

Who doesn't want to whittle their waistline?

Can you please step forward?

You could count on 99.9% of the population taking a step *backward* on that one. Yep, I'm guessing that about .1% of Americans are happy when they look down, and would probably step forward to answer, "I don't. I don't want to whittle my waistline. It's looking pretty fine just like it is."

Well, many of my ezine subscribers signed up to get my "**Tips to Stay Fit**" newsletter just to receive my abs exercise program. (And most of them don't even know how much better the new one is than the old one.) But why would anybody do that?

They want to whittle their waistline!

My **Backyard BootCamp VIP** is going strong. We've got a wide variety of troops, and they all work really hard every camp session. If I poled them, I'd probably get the same percentages. In fact, I'd venture to say that **100%** of them would take a step back—meaning, they would all want to whittle their waistlines.

I've got clients that I've trained for years, and some that have only been with me, well, less than a year. What if I poled them? Same thing. It's not that they don't look great, have healthy body fat levels, or that they're much stronger and healthier. People always want more.

But the question is, what are they willing to do to achieve it?

Why is it that we are obsessed with how "small" or "flat" our waist is? Could it be because the media is always telling us that we can? More gadgets, more pills, more diets, more books, more DVDs, more CDs---and the list goes on and on.

But it's not just what to do, but the order of importance to get it done. So, who's going to tell you the order of things that you should do if you want to whittle your waistline, or your thighs, or your big toe? (Okay, that went too far.) That would be me. Read on:

1. your nutrition program
2. your lifestyle activities
3. your strength training program
4. your aerobic or cardio training program

Now, those numbers are there for a purpose. In other words, the most important thing that will impact your results is your nutrition program. Why? Because what you eat

determines not only how much energy you have to burn, but the quality of that energy to be utilized. Is it enough, too much? Will it be utilized efficiently?

Your answers to these questions will either help you achieve your goals or sabotage all of your efforts.

What to do?

You need a balanced nutrition program with the proper quantity of calories and most importantly, the proper quality of calories. You need balance, moderation, variety and color on your plate.

Why are your lifestyle activities so important?

If you sit at a desk all day or simply climb in and out of a car, you're everyday "professional" lifestyle is pretty much considered sedentary. You've got to be creative and find ways to move more: standing vs. sitting, walking vs. standing, walking quickly vs. walking slowly, etc. Basically, I'm talking about moving more vs. moving less.

Next you need a balanced strength training program that will increase your lean body tissue, spark a fire in your energy furnace, and help you become a fat burning machine. And, no, you don't have to be a muscle head to do it! Your goal is to increase muscle tissue and bone density. Pretty simple.

Now, you can think about Number 4. Most people feel that their aerobic or cardio program is the best way for them to burn calories and lose weight and whittle their waistlines. This couldn't be further from the truth.

If you eat junk all day (and even if it's not much of it), sit on your rear for hours on end, have a low lean to fat ratio---you can walk from here to California (unless you live in California, then you can walk from there to Illinois or even as far as New York) and you won't achieve your goals.

Granted, what you do everyday can be, I said, can be, dictated mostly by your surroundings, but what part of your surroundings can *you* take control of? Who's in control of *your* life?

Life is all about choices. Right now, right this second, you can choose to take control of your life,

Or

You can choose to always do what you've always done, and always get what you've always gotten. You can choose to make every excuse in the book, but what's the bottom line: "What is the value of your health? What is the value of your quality of life?"

So, here we are. I leave you with two choices:

1. Take charge of your life and take Action to achieve.
2. Make Excuses, and accept your present lifestyle and outcome.

There are only two choices in everything you do in life.

1. Actions
2. Excuses

Successful people, people that achieve their goals, keep their eyes looking forward. They keep their eyes on the prize. They know they need to continuously learn, grow, and do. This is achieved by taking action.

Unsuccessful people think they already know enough. That's because they put a lot of energy in getting all the "stuff" they need from TV, magazines, books, tapes, gadgets, friends, etc. BUT, they don't take real action. They only have EXCUSES for why they're not successful. They make excuses for why they can't be doers. AND they have accepted this way of life.

Here are just a few of the many excuses I've heard over the years:

- I don't have enough time
- I don't have enough energy
- I don't have enough money
- I don't have company
- I don't have a place
- I don't have a "thingy"
- I'll do it later
- I'll do it tomorrow
- I'll do it Monday
- I'll do it next year
- I'll do it when I'm really ready
- I'll do it this summer
- I'll do it when the kids don't have (tennis, soccer, dance, band, Girl/Boy Scouts, baseball, basketball, theatre, ice skating, etc, etc, etc!)
- I'll do it when I finish this project at work
- I'll do it when my life changes (what does that mean?)

Are they really saying:

- I'll do it when I have a heart attack
- I'll do it when I have a stroke
- I'll do it when I have diabetes
- I'll do it when I have cancer
- I'll do it when I have muscle weakness
- I'll do it when I have osteoporosis

- I'll do it when I have arthritis
- I'll do it when I have low back pain
- I'll do it when I am obese
- I'll do it when I am malnourished

Or will these be excuses as well?

Wake up America! This is your life!

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