



## **Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!**

2010 is practically over!

It's a time for reflection and renewing your commitment to all your goals, fitness and otherwise.

That's why today I'd like to talk about something that's rarely talked about.

But it's crucial to achieving your fitness goals in 2011.

In fact, EVERY person who has achieved their ideal body uses this secret day in and day out to make it happen.

Honestly, you can have the perfect diet. You can do all the exercises. But unless you have this one thing, chances are you won't attain the body you truly want in the New Year.

What is it?

Read today's article and find out.

Yours For Health,

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## **The Biggest Secret To Getting The Body You've Always Wanted**

The New Year is upon us and everyone is thinking about their resolutions.

The most common?

To get in shape. Today, I'd like to share with you the BIGGEST secret that will help you achieve your fitness resolutions, no matter how big they are.

Whether you're looking to get a set of six pack abs ... or to gain tons of muscle ... or just get fit enough so you can be healthy well into your golden years ... this secret will make it possible.

What is it?

It's the secret of mindset.

Now before you think to yourself, "oh I've heard this already", hear me out.

Rarely anyone talks about the mental aspect of achieving your ideal body. Yet it's the MOST critical component.

Because without the right mindset, chances are you won't accomplish your body transformation goals.

In fact, a slew of new research is PROVING how important your mindset is to your health and fitness.

Harvard University researchers conducted a study involving over 80 hotel room cleaning attendants.

These folks were from seven different hotels. The attendants were split into two groups.

The first group was told how beneficial to their health their line of work was. After all, many of them cleaned at least 15 rooms per day.

This first group was also informed of how many calories they burned each day. Plus, they were given a handout to look at on a daily basis that showed them how many calories each activity they did burned (i.e. vacuuming, scrubbing, changing sheets, etc).

The second group was not informed of how many calories their work burned. Also, they were not told that their line of work was in fact very good exercise for their body.

Researchers made sure that the lifestyles of these cleaning attendants stayed the same. Meaning, that they didn't start changing their exercise or eating habits at home. Also, hotel managers made sure that the attendants all had the same workload.

The result?

The cleaning attendants in the first group (those that were told how many calories they burned, etc) lost a significant amount of weight. In addition to the weight loss, they also lowered their blood pressure, and decreased their body mass index (BMI).

The second group (the ones that weren't told about the health benefits of their job) showed ZERO improvement.

Weird, huh!?

It just goes to show how important your mindset is.

Another study published in the "Journal of Physiology" decided to test out this mind-body connection theory.

They got two groups of people.

One group was given what they were told was an "energy drink." They were also told that this energy drink **WOULD** in fact improve their strength and performance while working out.

The second group was given an identical energy drink. However, they were **NOT** told about the drink's strength and performance benefits.

The result?

Those in the first group actually **DID** improve their strength and performance.

The second group however, showed no improvement.

The connection is clear. In order to achieve your best body, you've got to have the right mindset.

Otherwise, you'll be heading upstream, without a paddle.

So how do you get this mindset?

The easiest way is to do visualization.

Imagine every day that you have achieved your ideal body. Get into the feeling of it. Clearly see how good you look.

Look at your definition. Feel how energetic you would feel.

Do this everyday, a few times per day.

And as you eat clean and train hard, imagine that everything you're doing, day-by-day, is getting you one step closer to your dream physique.

Before you know it, you'll have achieved a body you love and others envy!

Quote Corner

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

- Carol Welch

## Eat Yourself Thin

### Baked Halibut Steaks (Serves Four)

1 teaspoon olive oil  
1 cup diced zucchini  
1/2 cup minced onion  
1 clove garlic, peeled and minced  
2 cups diced fresh tomatoes  
2 tablespoons chopped fresh basil  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
4 (6-ounce) halibut steaks  
1/3 cup crumbled feta cheese

1. Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow baking dish.
2. Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.
3. Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese.
4. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork..

Prep: 15 mins  
Cook: 15 mins  
Ready: 30 mins

Amount Per Serving - Calories: 259 / Total Fat: 8g /  
Cholesterol: 66mg / Sodium: 385mg / Total Carbs:  
6.7g / Dietary Fiber: 1.7g / Protein 38.5g

Recipe from AllRecipes.com.