

Downloadable Cheat sheet

Hi!

Louise is my name and wellbeing is my game! I'm Louise Thompson, Life Coach, Author and Wellbeing Columnist for the New Zealand Herald. I love to work with smart, busy women (and some very smart and forward thinking men!) and rewrite patterns of thought and action that sabotage their success or happiness. The aim of this cheat sheet is to help you make some swift perspective shifts on what's been holding you back or kept you stuck on the area of exercise – such a tricky area for most!

You are signed up for my free mini-course that's starting real soon to get your mind and body in shape for summer -it's called "**"Jumpstart Your Jandals – your healthiest + happiest summer ever!"**" and it's going to deliver you some very powerful tools over a 14 - day period. Please get the most out of it by ensuring you do the daily challenges I set you in our secret Facebook group (a link to join will be in your course welcome email) - it really is the application of what you learn that makes the difference. Nothing will

take you more than a few minutes but added together will take you forward in ways you can't even imagine. It won't be the usual "eat less, move more, drink more after blah blah blah" you are sick of hearing! We are all about breaking self-sabotaging patterns and setting you free from the diet treadmill. Bring it on!

You will also get my free weekly inspirational newsletter ~ **Wellbeing Wednesday** ~ into your inbox each week with insanely practical tips to live happy on purpose – please enjoy with my compliments.

This cheat sheet has been made with much love and thought, I do hope you enjoy! And I can't wait to work with you in the course. See you at the start of "**"Jumpstart Your Jandals!"**" - and get set for a great summer!



How are naturally fit people fit? How do they do it? It all starts with your mind set (NOT the latest fad diet, NOT the latest gym craze) – what you put in your MIND is way more powerful than what you put on your plate. **"Jumpstart Your Jandals: your healthiest + happiest summer ever"** is a free mini-course packed with life coaching tools and tricks to transform your healthy habits into ones that stick this summer.

Here is a little taster of some of the secrets we will be diving into in the course!

Enjoy!



6 Things Naturally Fit People Do Differently

FROM MY NEW ZEALAND HERALD COLUMN

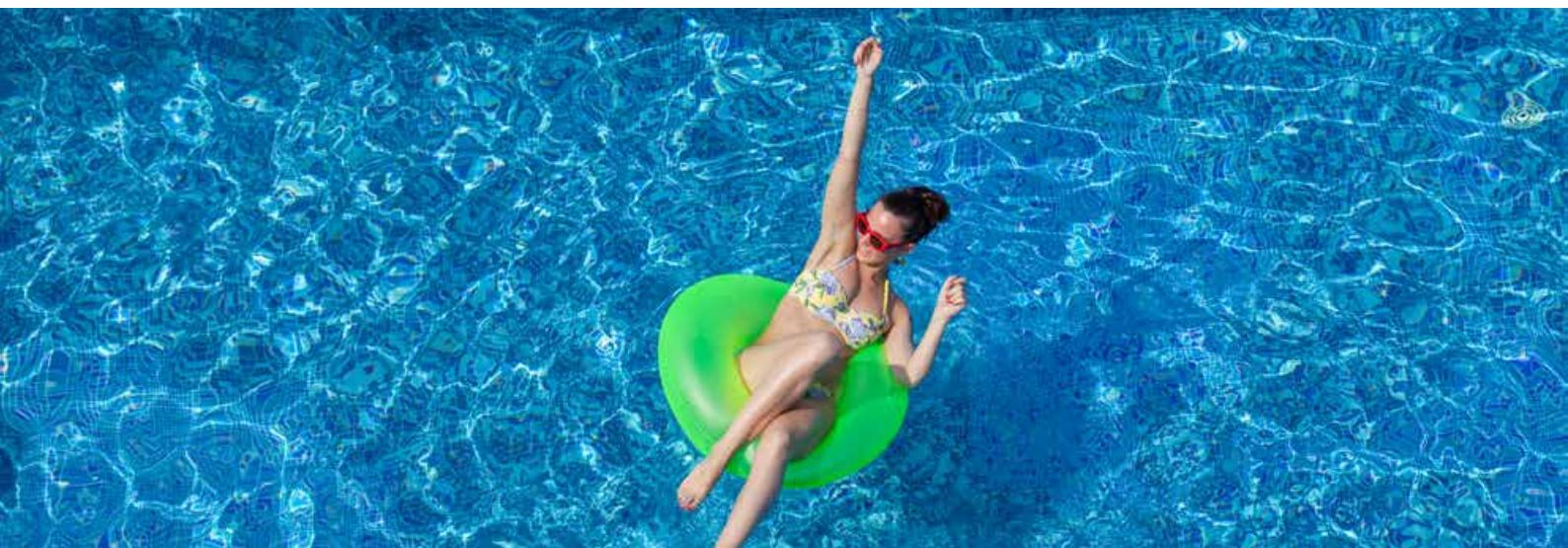
I have become a "naturally fit person". After eight years of illness and injury and the work of some amazing physios, surgeons, trainers and various other health professionals, I am lucky enough to be feeling and looking fit and strong. It's something I give heartfelt thanks for every day. It's been a long, hard road back to fitness for me and I have learned a lot along the way.

Namely this: naturally fit people do it differently. You know the sort of people I am talking about. The people we love to hate but also secretly want to be. I'd always found them unbearably smug "I just have to exercise before work otherwise I can't start my day right!" They trill

as they hop out of bed at 5am to cycle 60km before work. "They are not real people" I would mutter from under the duvet nursing a low grade hangover. "No one WANTS to get out of bed and exercise at 5am." And yet they do. Again and again. What is it these naturally fit people know that the rest of us don't?

The road back to fitness for me has been hard and long - lots of forcing myself to rehab and really pushing myself to improve my fitness in various ways. It's been a whole heap of painful effort. Hard work. Until suddenly it wasn't. It became easy. Enjoyable! Can't miss a day. I love it.

IT SEEMS I'D DISCOVERED THE SECRETS THAT "NATURALLY FIT PEOPLE" ALREADY KNEW:



7



CHECK
BOX

THEY DO IT, AT LEAST IN PART, FOR THE FEELING OF DOING IT NOT JUST THE RESULT OF DOING IT

They run because they love to run - the feeling of feet rhythmically hitting the pavement, the wind in the hair, the camaraderie. They dance because they love to feel the music move their body, the way the beat feels and the thrill of executing something new. They like the feeling of strength and empowerment and, hell that noise, as they land a well-pitched right hook on the punching bag. Sure, they also like having toned abs, or a tight tush, or a personal best but it's not all about the result. It's about the pleasure and sensations inherent in the activity itself, not just what they get from it.

2



EXERCISE IS ABOUT MUCH MORE THAN WEIGHT LOSS

Exercise is about much more than weight loss I can tell you this as a fact from years of coaching women to ditch the diet drama and learn to arrive peacefully at their natural body weight through the principles of intuitive eating. If the only reason you are exercising is to lose weight, eventually you will fall off the exercise wagon. Driving yourself with a negative and punishing your body will never result in an easy and effortless exercise habit. In my experience it is simply not enough.

3



THEY LIKE THEIR BODY - OR AT LEAST THEY RESPECT IT FOR WHAT IT CAN DO

They like their body - or at least they respect it for what it can do Hating your body and punishing it with exercise makes every workout hard. What naturally fit people have is a healthy respect or love for their body. They know it's not perfect, but they respect its needs enough that it's their job to take care of it and they know the better they do that, the better the partnership. They accept its limitations and work to them, with them and around them. They talk positively about their body, about what they DO like about it, not what they don't.

4



NATURALLY FIT PEOPLE TALK ABOUT EXERCISE LIKE IT'S A SUPPORTIVE FRIEND

Naturally fit people talk about exercise like it's a supportive friend "I love to walk/run/box/play tennis. It's my stress relief/it energises me/I always feel so much better after/I just love it." Naturally fit people love to "hang out" with and talk about exercise like it's a supportive friend. Language is so important and so reinforcing. Just changing up the way you speak about exercise in your life will start to transition you towards being a naturally fit person. There is not one naturally fit person on the planet that says "I hate exercise. It's boring and I never want to make time for it". That's a self-fulfilling prophecy of a naturally unfit person right there.

5

THEY FIT IT INTO THEIR DAY, NO MATTER WHAT

for a naturally fit person it's as obvious and non-negotiable as eating. I remember hearing a naturally fit friend saying to me in astonishment at her own tardiness (I was on crutches at the time so it was especially annoying), "I haven't exercised for Two. Whole. Days!" Apart from wanting to batter her with my crutches, what struck me was the way she said this with the sort of amazed disgust that you would expect from someone saying "I haven't cleaned my teeth for two whole days!" That's how natural exercising is for her. She makes it happen no matter what because it's a non-negotiable. She's recently had a baby, and is indeed one of those mums you see jogging with the pram. She is a naturally fit person because she equates exercising with the same obvious inclusion into her day as cleaning her teeth.

6

THEY WORK IT WITH THEIR BODY CLOCK AND THEIR SCHEDULE

in short they make it work. They work it around their responsibilities because not doing so would be as ridiculous as saying, "No, I didn't have time to eat at all this week because I am super-busy and important". They know what works for their responsibilities, lifestyle and body clock (if you are not an early bird then the 5am workout is always going to feel like torture - figure out a different plan). They don't ask themselves, "Can I find the time to exercise today?" They ask themselves "How and when can I make the time to exercise today." They make it work because it's absolutely non-negotiable. The question isn't even there about whether to include it or not, it's a How. How do I make it happen?

CAN'T WAIT TO SEE YOU INSIDE THE FREE COURSE -

Jumpstart Your Jandals - your healthiest + happiest summer ever!

Stand by your inbox for details!

louise  thompson

