

Attitude is Everything

Inside this issue:

| | |
|----------------------------|---|
| New Years Resolution | 1 |
| Mind Body Relationship | 1 |
| The Right Attitude | 2 |
| Reaching Your Goals | 3 |
| Nutrition with an Attitude | 3 |

Special points of interest:

- Shaping our attitudes with the help of a good social support.
- Having a decisive attitude will help with one of the most common failures to our New Years resolution.
- Do you believe you can lose weight?

I Think I Can—How to make your New Years resolution a success

There once was a long train that needed to be pulled over a high mountain. Various large engines tried and for several reasons were unsuccessful. Then a small little locomotive that was seldom used

preceded by his repeating motto “I think I can”. This moralistic children’s story is used to teach the value of optimism and hard work. Some scholars would contend that this story is a metaphor for the

sessing our lives and dreams. How we approach our daily lives reflects not only on our outlook but the world around us. How is your attitude?

Year after year, we make New Years resolutions only to have them fail a few weeks later. We all have good intentions that seem to fall short or we get “too busy” with life and resort back to old habits. How do I make my resolution a reality? The simple answer is “ATTITUDE”. Here are a few helpful tips to achieve success in whatever your goals are:



I think I can, I think I can, I think I can

took on the challenge. His desire and effort to pull the huge weight was

American Dream. Beginning a new year may have many of us reas-

In the Gym *The Elements of Fitness That Enhance the Mind-Body Relationship*

Many leaders in the fitness industry will give you the obvious reasons as to why we should exercise: If we exercise, we lose weight, get bigger muscles and live longer. What is rarely ever mentioned or talked about to us is how we feel during and after our workouts. Sure, we are all here to

look a little bit better than the previous day, but what we commonly forget are the affective and social effects of exercising our bodies.

Thorough research has indicated that as we exercise, our brains release neurochemicals called endorphins giving

us a feeling of euphoria or a ‘natural high’ which has most of us leaving the gym in a positive attitude. These endorphins cause eustress, defined as stress that is healthy or gives one a feeling of fulfillment. So not only do we feel as if we look better, but we also feel *cont’ page 2*

Off The Physical Therapy Desk *The Right Attitude Leads To Action*

“Having a decisive attitude will help with one of the most common failures to our New Years resolutions.”

There is only one clear truth when it comes to personal goals – no one can achieve them for you without any action on your part. You can't delegate this task. However, it doesn't mean you can't get help and advice along the way. Having the right attitude to take charge and accountability for your actions will end in positive results. Whether, it is doing it on your own or getting the right help from the staff at SCAR, the right attitude will give you a much better chance of achieving your fitness goals. Sometimes admitting we need help is one of the best actions we can take to better ourselves. We are here for you. SCAR's staff of physical therapists, personal trainers and athletic trainers can provide valuable treat-

ment, tips, advice and resources to make your health goals become reality.

Having a decisive attitude will help with one of the most common failures to our New Years resolutions. Be specific, most of us don't make a firm commitment to achieving a very specific goal. “I want to get in better shape” is not a clear goal. Our goals need to be specific, functionally based and measurable, “I want to lose ten pounds by February”. It is important to be specific on establishing a consistent routine or plan designed to reach our fitness goal; “what exercises do I choose, what days and times am I going to work out”? Most often, you need to change or alter your cur-

rent exercise programs to keep challenging your body to achieve maximum results. New exercises or intensities may make your workouts much more difficult making it easy to fall back into your old comfortable routines. Is your information specific to you? We tend to chose workout strategies from a magazine, television show or infomercial depending on the latest popular fad. These programs do not fit all individuals and when we don't obtain the results we are looking for it is easy to get discouraged and stop exercising.

What is the attitude of the facility I want to workout in? It is important to pick a facility with a trustworthy, *cont' page 4*

In The Gym *The Elements of Fitness That Enhance the Mind-Body. From page 1*

better about ourselves. One can wonder as to why we come back the next day to the gym begging for more. Another facet of fitness shaping our attitudes is the social support that we seek from our peers as we exercise. Take a look around the gym and you'll see members interact from one person to the next conversing on topics ranging from the most serious to the most humorous. It is

these social gatherings that can influence moti-



Shaping our attitudes with the help of a good social support.

vation, making us feel like we're a part of the

group or it can help us catch a break, both mentally and physically as we all try vigorously to make each day better than the next.

As we continue to exercise, let us not forget that as we are trying to sharpen our bodies, we are also shaping the mind. Doing so helps us in achieving balance not only inside the gym but outside of it as well.

The Athletes Corner

Reaching Your Goals Through Attitude



Have you ever noticed how excited you are at the beginning of an athletic season, or an exercise regimen or class? You feel full of hope and expectation that you will soon realize your goals and that your dreams will then be within reach. Then the weekly grind sets in and what was first approached with excitement and anticipation becomes just one more chore in your mind. You find yourself thinking, "I'll do it later," or "I'm too tired." You then find that the quality of your workout sessions suffers, or, you may even stop doing your routine all together. Your attitude toward your exercise program has changed, and this new attitude is influencing your behaviors.

Your attitude is a direct

product of your thoughts. But you can choose which thoughts to accept and which to reject. Sports psychologists call this discipline "thought stopping." Athletes and performers who learn to replace negative thoughts with positive ones perform with more confidence and motivation and have a positive self-image.

So let us apply this principle with an example. Suppose you fell five times in a row while attempting a new exercise on the ball. You could give up and look for an easier way to do it, or keep trying till you succeed. A negative thought you may experience could be, "I'm never going to get this right; my balance is horrible." But you can choose to re-

place this thought with thoughts that improve your intensity and confidence by thinking, "If I keep trying I'll be able to do this, my balance is getting better."

You made the commitment to sign up for a program at SCAR or become a member because you have goals and you want results. Remember that you alone determine what your attitude will be when challenges arise. In this new year, may you achieve your goals through persistence sustained by a positive attitude.

You are more likely to stick with your sports conditioning or injury prevention program if your attitude toward the program is positive.

Nutrition, The Missing Link

Nutrition With An Attitude

Can you motivate yourself to eat right and lose weight? Do you have an addictive attitude? How do you perceive food? Are you driven from within? Do you believe you can do this? What is your attitude when it comes to food and nutrition?

It is important to assess your attitude when addressing your nutritional habits. Do you believe that you can succeed?

Do you have the "I can do it" attitude? This is the first step to successful nutrition. Next you must determine your attitudes towards food and your perception of it as this is instrumental in developing strategies to manage those pesky cravings.

Is it in you? Do you want to lose weight because it is important to you? Use internal motivation like feeling more ener-

getic or a feeling of control over your eating habits. Having control over the way you look and feel can help you maintain the momentum.

Do you find enjoyment in your weight loss efforts? If you like the foods you eat, feel good about the activity you do, your motivation to stick with a healthy diet will stay strong.

Do you believe you can do this?

SPORTS CONDITIONING AND REHABILITATION

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WE'RE ON THE WEB!
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Our Mission is to provide personalized rehabilitation, fitness training and sports performance in an environment that leads to client involved, functional improvement from metabolic, neuromuscular and orthopaedic impairments.

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| Off the PT Desk | Nutrition |
| <i>The Right Attitude Leads To Action</i> From page 2 | <i>with an Attitude</i> From page 3 |

knowledgeable staff that you are comfortable with and enjoy being around. It is always easier to stick to a goal that you enjoy. Remember, the staff members at SCAR are here to help you establish an exercise plan that is safe, concise, effective, based on the functions and movements needed for your everyday life, organized and most importantly, fun.

A wise man once said "If you are not continually adapting, you are falling behind". As you have noticed the physical therapy department at SCAR has experienced some big changes over the past year. We have expanded with additional space, equipment

and most importantly now have a larger staff of caring, qualified therapists with a wide range of specializations. If you have been dealing with a nagging injury or know of a family member, neighbor or friend who may benefit from our services, we would be happy to provide a complimentary consultation. Our therapists are trained to evaluate orthopedic injuries which allow us to provide guidance regarding the appropriate level of treatment required and refer you to a qualified physician if necessary.

is often the overlooked factor in diet and nutrition adherence. Need help figuring out strategies and attitudes to have a successful diet plan that doesn't leave you feeling deprived, let our nutrition counselor here at SCAR help you along the path to long term nutrition and health.



Remember, your workout doesn't stop at the gym. It's a life decision.