

[IMAGE]

Pay It Forward

By Emily Duval Ledger

As with most goals in your life, the best way to get what you want is to give it. If money is what you seek, donate to a charity you believe in; if you want more love in your life, start giving more of it; if you want to look and feel healthier, perhaps the answer lies in what you can do for those around you.

This week, take the focus off of yourself. If your goal is to eat better, try a new-to-you healthy recipe and cook it for someone. Seek fresh, organic ingredients and be careful to not overcook, as that can rob your food of its nutrients. If your goal is to increase your muscle tone, show/tell someone you know how to do some of the exercises you have learned, paying close attention to details. You'll figure out quickly what you know and what you have yet to learn, improving your own exercise performance in the future. If your goal is to get more cardiovascular exercise, give your dog an extra long walk or volunteer to do yard work for an elderly neighbor.

By shifting your focus away from yourself, it will be easier to look at your goals objectively, and find new ways to achieve them. Plus, a little good karma never hurts.

Emily Duval Ledger is a certified personal trainer through the American Council on Exercise (ACE) and is the owner and lead trainer of Recreation Fitness in Long Beach, CA. In 2012, she and her team were chosen to be off-camera trainers for the ABC-TV series "The Revolution", and their clients were among the most successful participants. More about her recess-based, functional approach to fitness at www.RecreationFitness.com.

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