

Do the Work!

Sure, sometimes it may seem like I'm bullying you in my workouts...yeah, just a bit! But that just means I'm helping you to create major results. And the truth is working out is hard to do — hey, even I have admitted before I don't love it! But the truth is it's the number one form of preventive medicine and dramatically affects your hormone balance. I want you sweating, stretching, and pushing yourself. Don't just give up and not do the work that gets you to the results you want.

Here is what one of my online team member says about creating a solution to get up to get her workouts done and NOT hitting the snooze button.

I totally hear you... it is hard hard hard. I fought it really hard too, I didn't want to get up, or I would set my alarm so I could hit snooze. Here was my solution: I bought the loudest alarm I could, a cheap-o £5 one that buzzes really really annoyingly. It's plugged in on the other side of the room. When it goes off, I have to get out of bed, walk across the room to shut it. No snooze, I go right to my bathroom and splash water on my face. Workout clothes right there, I look at them and think how happy I will be AFTER the workout. Fight the urge, don't look at the bed. Go into my living room and it's all set, my yoga mat is out, my weights are set out, I've just got to turn on the music and go.

I feel GREAT the whole rest of the day — a huge change in stress load, it's like I worked it all out of my body!