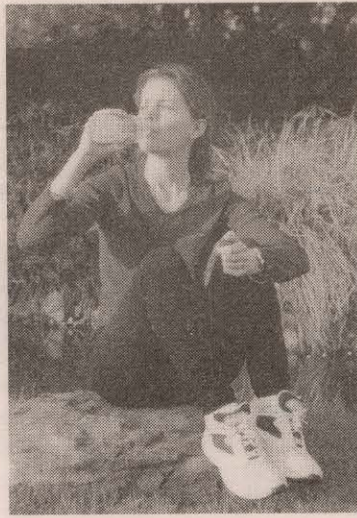




Think fit to be fit

BY KAREN DANNER

Do you find yourself making good fitness choices but still not experiencing the desired results? First off, fitness is a set of attributes that create a state of being. When the physical attributes of muscular strength and endurance, cardiovascular conditioning, flexibility and body composition are in optimal condition, your fitness state is optimal.



Making an improvement in any area of fitness improves your overall state of fitness. When looking to improve your fitness level, it is important to consider your beliefs and the Law of Attraction. Sometimes we sabotage our efforts to improve by holding on to beliefs that block our success.

Your personal belief system contributes a great deal to every area of your experience. If your personal belief system is less fit than you'd like it to be, this reflects on your physical experience, perhaps manifesting in decreased results from a new eating plan or training program. We attract into our experience the mental equivalent of what we visualize. The Law of Attraction states that what you hold in consciousness manifests in form. So any unsupportive or negative thoughts regarding your optimal goals can contradict your efforts.

Your thoughts create an energy that attracts a fitness experience similar in vibration to those thoughts. You may take actions to support improved fitness, but if your thoughts do not support the action, you will create a different (negative) experience. What this means is that your physical world reveals the place where you are living mentally.

Pay attention to your thoughts and beliefs. If you are not achieving your desired fitness results, you may need to work on your mind's fitness level, in addition to that of your body.

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