how to change things for the better, but never seem to have the time or space to make a start? If so, it's time to Sort Your Life Out.

Do you want to live a life full of happiness, excitement, passion and fun? Are you prepared to make a change and see how much more fulfilling life can be? Are you ready for something that will enable you to live the life you really want? If so, you're ready to Sort Your Life Out.

In this new series for Ultra Fit, we will be applying the Sort Your Life Out principles to our relationships. We will highlight ways in which you can stand back and take a fresh view at the way you relate to your world. Each article will focus on a different area of your life and will provide the tools and understanding to improve your relationship within this aspect. The key areas we will focus on are our relationships with friends, loved ones, money, work and most importantly the relationship we have with ourselves.

- Sort Your Life Out will teach you how to break the old habits that are holding you back.
- Sort Your Life Out will put you in charge of your feelings, instead of letting them be in charge of you.
- Sort Your Life Out will give you the confidence and insight to create changes that last.
- Sort Your Life Out is all about creating the life you really want.

Do I need it?

Have you ever asked yourself "why do I behave the way I do?", "why am I the way I am", "why do I have bad habits?", "why do I get myself in a mess"

The simple answer is: because you are human. When you and I were born we were free of all this rubbish, But not for long. As we grew up we started to learn

from the people around us. We watched how our parents, family, friends and teachers behaved and we mimicked what they did, because we didn't know any better.

There's nothing wrong with that. Humans have been behaving like this since the beginning of time. Mimicking other people is how we learn, but along the way we can pick up unhelpful habits along with the useful ones. "If you've always do what you've always done, then you'll always get what you've always got."?. This is because our brains don't know what's right or wrong. They just carry on in the way in which they were first conditioned. Sort Your Life Out will show you how to break the bad habits and how to learn new, much more effective ways of behaving.

Everything that is happening at this moment is a result of the choices you've made in the past.

Deepak Chopra

Body image

The focus of this article is to look at the relationship with our bodies. At this time of year we are still trying to stick to our new years resolutions and maintain our enthusiasm for our health and fitness regime. What drives us is the sight of our naked form as we catch glimpse of ourselves in the bathroom mirror. What do you see when you look in the mirror?

Do you like what you see? Why not?

How you look at yourself has a dramatic effect on your life. What do you say to yourself when you look in the mirror? My guess is that you focus on what you

do not like, and the overall effect is that you are not happy with what you see. If you don't like your body, it weakens your self-concept. It makes you feel inadequate, and not worthwhile. Perhaps it is not worth bothering to lose weight after all?

Being able to help yourself lose weight is not about being positive or negative in your way of thinking; it is about being yourself. There is nothing wrong with being imperfect; that is part of what it means to be a human being.

What lies behind us and what lies before us are tiny matters, compared to what lies within us.

Ralph Waldo Emerson

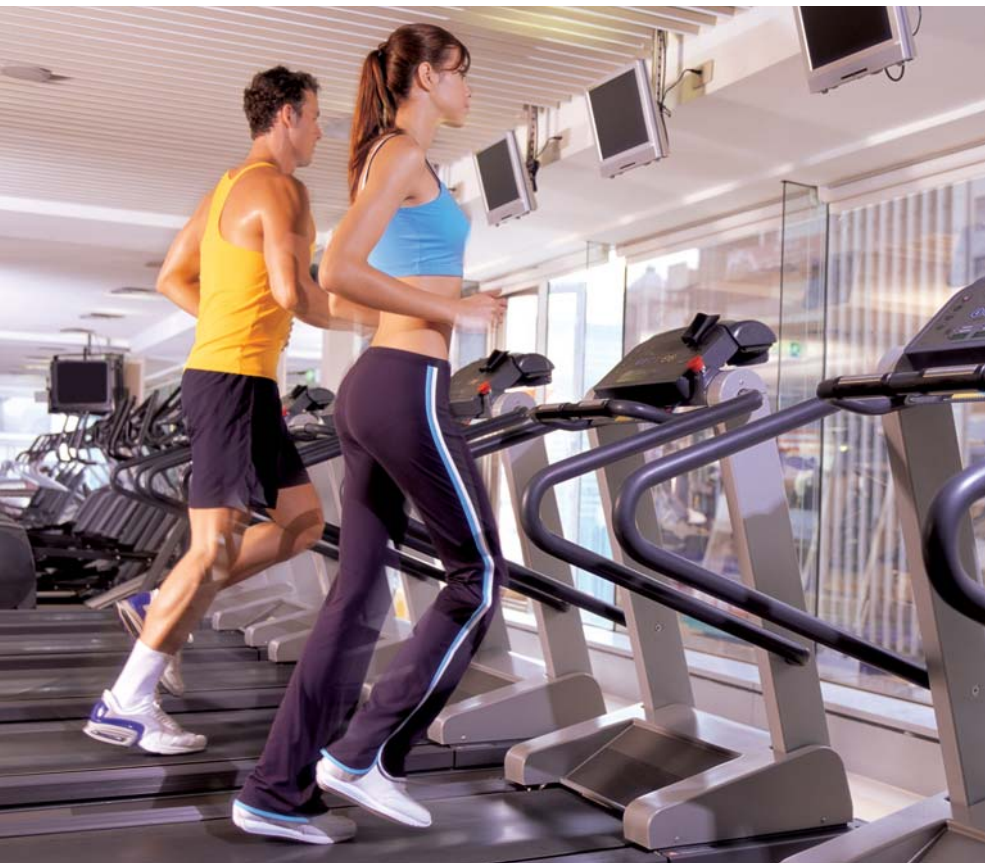
One of many surveys on the subject revealed in 2005 that nine out of ten British teenage girls are unhappy with their body. Almost all of those who disliked their physique said they thought their own mother had an insecure body image. Among adult women in a similar survey during the same year only one in 50 were said to be content with their body shape, and more than a third would give anything to be a size eight or ten. In 2003 a survey showed that men are increasingly less content with their bodies, with growing numbers admitting to thinking about plastic surgery. Many people ignore the fact that the idealized body images that surround them are just that idealized. They are in the large unattainable for most of us, however this does not prevent us from our relentless pursuit of attaining the elusive perfect figure. This pursuit proves fruitless and can leave the individual chronically dissatisfied with their appearance. Which in turn can lead to poor self-esteem and a lack of confidence?

Stand back for a moment and gain a realistic perspective. You are not alone! The vast majority of people don't have and won't ever have these perfect bodies either.

Having a negative body image can get to the very core of your self-esteem, which in simple terms means if you don't like your body, you won't like yourself. If you don't like yourself, you will feel inadequate at making lifestyle changes to control your weight or change your appearance. In short you will believe that you're simply not worth making the effort for.

Your body image relies on how you think and feel about your body. If you think





confidence and diminish your negative attitude to your body. Nourishing yourself from the inside out will allow you to not only feel better, but you will feel good about yourself as you are making a wise long term investment towards your health and ultimate happiness

You know what you want to do, you know how to go about getting it, you know what might happen along the way, and what to do if things do not go quite as you want them to. You know that to change means doing things differently and that, at first, this might feel different and unnatural. You know also how much you want to do this. So do it! Where possible gain the support of loved ones or other friendship groups, and in the mean time attempt the task below

- List four things you like about your personality.
- List four things a close friend might say they like about your appearance.
- List four positive things about your body, any part of it.
- Think how you respond when someone pays you a compliment. Do you just brush it aside? Practice accepting it and thanking them. **UF**

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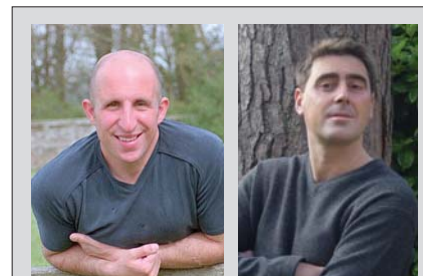
and feel that it's awful you will feel negative about it. Try asking a friend how they view your body, you will find their answer would probably be very different from yours. And, while not always easy, it is possible to change how you view yourself, too

Accepting your body will make you feel better about yourself and what you are capable of accomplishing. If you are judging your body based on what you see in the media or with your friends, you are setting yourself up for failure. But if you can start to make the most of this body you've got, things will start to change. Recognize your attributes and make the most of them rather than dwelling on imperfections. The quality of our lives comes down to how well we communicate with ourselves. Many of us don't do this very well. We beat ourselves up, put ourselves down, and convince ourselves we are no good.

Changing your attitude will change your life, you hold the key, your attitude towards yourself makes a big difference.

Nourish the inside out

Let's just consider your motor car for a moment, if you were to spend the next year investing your time and money on how your car looked, never checking under the bonnet, not going for a service, or having an MOT. What do you think would happen? Suppose you continued with this process for a couple of years? You may have curb appeal, but you won't go far in the long run. Apply this principle to your life and your body. When considering an exercise regime or a change in eating habits, contemplate what benefits it will have on all your internal organs, how healthy will they feel? How will they help you in the long run? Perhaps investing time in reading and studying will help boost your



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