



What is stopping us leading a healthy lifestyle?

WHAT'S YOUR WHY?

We all know that we should be exercising more and eating healthier so why are 30-40% of Australians leading sedentary lifestyles and only 5% are eating the recommended fruit and vegetables. Clearly knowing this information is not enough. What is stopping us leading a healthy lifestyle?

Knowing what you should be doing is not enough, we need to have a clear internal reason of why we want to lead a healthier lifestyle. Linking our goals and habits to a powerful reason or desire can be a game changer to increasing our motivation and adherence to changing our habits.

Asking yourself some questions about why you want to exercise more or improve your eating habits is a good starting place for you to understand the internal drivers behind your intentions. Keeping your why at the forefront of your daily actions and choices is an critical part of changing habits.

Using these health coaching principles is an important part of what we do as an Exercise Physiologist when we are working with clients. Take the time to talk to one of our experienced EPs to help you find your why?

Vicky Graham
Accredited Exercise Physiologist



'Our Vision is to empower people to make sustainable health and lifestyle changes in a supportive and caring environment'

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