

Motivation, Tips and "Insider Secrets" For Your Best Body NOW...

It's a New Year!

How are things coming along? Going strong on your resolutions? If you're like most folks, you've probably set a few health and fitness goals for this year. And there's no better time than now because you have a clean slate and a chance to "get it right" this time around, especially for those who signed up for our holiday fitness packages. That's why today I want to share a little tip that will help you stay on track... increasing the chances that this year, you WILL achieve those resolutions, once and for all.

Yours For Health,
Tonya Tittle

Use THIS Instead of Willpower to Achieve Your Health and Fitness Goals

When it comes to actually achieving their health and fitness goals, most people will tell you that willpower is heavily involved. And while that may be true to an extent, there is another side to the weight-loss coin. Recent research suggests that in many cases, willpower isn't what's needed to stick to your body transformation goals... instead, it's the disruption of "mindless" habits.

Let me explain... Have you ever snacked in front of the television while watching your favorite show? If the answer is "yes," then it's likely that there have been times where you ate an entire bag of chips or popcorn (or whatever you like to snack on) without realizing you were even doing it. It's little habits like these that operate out of your conscious awareness that could be jeopardizing your ability to stick with the goals you've set.

Researchers at the University of Southern California decided to find out what disrupts mindless habits and what keeps them going. They invited participants to watch just fifteen minutes of movie previews while sitting in an actual movie theatre. Then, each participant was given a free bag of popcorn to eat. What the participants did NOT know is that the researchers randomly gave them one of two possible bags of popcorn:

1. A bag of fresh popcorn.
2. A bag of stale popcorn (a week old, actually).

After the movie previews, researchers measured the amount of popcorn the viewers ate. Those with a weak popcorn habit (meaning they don't normally eat popcorn while at the movies) ate significantly more fresh popcorn than stale.

But get this -

Those with a **STRONG** popcorn habit - ate the same amount, regardless of the bag they received (i.e. fresh or stale)! That means that the people with the "mindless" popcorn eating habit didn't even notice how stale the popcorn was. That's because the behavior is automatic and mostly unconscious. The researchers didn't stop there, however...

This time, they invited the same group of participants to a conference room where they were to watch movie previews. Again, each participant randomly received either a fresh or stale bag of popcorn. The group of folks who had eaten the majority of the stale popcorn at the movie theatre (because of

their strong popcorn habit) actually STOPPED eating the popcorn in the context of a conference room. This means that just changing your environment or CONTEXT of where your automatic habit is triggered, is enough to disrupt it. And in yet another study, these same researchers conducted the same movie theatre experiment. This time, they asked the participants to eat the popcorn with their non-dominant hand. Again, those who had strong popcorn eating habits did not eat the stale popcorn. Which means, also changing up HOW you do something is also enough to disrupt an automatic habit or behavior. So how can you use this in your quest to transform your health and your physique?

Well, 90% of getting in shape lies in your nutrition. So if you have any "bad" habits that involve snacking or eating mindlessly, now you have two tools you can use to change it. For example, if every night after work, you like to relax on the couch and watch some television while snacking on nuts, chips or whatever, now you can change one of two things. Instead of snacking on chips or anything unhealthy, snack on veggies like carrot sticks, broccoli florets, or snap peas.

Alternatively, instead of sitting on the couch to relax, maybe you can lie down in bed and read a book... or go for a leisurely walk... or call up an old friend. You get the idea. Whatever it is, focus on changing the context and/or how you normally do the "mindless" activity. Focus on breaking one unhealthy habit a month, and by the end of the year you'll be a whole new you!

Oh and by the way, if you're serious about taking your health and fitness to the next level this year, why not take advantage of your FREE Fitness Consultation? (an \$87 value) During this consult, you'll receive detailed information on how to get fit and trim that's tailored to YOUR body. There's no obligation and it's totally and completely free. To sign up, click here

References:

1. David T. Neal et al. "The Pull of the Past: When Do Habits Persist Despite Conflict With Motives?" Pers Soc Psychol Bull November 2011 vol. 37 no. 11 1428-1437

Quote Corner

"The height of your accomplishments will equal the depth of your convictions." - William F. Scolavino

Eat Yourself Thin

Quick Lemon Dijon Chicken (Serves Two)

2 skinless, boneless chicken breast halves - cut into 2-inch pieces
1/4 lime, juiced
1/2 lemon, juiced
4 tablespoons Dijon Mustard
freshly ground black pepper
Creole-style seasoning to taste

1. Place chicken in a skillet over medium heat. Pour in lime and lemon juices, and stir in Dijon, black pepper, and Creole-seasoning. Cook, turning chicken occasionally, until the chicken pieces are done, about 15 minutes.

Prep: 10 mins
Cook: 15 mins
Ready: 25 mins

Amount Per Serving - Calories: 301 / Total Fat: 3.1g / Cholesterol: 137mg / Sodium: 984mg / Total Carbs: 10.5g / Dietary Fiber: 1.7g / Protein: 55g

Recipe from [AllRecipes.com](https://www.allrecipes.com).

