Throw Your Scale Away!

Reclaiming the True Meaning of Health & Fitness

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The plan for today…

Discussion…

- Why are we struggling so much?
- The problems we’ve created
- Possible solutions

My #1 goal is to make you think!

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Why is this important?

• Life expectancy has increased but so has illness/disease

• 59% of adult Canadians are either overweight or obese (up to 70% by 2040 - Stats Can)

• ‘Unhappiness epidemic’ - too many people are miserable for no good reason

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Why is this important?

- Despite our best efforts, the health crisis is not getting any better…

- There are more resources than ever but problems persist

- Perception of health & fitness seems to have gone askew
Body image is something I’ve struggled with forever…

My story…

Sadly, I realized I wasn’t alone…

I want this to change.

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Problem 1: We Measure Too Much!

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Exercise

Think of at least one basic thing you measure (on yourself or your clients) on a regular basis to assess health.

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Weight

- Doesn’t measure body composition
- Effects of exercise
- Recommended weight loss guidelines
- Daily fluctuations

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BODY MASS INDEX (BMI)

- Outdated
- Misleading
- Fat vs muscle
- Weak correlation to disease
BODY COMPOSITION

• Hard to measure accurately
• Not all fat is bad!

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Caloric Input

Accurate calorie counting = virtually impossible

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CALORIC OUTPUT

- Tracking devices
- Apps
- Cardio machines

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BODY SIZE

• Measurements
• Clothing size

Is smaller always better?

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In a nutshell...

We seem to be conditioned to look at numbers to determine our successes and failures.

‘What gets measured gets treasured’... but is this true? Is this healthy or productive? What could we measure instead?

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Problem 2: Unrealistic Expectations

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Think of at least one area in which client expectations may be out of line with reality…
COMMON ISSUES

- Thinness = happiness
- Quick fixes
- ‘Supermodel complex’
- ‘If only’ syndrome
- Comparing to others
- Social media influence

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Tony Chestnut

Tony Chestnut, knows I love you
Tony knows, Tony knows
Tony knows I love you
Tony knows, Tony knows

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Problem 3:

Over measuring + Unrealistic expectations = negative impact on how we feel and act

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NEGATIVE FEELINGS

- Feel inferior
- Feel like a failure
- Elusive search for happiness
- Anxiety/depression
- Don’t notice improvements

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NEGATIVE ACTIONS

- Buy into quick fixes (diet fads, gimmicks, and exercise crazes)
- Exercise becomes punishment
- Food becomes the enemy
- Obsessive behaviours
Think of an example where you or a client has fallen into this trap. What was the end result?
WHAT TO DO???

Take Action!

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• Tune in to your body…
focus on how you feel!
(rather than how you look)
Solutions

• Healthy expectations… use numbers wisely

Compare yourself to yourself!

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• Move every day

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Kate’s Stretch Routine

- Gas pedals
- Ankle Rotations
- Toe Reaches
- Hip Hop Abs
- Chair Swivel
- Prayer Presses
- Shoulder Rotation
- Seated Sleeper
- Tree Hugger
- Set your posture

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SOLUTIONS

• Balanced diet…

Try the 80/20 Rule

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SOLUTIONS

• Find intrinsic motivation

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SOLUTIONS

• Get adequate rest

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SOLUTIONS

• Goals…ONE at a time!
• Think long term… build small, sustainable habits
• Consider process goals vs outcome goals

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Solutions

• Don’t be fooled…

avoid quick fixes, celebrity diets, gimmicks etc…

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SOLUTIONS

• Acceptance…

you are human

and we are all different…

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SOLUTIONS

Make it fun!

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Think of 3 things that you will consider doing differently as a result of today…

Pick one and go for it!

Exercise

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Let’s stay connected!

Facebook - SUREFIRE FITNESS
Twitter - @surefirefitness
Instagram - surefirefitness

Web - surefirefitness.ca
Email - kate@surefirefitness.ca

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Summary

- Measure mindfully
- Have healthy expectations
- Enjoy life!

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Feedback

Your feedback is important to help us all learn and grow…

What did you like about today?
What could have been better for you today?
What’s your #1 take-away?
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