

GABRIELE

FITNESS & PERFORMANCE



It is the **START** that Stops Most People

By Tom Langton

This week's message is short and sweet.

It is the START that stops most people!

So why not stop procrastinating and start whatever it is that you have been holding off?

Have you ever said one of the following?

"I'll start my diet on Monday, I just have a big weekend planned and it would be impossible."

"I'll get back in the gym tomorrow, I'm just a little too tired today"

"It is (too nice out, too cold out, snowing, raining, etc.) to work out"

"I can't (fill in the blank) during the HOLIDAYS"

The list for that one is too long

Everyone has fallen into this trap at one time or another.

Everyone has listened to that little voice in their head.

Everyone feels sorry for themselves once in a while.

I simply urge you to fight that voice, silence that weak link in your brain for a second and just get started.

I GUARANTEE that once you get started eating healthy or working out or doing whatever you have been holding back from doing, you will feel better. I tell clients everyday that the hardest part of the workout is over once they walk in the door. Getting out of bed or off the couch or even just out of the car and into the building is by far the hardest exercise. Just START, whatever it is, just START doing it. If you're not in the mood, then fake it and I'll bet eventually you will be into it.

So ask yourself right now:
What have I been talking about doing or thinking about doing
and just haven't?

Why not do it today? Why not improve your nutrition at your next meal? Why not turn off
the computer right now and put on your sneakers and go work out?

Is there really anything holding you back?
Do you really have a good reason not to do it?
I'll bet its nothing but that little voice in your head.

[Click Here to see a Great Video about getting started](#)

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