

## Pudsey Members Newsletter

July 08

I remember a couple of months ago saying in one newsletter that we'd be wearing skimpy clothes around now. In reality I find myself still in the fleece and wellies! But hopefully lots of you have holidays booked in sunnier climes that will keep you motivated to tone up. For those of you that don't, perhaps we can convince ourselves that we'll be in for an Indian summer! Fingers crossed...



Best wishes

Karen

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### The Power of Belief

Continuing on from last month's newsletter, this month is about how to challenge those pesky negative beliefs that aren't serving you.

Beliefs powerfully shape how we perceive ourselves and the world. Why is this important? Human beings all share a need to be right in order to make sense of the world and to feel in control of our lives. As we gather our beliefs, we also gather evidence to support them. But in reality there is very little in life that is absolutely black or white. Mostly we just adopt a belief and stick with it.



When we aren't aware of our beliefs, we have no control over them and very often we set ourselves up for failure by having unrealistic beliefs.

Did you ask yourself the questions in last month's newsletter. Here's a reminder.

**"My top five most negative thoughts about my ability to lose weight or my looks are"**

**"Something I learned from my mother / father about my ability to lose weight or my looks is..."**

**"The main message I project to others about my ability to lose weight or my looks is..."**

These are designed to root out any negative beliefs about your weight / appearance. But remember, these thoughts are merely emotional habits, even if it feels as though you've had them forever. They may be so familiar that they feel as though they're part of you. They're not and they need to be unglued from you if you are convinced that they are true. But they'll only be true if you continue to feed them and choose to keep believing in them.

The next step is to **CHALLENGE** these beliefs:

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Ask yourself:

**Is this belief / negative thought true?** Can you prove it? For example what evidence do you have that you're a failure? I'm sure you can come up with some successes you've achieved. Or is the thought just the result of some comment you received as a child that you've latched on to?

**Does it serve your best interests?** If not, why hang on to it?!

**Does it advance and protect your health?** Do negative thoughts about exercise and diet make you avoid it and put your health on the line? It is now the time to understand that holding such beliefs is not helping you, that in fact they are hurting you.

**Is it helping you achieve you weight loss goals?** If your goal is to achieve permanent weight loss and experience physical and emotional health that stems from it, then you must test your internal dialogue against that goal. Given your goals, how does your current thinking help you get there? If you want to look better, feel better, how does repeating "this won't work" or "It's too hard" help you achieve this? Are your thoughts, beliefs and attitudes moving you closer to what you want? Or are they leading you further away?

When your beliefs and internal dialogue isn't true, when it doesn't serve your best interests, when it's hurting your health, when it's standing between you and your weight loss goals, then it's time for you to turn your thinking around and do something different.

NEXT MONTH – Changing your negative thoughts into positive...

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## JUNE AWARDS

LadyZone is pleased to announce the June Award winners.

**Best Review Results—** This month the winner is **KUSUM MISTRY** who has lost 8lbs, 5% body fat and 27cm since joining the gym. A close second to **Claire Farrant** who has also lost a fantastic 9lbs and 2% body fat.

**Best Monthly Attendance** – We have a new challenger to Trudy Winn for this one – **DIANE CHAD-BAND** who made it into the gym 21 times during June. Well done Diane— a fantastic commitment.

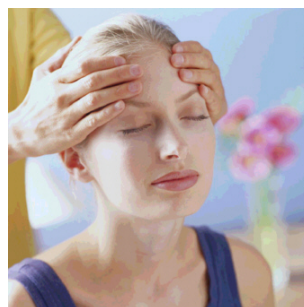
Other challengers for the prize are Jane O'Byrne (20), Mary Rogers (19), and Veronika Farkas (18). **Keep up the good work!**

Prizes to be collected next time in the gym.

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## Mind, Body & Soul Event

Indulge yourself on the 4th August at LadyZone with our Mind, Body and Soul evening. You can book a variety of pamper sessions including Indian Head Massage, Reflexology, Acupressure and Tarot. Sessions cost £12.50 per half hour and can be booked in the gym. Call 0113 236 3503 for further details. Go on—You Deserve It!



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## LADYZONE LADIES 10KM SUCCESS

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Congratulations to Alison Brophy and Jane 'Byrne who completed the Jane Tomlinson 10km Run for All in Leeds last month in a very respectable 1hr 33mins. For anyone inspired by Alison and Jane, there are still spaces available for the Pudsey 10km Challenge and 2km fun run on the 27th July, which is being sponsored by LadyZone. Entry forms available in the gym.

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Take care everyone and hope to see you all soon.

Best wishes

Karen



Please send any comments  
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