

The Process

“Trust the Process! Trust the Process!”

If you go to a 76ers basketball game these days, you hear that chant echo throughout the arena. “Trust the Process” was a line used by the former General Manager, Sam Hinkie, to describe how the organization was going to rebuild a winning franchise. The strategy involved releasing veterans, cutting salaries, and bringing in less than average players to acquire good draft picks. It was not a popular move but many people understood that it had to be done. So how does this pertain to health and fitness you wonder?

Just like the 76ers beginning a new and hopeful winning program, embarking on a new mission to achieve optimal health and wellness requires building from the ground up. The tearing down of the 76ers is equivalent to you deciding to change your life and the habits that may have led you to this point. Decisions like trying to eat nutrient dense foods (not healthy foods), joining a gym, hiring a trainer, and changing negative lifestyle habits to positive ones is the foundation of your future success. That is the beginning! Now, how do we move forward?

As you are reading this you either decided to hire a trainer at Fit This Way or just a fan/client of Fit This Way and now you might be wondering about this process I am talking about. The process in health and wellness is one that takes time. Don't lose your spirit quite yet! The biggest reason people fail to achieve their health and fitness goals is that they lose interest because the journey is too long and maybe the results aren't as fast as we hoped. We all went down that road right? Rome was not built in a day nor will your body be perfect in one day! It takes one day at a time with uncompromised focus and dedication. The “one-day-at-a-time” mantra is not the most popular route to take but it's the only one. What does that mean? It means putting your long-term goals aside (preferably on a piece of paper) and forgetting about them for now. Now, focus on Day 1 and Day 1 only. How will you make this a perfect day? What exercise will you do? What foods will you choose to eat? Should I walk on my lunch break or stare at my cellphone?

Make Day 2 better. Make Day 3 even better than that. You see where that is going?

Lastly, do not forget about science. Fat loss/muscle growth is a very detailed science that relies on a lot of factors. Many you control but many others you cannot control. It can take weeks to months for your body to adapt and become a metabolic fat burning machine. After all, you may be reversing months or years of damage already done. Once your body becomes this machine it will snowball into greater results that will not stop. This process is never-ending and that is the good news. Be patient with this science. Just because you may not see the results right now it doesn't mean the work you are putting in isn't working. Here is the best part of this whole process: If it took you 10, 20, or 30 years to gain weight it could possibly take months to a handful of years to reverse that damage but also come out of it stronger, leaner, and healthier than ever. Trust yourself. Trust your trainer or coach. Trust the Process!

My next article will focus on this perfect day and ways to establish a perfect day habit.

