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It's Been Ten Years!

Goodness me. It has been ten years since I started Fitbiz! Doesn't time fly!

In that time I've worked with clients, and I've learned quite a lot!

I've gone from the freshly qualified trainer who proudly walked out with her certificate thinking she knew everything, who quickly realised she knew pretty much nothing, to me today who knows a pretty good amount about posture and movement, exercise, nutrition and lifestyle. Not to mention how to convince a body to give up its precious fat stores!



I think I can summarise the key things I've learned in the last decade:

- If you can get the mind on board, you can do anything. This is easier said than done! If the brain wants to quit because the scales didn't move this week, it is incredibly difficult to keep yourself on track until you see the results a few days later.

- Scales are a nightmare. It's too easy to get hung up on them. Your weight is affected by much more than just what you ate. If you're dehydrated you could be 4lbs lighter than your 'real' weight, and if you took on loads of water yesterday, you could be 4lbs heavier! If you've done a hard workout, you might be inflamed (natural reaction!) which increases your weight. Perhaps you didn't sleep well, maybe your digestion hasn't moved as quickly as usual..... Don't give your mental health to the scales!

- Lifestyle is really important. We all think sleep, sunlight and stress are not all that important but getting these right will add to (or maybe even drive) your results more than you'd imagine!

- Being active overall adds a lot more to your results that you might expect. Not leaving things on the stairs to take up later, parking a bit further from the shops -

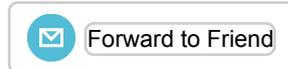
walking or cycling to the shops instead of driving - all make a bigger difference than you'd expect when it comes to getting fit, lean and healthy.

- Good nutrition might look totally different for two people. It might even look different for you in two different weeks!

- I still don't know anything. There's always new research and surprises, and I'm always tweaking my approach to ensure I give my clients the best of my knowledge and up to date information.

Until next time, enjoy staying healthy!

Best wishes,



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