

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

STRETCHING YOURSELF

If you don't make changes, how can you expect things to be any different?

We ask this of everyone at Be Strong, because if we want a different outcome for ourselves, we must accept that will mean doing things differently.

Doing things differently will mean taking ourselves out of our comfort zone occasionally, until that new behaviour becomes the norm. If you want to improve your health and fitness, we do have to push ourselves physically and mentally. And once you do, you will never look back!!!

EXPANDING YOUR COMFORT ZONE

- 1 Your comfort zone is a place where you can perform without thinking – almost like you are on autopilot. Life is easy in your comfort zone, there is no stress, but it can also be the place where we become stifled or lazy, if we spend too long there.
- 2 Stretching our comfort zone makes us feel uncomfortable. But!! Not forever. If we repeatedly perform an action or behaviour that initially makes us feel uncomfortable, eventually we become conditioned to it and it becomes more comfortable for us. Our comfort zone expands to include this new behaviour.
- 3 You can expand your comfort zone with your fitness too, by just pushing through for a little bit longer each time you perform an exercise. Walk or run a bit further or faster, be out of breath for a little longer before a rest. Every time you do this your fitness improves, by taking your body physically out of its comfort zone.
- 4 How many times have you had to do something that you have worried about, knowing it was out of your comfort zone, and after it has been completed, you think, that wasn't that hard after all. Quite often our perceptions of where the edges of our comfort zone are, is different to the reality. We are capable of much more than we realise.
- 5 If we always do what we have always done, we will always get what we always got! Remember this, when you are deciding whether or not you should make some changes.

USING OPTIMAL ANXIETY

Optimal anxiety is a more extreme version of stretching your comfort zone. There is no gentle stretching of the boundaries of your comfort zone, with optimal anxiety, it is like throwing yourself in the deep end - it is fight or flight time. But!! And it's a big but!! The benefits to this can be out of this world, causing you to achieve things you never believed possible.

You can be put into optimal anxiety by chance or you can choose to do it. However it happens, we can almost guarantee you will perform at your highest level – showing unwavering levels of commitment, motivation, dedication and sacrifice.

This week, reflect on whether you are sitting comfortably, or whether you are taking some steps to stretch your comfort zone. What can you do to stretch yourself? What makes you feel a bit uncomfortable, but you know will have a hugely beneficial effect if you committed to doing it? Stopping eating a certain food? Closing the kitchen at 8pm? Walking an extra flight of stairs before you stop for a rest?

Choose to expand your comfort zone this week, we promise you won't regret it!