Exercising More and Eating Less - Why is It So Difficult by Lisa Beverley

Article published on November 30th 2011 | Fitness

Although the legendary Yankees catcher / manager Yogi Berra had a distinguished career in baseball is undoubtedly best known for his colorful quotes. One of the sayings of famous yogi who never fails to make me laugh is "When you come to a fork in the road to take."

Maybe it's because it describes my approach to life more often than I care to admit. Choosing the wrong fork in the road often leads to dodge potholes and end up in an unexpected destination. As usual Yogi said it best: "If you do not know where he is going to end up going elsewhere."

I seriously do some New Year's resolutions to help me mend my ways and appears to be the "in" thing to do. Historians tell us that this ritual has been going on since the days of Babylon some 4,000 years. Resolutions must work for a large number of people or of habit who have died by now.

According to people who keep track of these things, two of the most common resolutions made are to exercise more and eat less. We know these are admirable traits that improve heart health, but "easy." If these items were reversed I'm sure most of us would be more successful in their maintenance.

Why can not achieve our health goals? We are smart enough and usually knows what to do ... but do not do what we know. We have good intentions, but "occupation", delays and lack of discipline to take control of our lives.

And one more thing to add to the mixture of the resolution busters. All human beings have deep natural tendencies that date back to prehistoric times. It's in our genes to conserve our energy and prevent unnecessary activity unless there is an urgent need immediately ... as running away from a charging tiger you are looking for a quick lunch. It is also natural to choose pleasure over pain. If we understand how these instincts work we can develop strategies to address them.

So how to fool Mother Nature? "It's not" easy, but you can do. Be patient and work for a gradual change. We did not get this way overnight. It took many years of traveling the wrong way.

Set short term goals to achieve positive. They will help you keep it when you are tempted to slide.

Visualize your success ... how good you feel and look as you move down the road to excellent health and wellness.

Do not let a backhand throw. If you slip, do not leave! As Yogi once said: "Is not over till it's over"

One of the things that must take place in your mind is that fitness is a journey ... not a destination. It has to become a part of your lifestyle. Lifestyle is defined by Webster's dictionary as "way of life or lifestyle that reflects the attitudes and values of a person." You should be convinced in his mind that the changes you've been putting off what are really important, or you may not stay with her.

Article Source:
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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a lose weight including remedies, a health and fitness tips and a nutrition tips, slimming, weight loss products, bodybuilding supplements and diet tips.

Article Keywords:
Lose Weight, Health and Fitness Tips, Nutrition Tips

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