

# Are you counting your VICTORIES?



We all experience negative setbacks in our personal journey to better health & fitness. When you focus on the negative, you stop progressing and eventually give up. Instead, when you celebrate your victories, you are more likely to move forward, achieve your goal and maintain it. How do we define “**victory**”?

- **Any positive step toward your goal**
- **Hitting your goal**
- **Overcoming anything that would prevent you from taking positive steps toward your goal**

In the following list you’ll find some of the ways your life can improve with consistent strength and cardiovascular training and a balanced nutrition. Start counting ALL of the ways your life is getting better because of our teamwork!

## **Recreational:**

Have more fun  
Balanced life

## **Character:**

Integrity  
Honesty  
Self Discipline

## **Emotional:**

More relaxed  
Increase confidence  
Improve self esteem  
More youthful  
Brighter outlook  
Less reactive, more responsive

## **Mental:**

More focused  
Higher tolerance for stress  
More alert  
Sharper mind

## **Physical:**

Higher HDL level (good cholesterol)  
Lower triglycerides

Improve posture  
Lower cholesterol  
Prevent Type 2 Diabetes  
Stronger bones  
Stronger immune system  
Less chance of stroke  
Less chance of heart attack

Improve strength and balance  
More restful sleep  
Less risk of osteoporosis  
Lower blood pressure  
Help prevent certain types of cancer  
Help prevent obesity  
Increase circulation  
Faster recuperation after surgery  
Improve digestion  
Promote healing of arthritis  
Firmness of body tone  
Increase energy  
Flatter stomach  
Better sex life  
Reduce hip size

Maintain strong joints and ligaments  
Lift rear end  
Lower resting heart rate (so your heart doesn’t have to work as hard)  
Increased feedback through nervous system  
More endurance  
Improve appetite for healthier foods  
Burn fat  
Smaller waist  
Quicker reaction time  
Muscle endurance  
More muscle definition  
Greater flexibility  
Stronger back  
Alleviate menstrual pain  
Healthier hair and nails

## **Financial:**

Reduce insurance premiums  
Better job performance  
Pay increase  
Reduce doctor bills  
Reduce chiropractor bills

Lower prescription bills

## **Spiritual:**

Better outlook on life  
Peace of mind  
A feeling of well-being

## **Social:**

Enjoy life more  
Easier to find good in others  
Better relationships  
Make friends easier (think about how many new ones you have made so far!)

## **Family:**

Better quality time with family  
Be a better spouse, mom, dad, sister, brother, friend...

## **Career:**

Less absenteeism  
Promotions  
Better job performance