

New Year Resolutions. Step two! Be gentle.

Now that we have organized our “outside” ([see my previous article](#)), let’s focus on the “inside”! As human beings, we are made of 4 parts: our body, our heart, our mind, and our spirit. Think of your body as your vessel for this life time, holding and carrying your heart, mind, and spirit. It takes you to work, shop, play, let’s you rest, all while performing countless survival actions (breathing, blood and oxygen flowing, etc). Your body never stops. So let’s talk about how important it is to take care of that vessel before we talk about improving our other elements.

Think about your body as a cardboard moving box (yes, just bear with me...). If you moved and packed your boxes, would you put your most valuable belongings into an old, weak, damp cardboard box? Of course not! You’d want to find a nice and sturdy one that would safely carry your treasures around... And if you take good care of that box, if you handle it with care, keep it dry, don’t overload it, you will be able to use it over and over (and over) again... You get the idea...

Hence, **be gentle with your box!** I invite you to take a few minutes, to relax and contemplate your body. Be grateful about all it accomplishes every day, about the parts of it that you like (there have to be some...), its healthy elements. Be aware of any tension you feel, try to relax and gently stretch those areas. Start with your feet, and move up.

If you made a New Year Resolution list, take a look at it. Study it, add to it, and make changes. Are they SMART goals (specific, measurable, attainable, realistic and timely)? Do you REALLY NEED to lose 30 pounds, exercise 6 times a week, cut out ALL sweets at once? **Be gentle...**

Lose your weight slowly (studies show that the more slowly you lose it, the more prone you are to keep it off); don’t skip meals or starve yourself, your body will remember it and make sure it stocks more fat next time you eat (instead, eat 4-5 small meals a day); get back to basics: lots of fruits, veggies, chicken and fish, made from scratch meals (processed food is packed with fat, sugar and salt)... did I mention WATER?; reduce your “vice foods” instead of quitting (a little like weaning yourself); don’t beat yourself up when you relapse: renew your commitment, hire an accountability partner, and make sure you reward yourself after each small success.

Be active! Exercise is great for weight control, keeping your bones strong, have more energy. But when you go overboard, you do not do your body any good... You get hurt, feel depleted, discouraged. Start slowly, work your way up, and most importantly, find an activity that you love. Remember, you don’t need to lift weights or hit the treadmill to work out... You can play tennis, do gardening, walk the dog, go dancing, play basketball with the kids, etc... Just do something every day.

Every cell in your body holds the vibration that you put into it. Think how you can be on a "diet of high vibrations" (food, people, situations, thoughts, etc). Surround yourself with positivity, and **gentleness!**

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