

Find Ways to Enjoy Exercise

You know you want to get more exercise, but making it something you can look forward to and enjoy doing is the key. Here are a few ways to make exercise more exciting:

- Join up. Go with the fun crowd to play tennis, soccer, basketball, and bowling. When you're with people you enjoy, you'll make time for the activity even if you're not good at it.
- Get outside. Hiking in beautiful surroundings, swimming, biking, or skiing in winter can make you physically and mentally healthier.

And you'll burn more calories. Studies at Utah State University



show that people hiking outdoors burn more calories than people using a treadmill.

- Walk to the music. Going with the beat is great whether you walk outside or on a treadmill. At East Carolina University in Greenville, N.C., doctors found that men listening to the tunes of their choice upped their speeds and burned more calories but didn't even realize they were working harder.
- Get an instructor. Find one at a local health club who cares about you, your program, and your measurements. Instead of focusing on body shape, focus on training and health improvement.

The Power of Your Thoughts

Why is it that so many people exercise and diet year after year but remain overweight and lacking in muscle definition? They go through the motions, thinking that health, strength, and fitness success is merely the combination of the right exercises and foods. Although that's definitely part of the route to success, the truth is that you can't get the results you want, much less stick with the right exercises and nutrition program, unless you begin with the goal clearly defined in your mind.

The whole key to making miracles happen in your life, whether in your fitness, your career, or your marriage, begins the exact same way – with your intentions. This is the power within you that makes any of it work. First, you establish order through mentally picturing what you want to achieve. Then, you add power, life, vitality, radiance, and passion to the mental image by breathing life into it.

People become what they think about with deep, vivid emotion. To merely think a thought doesn't give it transformative power. But to think a thought backed by an abundance of passion, enthusiasm, and positive, life-affirming emotion puts it into the realm of the extraordinary. And when that happens, it's "look out world," because here you come.

This is the way of the transformed life. You, and you alone, determine what you want in life – and you alone, with faith, courage, and perseverance, will make up your mind that nothing can prevent you from reaching your goal. You're going to get it! And you're going to win. Guaranteed.

Resolve to stop thinking negative thoughts such as "I can't. There's too much for me to overcome." Start saying "I can! I will! Nobody will stop me!" Each day is a new day and a new start, so make yours happen positively.

Refocus your life priorities and make fitness a dynamic part of it. Then, put your heart and soul into your workouts, and you can achieve goals that are beyond your wildest dreams. Without it, you can achieve very little.



Product Review

60 Day Personal Power, Health & Fitness Journal and The Trinity of Health and Fitness DVD set

By John E. Peterson & Wendie Pett

Are you looking for a way to maximize your strength and fitness, but also sculpt your body to perfection? John Peterson and Wendie Pett's Transformetric Training System may be just right for you.

Their *60 Day Personal Power Health & Fitness Journal* is a simple, practical, step-by-step guide to help you discover the energy, health, and fitness your body holds.

The *Trinity of Health and Fitness DVD set* includes two DVDs – for men and for women – that offer a complete overview of the Transformetrics Training System with easy-to-follow, step-by-step instructions on exercises you can do in your own home or on the road.

For more information, visit www.bronzebowpublishing.com.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*. He created the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on John Peterson and Transformetrics, visit www.bronzebowpublishing.com or call 1-866-724-8200.