

Cathy Morenzie

**12 SECRET  
FITNESS TIPS**

**You *NEED* to Know**

**WORKBOOK**

## PUTTING IT ALL TOGETHER

So, what's next? If you're anything like me, you read through this book—read some parts more than once and skipped a few parts that weren't relevant to you—and at this point you're asking yourself, "Now what?"

Here's the part where most of us get tripped up. We get pumped and inspired, we make all kinds of promises to ourselves, then we get overwhelmed with how big the task is and end up doing nothing. Not this time. Let it be different this time.

If you stick with me over the next twelve days, you will have a workable plan to finally reach and stick to your health and fitness goals.

### **Ready? Let's Go!**

Remember the questions you asked yourself at the beginning of this book? Ask yourself these questions again. If you can answer "Yes" to at least three of them, then let's get going.

1. Are you willing to invest money in your health?
2. Are you willing to pay the price? (i.e. waking up earlier, staying up later, cutting down on certain kinds of foods)
3. Are you willing to change the way you think?
4. Can you be honest with yourself?
5. Are you willing to trust the process, regardless of what it looks like and how long it takes?

## SECRET #1 – BECOME A GOAL-GETTER

*"Goal-setters just keep setting goals; but goal-getters keep striving until they achieve them."*

Exercise 1: Using the outline provided in Secret #1, complete your goal setting worksheet.

### SMART GOALS

S	<b>Specific:</b> What exactly do you want to achieve? Examples :Decrease my body fat to 25%, lose 30 pounds, run a 10km race, gain 10 pounds of muscle
M	<b>Measurable:</b> How are you going to measure your success? Examples: Improvement in distance walked or jogged, improvement in repetitions of an exercise, decreased waist measurement, decreased body fat, increased muscle mass, decreased number on the scale
A	<b>Attainable:</b> Can I see myself achieving this goal?
R	<b>Realistic:</b> Is the goal too difficult to reach? Too Easy?
T	<b>Time-constrained:</b> What is the date that I expect to achieve my goal?

## SECRET #2 — GO DEEPER

*“Until you understand why you do what you do, you will remain stuck.”*

Exercise 2: In the past, what caused you to start and stop your fitness program?  
What excuses did you give yourself?

---

---

---

---

---

---

---

---

What are some of the emotions you usually experience before eating something that you usually experience before eating something that you know you shouldn't eat? ( It is loneliness, anger, frustration, boredom, happiness?)

---

---

---

---

---

---

---

---



## SECRET #4 — LEARN TO LET GO

*"We must learn to let go of the very thing we think we need to hold on to."*

Exercise 4- What is the fitness goal that you've been trying to attain for most of your life?

---

---

---

---

---

---

---

---

---

---

Refer to the list of things to let go of. How many of these items do you need to let go of. Write them out.

---

---

---

---

---

---

---

---

---

---

*Through prayer or guided meditation, repeat throughout the day as often as you can remember, **"I release my need to be stuck."***

## What You May Need to Let Go Of

- 1. Let go of your belief that exercise should be intense and gruelling.**  
Excessive, high intensity workouts will only increase your stress levels as your body will perceive it as another stressor. Walking can be just as beneficial as running, if that's what your body needs. Include some stretching and yoga classes along with your weight-training and other high intensity routines.
- 2. Let go of your cookie-cutter fitness routines and listen to your body.**  
Are your muscles always sore, tight, and tense after your workouts? Those are all signs that your muscles are under chronic stress and that the last thing they need is more weight training. Be sure to exercise hard on the days your body is craving it, and go easy when it is feeling tight and tense. Eat when your body is hungry, which may or may not be on a set schedule. Sleep when you are tired. Pay attention to the physical symptoms your body may be giving you.
- 3. Let go of your unrealistic expectations of what your exercise program should look like.** Setting unrealistic weight loss or strength goals will only increase your stress levels. Use the S.M.A.R.T. goal setting principles in Secret #1 to help you set realistic expectations around your goals.
- 4. Let go of your "shoulda," "coulda," "woulda."** Are you exercising because you have to, ought to, supposed to, or because you choose to improve the quality and possibly the quantity of your life? Forcing yourself to exercise will make you resent it. Spend some time and examine your motivation for exercising.
- 5. Let go of the all-or-nothing thinking.** If you miss a workout, don't get down on yourself; realize that it's only natural. Pick yourself up, dust yourself off, and keep going. You should start to notice changes from exercise in a few weeks, so don't get discouraged.

- 6. Let go of the guilt, shame, and disappointment.** Did you know that research has been able to measure the effect that your feelings have on your overall level of health? Research in clinical kinesiological muscle testing has been able to calibrate a range of human consciousness in all areas of human experience on a scale that ranges from 1–1000. Based on this research, feelings of guilt, shame, and disappointment resonate between 20 and 40 on the scale. The research goes on to say that all levels below 200 are destructive to life and well-being. It's clear that you really do become what you think about.
- 7. Let go of your fear or belief that what you're doing will not work.** Many people get discouraged because they don't think they are ever going to see results. These same people often believe that no matter what they do, they will never reach their health goals. They overeat because they are afraid that they will get too hungry, or they don't eat because they don't want to get fat. Letting go means trusting that you are wonderfully and divinely made and your body will tell you what it needs. Letting go means that you're not feeling anxious about whether or not you will achieve your goals. You know you will and you will simply get in line with the program.
- 8. Let go of your wounding words and thoughts.** Are you conscious of what you think about? Are much of your thoughts negative and self-deprecating? Popular psychology teaches that your thoughts become your words, which become your actions, which, done consistently, become your habits. Your habits are what make up your life. Unhealthy thoughts result in an unhealthy life. Therefore, be careful how you talk about yourself, your body, and your ability to reach your health goals. What you think and say will have a significant impact on your success.
- 9. Let go by taking a deep breath.** During your workouts, focus on your breathing. Take deep breaths, breathing in through your nose and out through your mouth. Breathing this way will help to calm you. As you exhale, think of completely emptying your lungs. Let your breathing be soothing and nurturing, even during intense exercise. Deep breathing is the



most practical and one of the most effective ways to literally let go of what you're unnecessarily holding on to.

**10. Let go of your need to stay where you are.** There is a reason why you're stuck. You've been here so long that you've created an emotional attachment to this feeling that just you can't shake. This feeling is deep rooted and so some work will be required for you to move from where you are. Understand that where you are now has been comfortable and safe, and has provided you with some kind of payoff. But now you're finally ready to move forward from this place. I suspect that's why you're reading this particular book at this particular time. Start right now by telling yourself that you release the need to be stuck. The reason you remained stuck no longer serves you, so it's time to move on. Repeat this affirmation as often as you need to over the next week.

## SECRET # 5 — MAXIMIZE YOUR ENERGY, NOT YOUR EFFORTS

*“What fills your energy tank? Learn what energizes you and you will have boundless energy.”*

*Exercise 5-* Make a list of some of the activities you do each day that zap your energy (e.g. drinking coffee, sitting all day, eating junk food, working long hours)

---

---

---

---

---

---

---

---

---

---

Now make a list of the items that fill your tank ( e.g. exercising, drinking water)  
How can you increase more of these activities?

---

---

---

---

---

---

---

---

---

---

## SECRET # 6 – TAKE BABY STEPS

*"Success is achieved bit by bit, day by day, step by step."*

Exercise 6: Refer to you list in day 5, what are some baby steps that you can take to begin replacing some of the things that zap your energy with some of the things that fill you tank.

---

---

---

---

---

---

---

---

## SECRET # 7 – KEEP IT SIMPLE

*"If it sounds too good to be true, it probably is."*

Exercise 7- What are some basic exercises that you can do anywhere and anytime that would not require any special equipment. (e.g. going for a walk or run, push ups, sit ups)

---

---

---

---

---

---

---

---

## SECRET #8 — SEE FITNESS AS A MATTER OF LIFE OR DEATH

*“Good health is for those who deserve it”*

Exercise 8: Make a list of some of the ways in which you can make health and fitness a bigger priority in your life. Refer to the list below.

---

---

---

---

---

---

---

---

### ***How to Make Exercise a Priority***

1. **Keep going back to your *why*.** If your why is not big enough, then you will continue to procrastinate, you will continue to feel anxiety when you think of exercise, and you will continue to make excuses for why you’re not able to do it.
2. **Do it first thing in the morning.** As your day progresses, it will become increasingly difficult to carve out time in your day to exercise. I always suggest that you do it first to help you set the tone for the day, boost your metabolism, and get it off your to-do list quickly before unexpected things get in the way.
3. **Get a workout buddy.** Two heads are definitely better than one when it comes to exercising. On the days when you don’t feel like going to the gym, your partner will be right there to give you the little boost you need.

4. **Block off the time in your agenda.** Schedule your workouts in your agenda as you would any other appointment and see it as being just as important. You're not lying when you say you're in a meeting. It just happens to be with yourself. Covet the time like it's a life or death situation. You've got to see it as that important and, in some cases, it is.

5. **Break it up into chunks.** Over the years, I've noticed that clients tend to view fitness as this big monster that will overtake their schedules and their lives. Visions of hour-long workouts coupled with pre- and post-production dressing time can turn a simple workout into an ordeal.

One hour of exercise is 4% of your entire day, and you really don't even need to commit that much time if you're time crunched. If your schedule is really busy then break your exercise up into small chunks. Studies show that as little as seven minutes can be enough.<sup>1</sup>

6. **Do something every day.** Personally, I find it easier to do a little bit of exercise every day than to choose three or four days per week. This way it becomes as habitual as brushing my teeth or having a shower. It does not necessarily have to be physical exercise every day, you can simply look for opportunities to be active, make healthy choices, energize your body, and improve the quality of your life every single hour, minute, and second of the day.

I challenge you to look for opportunities in your home, at your job, with your family, and with your friends to make small steps towards improving the quality of your life. It really is a lifestyle choice. Like brushing your teeth and having a shower, your health should be made a priority in your everyday life.

7. **Immerse yourself.** It's easy to skip a workout if no one will know. It's so easy to forget to eat healthy when everyone around you is having burgers and fries for lunch. Design a creative list of ways to immerse yourself in the health and fitness world.

## SECRET #9 – UNDERSTAND YOUR UNIQUE BODY

*"Be uniquely you, everyone else is already taken."*

What types of exercises do you enjoy doing?

---

---

---

Do you have any injuries that you need to consider when exercising?

---

---

---

What is your body type? Are you an ectomorph, endomorph or mesomorph? Based on your body type, what kind of exercises should you be doing?

---

---

---

## SECRET #10 – FOLLOW A SYSTEM FOR SUCCESS

*"Success always leaves clues..."*

Print out one of the following behavioural checklists for each week.

Record three to five actions that you are going to take towards your success; you can use actions from the previous nine days. Some of them can be daily actions, such as drinking one glass of water per day, and some of them can be actions you will take two to three times per week, such as taking a fitness class.

	BEHAVIOR/ACTION	SUN	MON	TUE	WED	THU	FRI	SAT	ACHIEVED	GOAL	NET	
1												
2												
3												
4												
5												
									TOTAL			

## Secret #11 – Balance!

*"Too much of a good thing becomes a bad thing."*

Exercise 11: If you have a current exercise program, is it balanced? What do you need to add or take away to make it a more balanced program?

---

---

---

---

---

---

---

---

---

---

## SECRET #12 – SLEEP WELL

*"Early to bed, early to rise, makes a many healthy, wealthy, and wise"~ Benjamin Franklin*

Exercise 12: Do you get between seven to nine hours of sleep per night? If not, what are some action steps that you can take to improve your sleep?

---

---

---

---

---

---

---

---

---

---



---