

**HOPE, DREAM BIG, LIVE PASSIONATLY, WONDER,
TAKE TIME, CREATE, BELIEVE**

Create a great day!

Can You Change in a Single Moment?

Change is a curious thing. In most areas of life you dread it, yet in others you pine for it.

You're told that change is hard, that it takes time. You're also told that change is the most consistent thing that you'll encounter. You wonder how to make lasting changes that will improve your life.

I'm here to argue that change can happen in an instant.

I know this goes against mainstream belief. Most people believe that change has to be worked at for months or even years. We expect to try and fail numerous times before we ultimately give up or succeed.

Think about it-how many people do you know who struggle with their weight? They want to make a healthy change by getting in shape, but the change never seems to take hold.

Is there something in your life that you want to change? Do you have weight to lose? Do you have high blood pressure? Do you have a pair of pants that you wish you could fit into?

What is preventing you from making a positive change in your life?

According to professional speaker and author, Anthony Robbins, it's the getting ready to change that takes times. In the end there's an instant when the change occurs. Robbins goes on to outline three specific beliefs that you must have in order to instantly create a lasting change.

Belief #1: Something must change.

Do you kind of want to get into shape or do you absolutely have to lose the weight? Does dropping a few pounds sound nice or is living another day in your current body simply out of the question? In order to make a lasting change you must be convinced that the time is right.

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Ian McGriff

Results Fitness Training

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812-342-4495

Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M.

Belief #2: I must change it.

It is vital that you take full responsibility in making the change. Sure, others may assist you, but in the end you are the one who is going to make it happen. You have to want this change enough to make it your personal mission- no one else will do it for you.

Belief #3: I can change it.

Don't let past failures get in your way. The truth is that you can do amazing things when you put your mind to it. Believe that you are capable of losing weight or making any other positive change in your life.

Why do most people fail to make lasting change? They leave it up to willpower. This works for awhile, but you'll always revert back to what's comfortable. The solution?

Change what you're comfortable with.

You've probably heard that humans are motivated by two things: 1) to avoid pain and 2) to gain pleasure. When you want to change a behavior pattern the key is to associate pain with the behavior that you don't want and pleasure with the behavior that you do want.

You know that you want to lose weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night. Think about all of the negative things about being overweight and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise.

You are capable of making a big change in your life. Start by contacting me for your no obligation fitness consultation.

Remember, change can happen in an instant.

Smart Shopping

Never go grocery shopping on an empty stomach. If you do, you will end up with a cart full of bad decisions and regrets! Instead, make a list of healthy foods to buy and go after a sensible meal. Avoid the chips/candy aisle and stick to the outskirts of the store where fresh food such as produce, dairy and meats are displayed.

rush of energy after completing an early 6:15 A.M session. I never thought cross training could be so "fun". Jennifer Szyrchak , Asheville, NC

See Results Quotes

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

Defy gravity!

KOKORO

Kokoro is a Japanese phrase that was adapted by the U.S. Navy Seals as a tool to unite the group and inspire the individual. Translated Kokoro means "FAST AS THE WIND, QUIET AS THE FOREST, AGGRESSIVE AS FIRE, AND IMMOVABLE AS A MOUNTAIN." Think about this phrase and try to incorporate ways that you can take on these characteristics with your own life.

See Results Links

[Runner's World](#)

[Yahoo Health News](#)

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

Springtime Shrimp Salad



Here's what you need...

For the Dressing

- 1 Tablespoon grated orange peel
- 1/3 cup orange juice
- 1 tablespoon sugar
- 2 tablespoons oil
- 2 teaspoons Dijon mustard

For the Salad

- 1 lb fresh asparagus, trimmed, cut into 2-inch pieces
 - 8 cups torn Boston lettuce
 - 3 Oranges
 - 1 lb fresh or frozen shelled deveined cooked shrimp, thawed
1. In a small bowl combine all of the dressing ingredients; beat with a wire whisk until well blended. Set aside.
 2. In large nonstick skillet, bring 1/2 cup water to a boil. Add asparagus and return to boil. Reduce heat; cover and cook 5 to 6 minutes or until tender.
 3. Meanwhile, arrange lettuce on 4 individual salad plates. Peel oranges and halve lengthwise; cut crosswise into 1/4-inch-thick slices.
 4. Drain asparagus. Rinse with cold water; drain well. Arrange asparagus, orange slices and shrimp over lettuce. Drizzle salads with dressing.

Nutritional Analysis: One serving equals: 290 calories, 9g fat, 24g carbohydrate, 6g fiber, and 29g protein.

Motivate your friends, family and co-workers! Use the "refer a friend" link below to forward this newsletter.

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Email: mcgriffi@gmail.com

Phone: 812-342-4495

Web: <http://www.columbusfitnessclub.com/index.html>