

Sharing the Light - Inspire others

"Life is not a brief candle. It is a splendid torch that must be made to burn as brightly as possible before it is handed on to the next generation". George Bernard Shaw, Irish critic and Playwright

Since I began my career in fitness 30 years ago I have always been motivated to help people live healthier, fitter lives. Seeing the light in their eyes as they discover the benefits of exercise and proper nutrition has been my reward. I've had the opportunity over the years to meet many people who have changed their bodies and their lives by implementing simple tools into their everyday life thereby make permanent changes. When I speak to them about their journeys, they are excited and anxious to share what they have learned with those around them.

We can change the world. By living a well balanced, positive lifestyle we become whole and content, which reflects in everyday life and rubs off on those around us.

For those who are health conscious, not eating the foods you love and feeling deprived is not an issue. It is about balance, priorities and honoring who you are. You can still enjoy parties and dinners out, it's all about your choices. Moderation is the key but there is one very important component, without it failure is guaranteed. You need a plan of action. You need to be "present" not sleepwalking through life and ignoring your inner most desires.

Life is meant to be lived and you can choose at any time how to do that.

The first step is to sit quietly and listen to your thoughts and desires. If you do not know what you want then how can you go about getting it?

Make a list of what you want.,how do you want to feel and how you want to look? How do you see yourself in 1 year, 5 years and 10 years?

Without a plan you are lost. Fail to plan, plan to fail!

Make an "image board". Place pictures of how you want to look, what you want to have. Cut out pictures from magazines. What kind of house do you want to live in? What kind of relationships so you want to have? Where do you want to travel? What kind of car do you want to drive? How do you want to look?

This tool is very powerful, look at it everyday and imagine it already happening. If you live "as if" then you can make it reality.

I had a vision for my life and made it happen. Now, working with kids and inspiring them has become a reality and it's amazing. If we motivate and enlighten the young then they can carry it forward.

Today your goal is to listen to yourself. Write down what you really want and create your image board so it can become your reality.

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