



# OLLI: DAILY

Your dose of wisdom & motivation

## SERIES 2

### Reset & Restart, Part 1 "Getting off the train"

I've found that a lot of people look at me, and others in the fitness industry, as leading this ridiculously healthy lifestyle that would never work for the "normal" person. Yes, there are certainly those select few fitness competitors that travel around the city accompanied by an oversized cooler, in which perfectly weighed and measured food is neatly packed. There are, however, many of us looking for a more balanced approach to living healthy.

As I've confessed that I face many of the same challenges as my clients, they've warmed up to me more, realizing, "oh, okay she IS human." **Even as a coach, life gets crazy and I fall off track.** I travel quiet a bit for my work managing a nonprofit and, like many business travelers, I end up on a train with nothing but snacks and soda available, or maybe some random bar or restaurant with a late night menu. Often times, if I don't prepare for my trips, a few days off track while traveling can snowball into a week or two off my game, even after I return. It's a slippery slope; once you start giving in to habits you've worked hard to keep in check, you feel like you have to go back to the start. Then you feel defeated, guilty, and probably employ the, "Well I already had (*fill in the blank*), so I might as well just (*fill in the blank*) and get back on track next week."

So, yes, I'll admit it: There are times when I may go a week without really training. I do indulge (usually on sweets). Sometimes I, too, get on a roll with self-defeat that I have to drag myself out of to get back to my healthy routine.

The questions remains, **what do you do when you don't need a total overhaul, but you're off your game and need a way back? It's time to reset & restart, folks.**

The first step (and the most important) is to **be kind to yourself.** Okay, so you had 2 whole chocolate bars or you gave in to pizza & beer. It happened, get over it. Wallowing in self-misery or "foodie's guilt" will do nothing but make the entire situation worse. **Stay away from negative self-talk** and don't let one slip up or indulgence fuel 10 more. Say to yourself, "Okay, I really enjoyed those 2 chocolate bars. That indulgence satisfied me enough, the buck stops here. Onward!" Eventually, you will learn to remain disciplined, but not beat yourself up when you simply want to indulge or enjoy something. Remember, with OLLI, it's all about **balance.**

The next step, after only fueling yourself with positive vibes, is to **"get off the train."** You've likely been on this ride before: "I had a cupcake yesterday...let me just try a little bite of this brownie...well I'll go running tomorrow, so I'll have this giant calzone for dinner..." You know exactly where this is going, right? So get off before it gets there. How? **Stop stringing together days and weeks as justification of the bad, or validation of the good. Reset & restart every single day.** It doesn't matter what you did or didn't do yesterday, or last week. What matters is what you do now, today, moving forward. All is never lost, start fresh each day and don't beat yourself up over anything!

ONE LIFE,  
LIVE INFINITELY.

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Once you master looking at each day as its own journey, you will see that your positive outlook will transition your weeks to being on point...then your months....working your way toward complete lifestyle balance. **Accept that everything in life will inevitably have ups & downs, ebbs & flows.** Resisting this will guarantee a hard-fought journey to nowhere. Understanding and embracing this will allow you to be more fluid, adaptive and find success more often.

Here are a few steps I often take when I know it's time to get off the train and reset:

- I recognize the urge for negative self-talk; then I let it go.
- I set some time aside to take a deep breath, step back and process why I got off track and what I personally need to support my efforts in discontinuing the negative habits, immediately.
- I make lists & check schedules.
  - Check my calendar to know what I'll be facing in my schedule
  - Since I have my calendar out, I schedule each of my training sessions for the week. Even if it's "foam rolling time," I block it off and set an alert.
  - Make a reset food list (2 columns, a YES column and a NO column)
  - Use this list to guide my grocery shopping for the week
  - Make organized "to-do" lists.
    - With work demands, personal demands, and other involvements, sometimes my head isn't on straight. Being mentally and emotionally free of stress is key to getting back on track.

If you still have one last, debilitating craving, figure out a way to handle it without going overboard. For example, I might know it's go time starting as soon as I wake up the next morning; letting myself indulge on the frozen yogurt or whatever treat is occupying my mind space, might be needed. The key is, **you cannot indulge while feeling guilty.** When I get that frozen yogurt, you better believe I'm going to enjoy it like it's the last time I'll ever eat it. This way, you feel fully satisfied, rather than yelling at yourself every time you take a bite and then throwing half of it out because of guilt. Remember, positivity breeds positivity...and the same goes for negativity. **Being in the right mindset** is half the battle here!

The bottom line here: It's important to set goals and remain disciplined in reaching them. If things don't go perfectly as planned, though, resist the temptation to self-sabotage. Hit your reset button, give yourself a boost of positivity, and take tactful steps in redirecting back towards where you're aiming to be. **We all face our own obstacles along the way, learning how to prepare for and process them will ultimately determine our success.**

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