

Pudsey Members Newsletter

May 08

Dear Members,

It seems like the warmer weather has been encouraging lots of people to start a new exercise regime as we've loads of new members to welcome to the gym. Thanks for joining to all of you and I hope you enjoy the newsletter. Any comments are always gratefully received.



As always, I look forward to seeing you in the gym.

Karen

Who do you think you are?

I'm sure it comes as no surprise that I firmly believe that in order to change your weight, you first need to change how you think. Any self-defeating thought patterns will automatically set you up to fail. However believe that you will succeed and you will have mastered the first key necessary to overcome your struggles with weight.



You hold powerful beliefs about yourself and these influence you, good or bad, and affect how you approach your weight. You might not be aware that you have a choice and control over your thoughts. But we all choose how we react to things and if you are overweight, it's a sad fact but one that you need to face up to that you are choosing behaviours that encourage you to put on weight. If you want to change, you need to take responsibility for both being in the situation you're in and also creating the body that you want. By accepting your role in your weight problem and acknowledging that you are accountable means that you understand the situation. It means that you comprehend that the solutions are within you.

Because you cannot change what you do not acknowledge, I want you to think about the stories you tell yourself. Some people for example blame their weight issue on their genes, their metabolism, or on their food pushing relatives. They tell themselves that their families would suffer if they imposed a healthy eating plan on them. Others believe that the power to lose weight and stay fit resides solely within themselves. And some people have the fatalistic mindset – it's just my bad luck.

These three different perspectives on weight loss control are characterised by:

Internal

You feel you have a direct bearing on your results through your own actions and you accept responsibility as well as credit for how things turn out. If you're overweight, you'll admit that you got that way because you did not eat right or did not exercise enough. You tend to take the majority of accountability for correcting your condition, including making lifestyle changes.

Beware however that if you are too internally controlled, you may tend to internalise your failures and dwell on them. Recognise that there

to internalise your failures and dwell on them. Recognise that there will be events over which you have no control.

External

This is characterised by a high dependency on powerful others or influences for your success. For example if you have been on a diet and lost a lot of weight, you would credit a particular diet rather than your own determination for your success. When you succeed, you tend to take little or no ownership for the positive outcome.

However by the same token, when you fail to lose weight, you tend to take little ownership. You feel your weight has nothing to do with your own choices. The diet 'stopped working for you'. You will struggle to lose weight if you persist in this thinking. You can't change a situation if you don't acknowledge any responsibility. But when you recognise that your particular weight struggles may have little to do with anything outside yourself, your power to change is enormous.

Chance

With this mindset you are basically telling yourself that you have little or no belief in yourself or anything else. You probably don't see any point in changing your diet, exercising or taking any personal responsibility for your health because you believe your situation has nothing to do with your behaviour or your choices. Every outcome is due to fate.

This mindset has nothing to do with self-discipline. It's different from not wanting to change your habits because you don't want to discipline yourself. Chance is a feeling of powerlessness: you don't see the point of discipline and have no motivation to change.

If this is how you are thinking, you have little chance of losing weight as you don't believe you have any control over it.

Think about your thought patterns and try to identify where they tend to fall in the above categories and whether they need nudging in a different direction.

MARCH AWARDS



LadyZone is pleased to announce the winners of the April nominations...

Best Review Results: The prize goes to **SHARON DEVERS** who has not only lost 11lbs and 37cm since joining the gym, but has also hit her goal weight. Also congratulations to **Cath Cleasby, Jo Oxley, Carol Kennedy (Mum!), Mary Rogers** and **Joyce Johnson** who have all done fantastically. **Well done Ladies!**

Most Inspiring 'Mature' Member Goes to **MARY ROGERS**, who is officially the most 'mature' (we don't like the word 'old!') LadyZone member across all sites at 84 but is so sprightly, you'd never know it. What's your secret, Mary?

Most Cheerful New Member: We are so lucky at the Pudsey gym to have so many cheery souls, so this was a particularly tough category to judge, but a joint prize goes to **JEANETTE JACQUES** and **MARIANNE GINN**. Again—what's the secret Ladies??

You may have noticed that the usual category of **Best Attendance** is absent this month. This is because **TRUDY WINN** consistently comes out top and unfortunately I have run out of prizes to give her! But I did want to acknowledge her dedication and hard work. Well done Trudy.

Congratulations to all the winners. Prizes to be collected next time you're in the gym.

Watch out for the May Awards Categories coming soon...

LADYZONE MEMBERS' EVENING

We've had a fantastic response to the Member's evening on the 16th so we are now fully booked, but I'm sure we'll be organising another in the next few months if anyone wasn't able to make this one. To all the ladies coming on the evening, there's no need to come in gym clothes, but please make sure that you are wearing something you can move in for the salsa and tai chi sessions. I'm sure whatever happens, we are all in for an interesting time!

RACE FOR LIFE

There is now a list in the gym for people to either offer or request a lift from Pudsey to Temple Newsam. Weather permitting, we also thought a picnic would be suitable reward for doing something good for charity so food / drink / blanket etc contributions brought along would be much appreciated. Please call if you can't make it into the gym but want to add your name.

Enough from me for another month. Take care everyone.

Best wishes
Karen



Please send any comments
to pudsey@ladyzone.co.uk