

Wash grapes and dab dry with paper towel. Put in a bowl and sit on counter in the kitchen, when I mindlessly walk in there out of boredom I take a few grapes instead of getting in the cabinet or fridge.

=====

I share my health/fitness goals with someone and allow them to hold me accountable. If possible, I try to find another person who wants to accomplish similar goals and then we hold each other accountable.

I try to encourage someone else with their goals – it is hard to do that in good conscience and be slacking off at the same time. Also, I do this for others because encouragement is the language I most respond to myself – cheer someone else on and they will most likely be your cheerleader as well.

On a less noble note, I also sometimes talk my husband into providing some sort of prize/gift if I accomplish my goal. I like that, too.

=====

The biggest thing that helps me stay on track is having a “partner in crime” so to speak. Besides Bootcamp I run 3-5 days per week with a partner. Not only does it make me stay on track, it makes me accountable! We run early in the morning (5am) so we have no excuse not to show up...kids and work don’t get in the way. We also share the same passion for staying fit and encourage each other.

As for eating I’ve never been a big diet gal, but I will say I watch my calorie intake and I learned that I can still eat a bit of everything without over indulging! If I starve myself I never seem to win! ;) But early workouts are what really changed me! I started Bootcamp last January thinking I would do it for one or two sessions while my heel was injured and of course a year later I’m still going strong! So thanks so much for making camp fun and worth the early morning wake up! I have noticed a change in my body and my strength especially when running!

=====

As for resolutions – I don’t like to do anything with an “absolute”, because as soon as I break it, I don’t try to do it anymore. So if I say “be better”, it seems to work better for me.

1. Drink less alcohol less nights, especially during the weekdays. I had been on a bad trend of having a glass of wine many nights to “wind down” after my stressful day at work.
2. Try to make dinner at home at least 3 times per week. Following these three principles (1) to save \$ (2) to reduce calories and (3) to reduce sodium intake. So, frozen dinners don’t really count (sodium), but someone else making dinner does.

=====

I’ve been working on portion control. Don’t think I have it down yet, but I think I’m making some better choices. Eating slower. Waiting to see if I’m still hungry. It’s hard to push the plate away when the food is really good.

=====

Find a fitness buddy.

I am using an app on my android phone to log what I'm eating...it is called My Fitness Pal (it was free), and it allows me to search or scan in barcodes of foods I'm eating. I can put in how much I've eaten and it tracks my daily calories. It has really helped me pay attention to the places where I didn't realize I was overdoing.

=====

Find something you LOVE like Adventure Boot Camp!!!

I was purchasing heavier weights recently at Exercise and Leisure and the trainer there asked me how long I've been with Boot Camp. When I answered almost four years he said good for you for sticking with it so long. I responded that I just love it and couldn't imagine not doing it. Which got me to thinking...I've never exercised this consistently for this long before! And when I look around and see the same wonderful women in our camp every day I know they feel the same way! Your daily encouraging emails and Linda's incredible training can't be beat! Thanks Adventure Boot Camp!

=====

The support system & accountability from campers and trainers definitely keeps me on task. Even when I slid over the break, knowing that I was still involved motivated me to get back on track!

=====

Hi Brian,

This may be a pretty obvious one – but I'll send it anyway. My New Year's Resolution is to just keep coming to Boot Camp. I've got that "nailed" because of signing up for my VIC pass and – hey – no **way** I'm going to pay for something and not use it! That's a huge motivation! The other stuff just all falls into place after that. I take much better care of myself since being a part of ABC...Getting the exercise in first, spending time with other like minded women, getting great instruction and motivation from Jennifer, and your positive daily emails almost makes it impossible to NOT take better care of myself! In turn – taking better care of myself makes me healthier, happier, a better wife, mother, daughter, friend and so on.

=====

Signing up for a race has helped me stay motivated, started with a 5K, then 7K and now working towards the Flying Pig Half Marathon. Just knowing that I've committed myself to these future events keeps me pushing myself to the next level.

=====

Things I do to stay on track:

Accountability: join with people who care and have similar health and fitness goals. Keeps the process more enjoyable and its where you find inspiration and encouragement.

I focus on how I feel during the process – not just the end result; believing, knowing the result will come. As you begin to love how you feel, you begin to love the process and stick with it.

Continue to set interval goals – not just one big goal ie: "New Years Resolution" Nothing new, right? ☺

Someone to be an accountability friend. Also, looking at myself in my undies is certainly motivating. Wanting to fit into a swimsuit and not feel embarrassed for the spring is good. Planning ahead is crucial and something I have lots of problems doing.

=====

Take it one day at a time so not to be overwhelmed. Also, as suggested in camp, for each session... make it attainable. I think the question to campers is "What's your 1 thing?"

=====

The way I stay on track is go to bootcamp every day. It's all about accountability. You know if I miss a day, someone is going to notice. I think if I belonged to a gym, nobody would miss me if I didn't show up. By going 5 days a week, I don't have day where I can lay in bed and think about going to camp that day. If I do, no perfect attendance, and someone would be giving me a call asking me where I was that morning.

Other things I use to help stay on track is to think of it as one hour, one day at a time. When I had all the weight to lose, I would look at it as 10 lbs. at a time.

You know how you always say to find the good in a tough situation. Well, I found it this morning. Having this foot injury allows me to cheer on the gals at Anderson while they do those burpees and I watch ;)

=====

I try to get in at least 5 fruits and veggies every day. I pre-package snack items like yummy pistachios to eat on the go. And I don't sweat the small stuff, meaning, I don't give up just because I fell off the wagon for one meal or for an entire day. I still go out to eat, but I try and look at the menu in advance or I choose places that have a good staple item on it that I know is low cal with health benefits too. I'm not perfect about it, but who is. If I really want dessert, I may just have one, but not every day. Sometimes I can get by with just a little bites size piece of chocolate...and that's the key, bite size, and just one. It also helps to remove really bad foods from your house. When I think about how much work I put in every morning working out, I'm more inclined to stray away from big calorie items. Working out is an important part of this process for me. Plus, I always remember that tomorrow is a new day...so if I was "bad" then I leave it behind me and start fresh.

Like your rock story analogy to life, I use this with my nutrition. I get all my water, fruits and veggies in (the big rocks). Then I get some solid meals in that have good nutritional value (pebbles). Then I may get some good snacks in like pistachios (sand). And if I'm still having a craving after all that, there may be room left for something small - small dessert, one or a 1/2 of a cookie, etc. (small amount of water - but not a lot).

That's it for me! That's how I roll.

=====

My resolution is to run a half marathon this year and since I picked the Pigs I have my running schedule posted on the refrigerator and on my board at work so that it is in my face all the time. I cross off the mileage as I complete each run so I can easily see the progress I am making.

=====

To stay on track with my health and fitness I feel like there are a couple of things I do a lot!

-The first thing I do is look at what I have...my amazing husband and beautiful daughter are huge motivators. Looking at long term effects of me being a great wife and mom means that I have to stay on track not just for me but for them.

=====

-Realize that you have the time! I have come to the conclusion in the last six months of being at ABC that I had used that excuse way too many times! You have a choice to make it a priority...IF YOU WANT TO!!

Thanks Brian for your awesome workouts this week! You have been kicking my tail...and it is great! Hope you have a blessed day!

=====

I write my goals and achievements on my mirror with a dry erase marker. Every morning and night they are a constant reminder of my goals and achievements. :)

=====

Hi, Brian!

I am not a big resolution person, but I am very goal oriented and I also review my goals quarterly. What you may or may not know about me is that I am a wife to a wonderfully supportive husband and working mom of 2. In addition to being the proud mom to Isabelle (8) and Gabrielle (5), I am also the principal at Alter High School in Kettering (so I get to be the mom to 680 kids between 8 and 3 every day). So, I try to set goals for myself in three main areas - mind, body, spirit. What I have learned about goal setting is that they have to be SMART (specific, measurable, attainable, realistic, timely). I have also learned from you to take stock when I review my goals, and to set new goals accordingly. I think what is frustrating about resolutions is that they aren't usually SMART, so they become unattainable and fall to the wayside.

I hope this helps in some small way in your talk, but know that your daily emails are influential to many - probably more than you can imagine. I look forward to them every day, and I think they are a big part of what makes ABC special and somewhat addicting. Thanks for all you do for me!

=====

Hi Brian,

Bootcamp makes staying on track with my fitness goals easy. I just show up and the rest is done for me! The energy in the group keeps me motivated and I know I'm getting an effective workout.

1. Show up (you can't stay "on track" if you don't)
2. Learn something new everyday. I have a subscription to Oxygen magazine and Eating Well. - I keep a binder of some of at home workouts they share as well as those that you have shared. I have another binder that I keep nutritional information and recipes. I have a third binder that contains 'inspiration' - included are some of your emails, articles on success, goal setting, wisdom etc.
3. Keep all forms and sizes of Reese's Cups out of the house - even the dark chocolate ones! This goes along with keeping a clean pantry and fridge (and why Joseph wants to play next door - mrs dexter will give him a pop-tart for a snack?? What?)
4. Find 1 indulgence - mine is dark chocolate 70% cacao

=====

Hi Brian,

To stay on track, I text my food diary every morning to several friends, when I get home from boot camp. This keeps me on track and just as important it keeps me committed to be prepared with my meals and not wing it!

=====

Things I do to stay on track:

FIRST AND FOR MOST!! Surround myself around positive people and motivating. It helps when you are working out with a group of positive women that keep you going and not all that but hold you accountable in a positive way :0)

2. After a hard work out and I drive by McDonald's I think to myself I just did a hard awesome workout, is it really worth the extra fatty calories NO! Thinking more about my food choices vs. just eating bad and not thinking it through

3. Body Bugg

4. Wanting to be able to run a good and fast marathon

5. reading and talking to people who have lost weight. That helps me get inspired and if they can do it so can I.

6. One day at a time!

=====

Things I do to stay on track:

1. Get together with friends to work out so I have a support system and people to be held accountable to. This helps me be more excited about showing up to work out so I can also see friends.

2. Slowly replace "poor choice" snacks with healthier options. Trying to do a lot of substitutions at once never works for me, so I make sure to just do one or two at a time. Ex- when I am craving chocolate, I

eat a few cocoa roasted almonds now to get my chocolate fix and at the same time, I have eaten a snack that will actually fill me up.

=====

Brian,

To stay focused and to help achieve my goals this year, I am writing down everything I put in my mouth and making sure I drink enough water each day.

Thanks for your encouragement!

=====

I've not been very good in the past about following through on my resolutions, but this year, I got some advice from a friend - every day, right before I start work, I sit at my desk and write down my one resolution. Sometimes I write it on a post-it note and then stick it on my calendar or another day, I just wrote it on a scrap of paper... just the physical act of taking the time to write it down has helped me stay more aware and focused on my resolution... or at least it has for the past 11 days!!

=====

1. I have a motivation board on Pinterest. I have lots of motivation "pins" on there but my biggest motivator is a before/after picture of someone who's "before" picture is about my build/weight. I actually downloaded it to my phone & I look at it at least once every day, and more so if I want to eat something I should not. (Like the donuts that showed up @ work today!)

2. The other thing I do to stay on track is prepare ahead of time. I keep almonds & water in my car at all times. I have fruit & Amy's organic soups in my desk at work. I also use your "salad" base trick. Every Sunday I chop & wash to build 5 containers of lettuce/veggies & then add some protein each morning. No excuse that I did not have time to make lunch. Plus, I am saving lots of money!

=====

My list is going to be long, sorry. It is important to note before you read this, I LOVE fruits & veggies. I love them so much that I crave them all the time.

1. Stick to it exercise no matter what. No excuses. Example, as you know I really hurt my back this week. It would have been easy to stay in bed this morning with my heating pad, but I didn't. I wanted to, but I didn't. I figured if I didn't do some exercise & stretching, my back would only get worse.

2. I never ever drink my fruits, veggies or protein. I know you are really big on smoothies & protein shakes, but you will never see me with them. I have found that if I physically eat my fruits & veggies, then I feel fuller longer. I think it's the mental factor.

3. When I found that I have to limit something, I find unique alternatives. Example: my doctor told me that I have to limit my eggs to 4 per week because my cholesterol was creeping up. I used to eat 1-2 eggs per day. I don't like cereal or smoothies and most other stuff is higher in calories than I want to spend. My alternative - cooked veggies. When I make dinner at night, I make extra veggies & heat them up in the morning for breakfast. This morning I had 2 cups of cooked carrots - YUM!

4. I know you probably don't want to hear or mention other companies, but a great one is hungrygirl.com. I am a regular subscriber & she now has a show on Food Network. She found that she likes "real" food and doesn't like the taste of "diet" food. She plays with recipes & makes small changes to make them healthy and lower in fat & calories. They aren't huge changes, but small ones and you can't tell the difference most times. Last week she featured hard shelled tacos.

5. I have a huge sweet tooth, so I try to keep on hand the fruits that will satisfy it. I have found a ripe pear, ripe watermelon and blueberries are wonderful. The riper they are, the more the natural sugars come out. Sometimes they can be so sweet that they make my jaws hurt.

6. Look for unique alternatives to "diet" or healthy foods. Everyone is big on eating whole grain or whole wheat bread. Those are great, but they can be dry and crumbly. Sometimes they end up being high in sugar to cover the bland taste. I have found that light rye bread is just as healthy as the whole grain breads and it always tastes good.

=====

Brian – while I didn't make it an officially declared resolution, I did vow to myself to keep working out at boot camp 4 days a week. You make it so easy to keep coming back because I can count on a different workout EVERY DAY and I think that is so important! Thanks for all the work you and your staff put into making these camps so easy to come back to!

=====

Before boot camp, I always struggled to "fit it in". It was not bad intentions but was not a priority. I travel frequently and sometimes cannot make 3/week some week. I like the fact that these are 4 week sessions (that I pay for) so it forces me to plan out my fitness schedule. I already know on the January schedule what days I can go to get my 12 classes in. I'm traveling every day but 13 days this session so I have already planned out the 12 days I can come (with only 1 day wiggle room if I feel like sleeping in one of those days). I plan all the time for my work and family schedule. Now I am also planning out my fitness schedule which is something I never did before. Since I've also signed up to run the Pig I have an option to run on those days that I'm traveling to keep me on track for 26.2 in May.

=====

Hey Brian,

Wow - sounds like you're going to get some great media exposure! I run every Saturday morning but I'll try to go early so that I get home in time :-)

When I get off track with my goals I have to "reboot" the computer that is my head. My rebooting process is simple; all it takes is a good night of sleep (usually I get off track due to lack of sleep), a healthy breakfast to mentally start fresh, and then some sort of cleaning/purging. It could be that I vacuum my office, wash the dog bedding, change my sheets, or organize my t-shirt drawer. It's got to be REALLY simple because I reboot frequently! And then voila - it's like my head wraps around the idea that I've started fresh and all the baggage from my previous derailment gets left behind - until the next time I get off track and then I just "reboot" again.

For the mile challenge - I am using accountability partners. I started a Facebook group page and we all check in each day when we have completed our mile.

=====

Happy New Year Brian,

Here is what I do:

If it is a weight related resolution – reenergize my boot camp workouts with a little extra push or heavier weights, start the new year trying new foods and new recipes.

To commit myself to any new year’s resolution I ...

- Tell someone else my plans - it holds me accountable - nothing worse than having someone ask “how is that resolution going” and then have to tell them I failed.
- Tell myself I have to do it for AT LEAST 3 weeks – 3 weeks seems to be what it takes for me to make the change permanent.

=====

Thank you Brian for the great workouts every day

For me to stay on track is getting up in the morning for boot camp, once I am up all the rest falls in place. Now eating more Multi Grain foods, more Veggies and Fruits, eating more lean meat and drinking lots lots of water.

=====

Brian -

When I pick behaviors to change or add to my life I do the following...

Write a Law of Attraction Statement on my bathroom mirror in dry erase marker.... Law of Attraction statements are written as if you have already accomplished your desired state of mind or being....

ie - "I have more than I need" (trying to stay on budget and not feel restrained or stressed)

"I am toned from the inside out, and I radiate good health and wellness"

"My children continue to do great things in this world" (teenager to toddlers)

I will choose more than one goal....that way I have an option to focus on different aspects of my life - you’re not always in the mood to "eat right", but you might be in the mood for a good hike. You might not feel like life is blessing you, but you can always volunteer and give the gift of time, and talents....which always is a gift you give and receive tenfold in return!

I pick a phrase/song and attach a mental motivational picture in my head to help me stay focused or pick up momentum when I am slowing down or forgetting my original vision.

ie - "I can do all things through God who strengthens me"

Photo of me on a beach with my toes buried and the waves soothing me, and my kid running around and laughing and soaking in all the beauty of nature.

The secret to a rich life Is to have more beginnings than endings.....new habits or ideals should be thought of as an Adventure, one you do not intend to end but to go on to find the next Adventure/ Life Lesson.....No Endings - Only Beginnings.

Last but not least....I begin a list of all I HAVE Accomplished in the last six months to a year....sometimes we forget ALL that we do in a year - big or small we have all accomplished goals or done kind and wonderful things along the way....give yourself credit where it is do...be nice to yourself and pat yourself on the back.

My one thing..... Fruits and Vegetables..... so simple, yet so hard!

=====

Hi Brian,

I've found that sticking to a meal plan is the best way to keep me on track. My friend sent me a chart that she uses and it's been really helpful. There are blocks for breakfast, lunch, dinner & snacks as well as a space for meetings, kid's activities, etc. This really helps to give me a big picture of what our week looks like and when there won't be as much time to cook a meal that may take a little more prep time. I plan my meals for the week each Sunday & on nights where I know we have a crazy schedule & I won't have time to cook, I plug in a crock pot meal or something simple. This definitely keeps me from swinging through the drive through or picking up a pizza on the way home from practice when I know we have a good, healthy, home cooked meal waiting at home for us. I've found that knowing ahead of time what I'll be eating keeps me from mindlessly snacking or choosing something less healthy "in the moment".

=====

To keep on track so that I walk or go to boot camp, I make sure to have my clothes, hydration, etc. ready the night before. Good luck on Saturday.

=====

What I do to stay on track: I have a checklist on my fridge that I use every day that shows all the days I attend camp. When I run on my off days and my Fri challenge goals for each session. Helps me track what I am doing and NOT doing.

Thank you all!!!