

12 Easy Solutions to Overcoming Your Obstacles to Looking and Feeling Great!



Coaching and classes that work for your body and work for your life.

A ZYF Product



I'm Julie Zoril, creator of ZoYoga Fitness & Nutrition, and I know that getting healthy can feel difficult. If it didn't, we'd all be walking around in bodies we love with all the energy we need. However, just because it feels difficult doesn't mean it actually is. Complex problems can have straightforward solutions. Small changes to current habits can have meaningful impact.

I've created this resource to help you figure out what your current obstacles are and how to think differently about them so you can easily move forward.

Hello!

Welcome to the ZoYoga Fitness Community.

There are lots of obstacles to getting feeling and looking better. No wonder so many people struggle! But if you're reading this, you have an interest in making changes to become a healthier and more awesome version of yourself. You're willing to put in the time, energy, and effort. You just need some guidance on how to overcome the roadblocks you typically encounter.

DO ANY OF THESE SOUNDS LIKE YOU?

- You try to do too much too fast and can't sustain it
- You have vague health and wellness goals
- You don't know your why
- You have no accountability
- You rationalize a bad decision in the moment
- Your community doesn't support your goals
- You don't give any one program the time it needs to work
- You are too scale focused
- You don't have time
- You don't enjoy exercise or healthy food
- You're a great planner but not so good with execution
- You keep trying the same thing over and over expecting it to work "this time"

If you identified any of these obstacles as to what's keeping you from getting healthier, read below for some straightforward and simple solutions!

OBSTACLE #1: Trying to do too much too fast. Going from no exercise to 5 days a week. Going from eating whatever you want whenever you want to a deprivation diet.

SOLUTION #1: Start with something you are confident you can achieve without drastically changing your life. Commit to two classes a week and put them on your calendar. If you are really short on time, start with just 15 minutes of a class. Start logging how hungry you are when you start eating and how full you feel when you stop before doing anything else to change your diet.

OBSTACLE #2: Being vague in your health and wellness goals. “I’m going to work out more.” I’m going to eat better.”

SOLUTION #2: Set specific and achievable goals. “I’m going to do structured exercise twice a week for 45 minutes.” “I’m going to make sure I have some protein on every one of my plates (even my snacks).”

OBSTACLE #3: You don’t know your WHY.

SOLUTION #3: Do you want to get healthy so you can enjoy your kids/grandkids more? Do you want to feel more comfortable in your body? Do you have a family history of an illness that you want to avoid? Whatever it is establish your WHY, write it down and put it somewhere you will see regularly.

OBSTACLE #4: You have no accountability and you need it. Your efforts may go well for a couple of weeks but then life gets in the way and it's easy to go back to the old habits.

SOLUTION #4: Sign up for classes that are scheduled so that the instructor know if you don't attend. Find a friend to join you in your venture and make it clear that you need more accountability than you need compassion (but a little compassion is good too). Find a coach.

OBSTACLE #5: You rationalize your current habits in the moment. "I earned this sweet treat because I worked out today." "I had a bad day at work so I'm going to skip the class I scheduled and just relax."

SOLUTION #5: Our minds can be divided into three parts – emotional, rational and wise. The emotional mind is where you rationalize. The rational mind alone can lead to a lack flexibility and self-compassion. Wise mind is a combination of both. Wise mind is what you use to respond to a friend that is struggling.

Example: Your friend who you know really wants to live a healthier lifestyle just told you she had a terrible day at work and is considering skipping her planned workout. Your wise mind might say "Rather than doing the entire class, consider doing the first 15 minutes. A little movement will make you feel better."

OBSTACLE #6: You are surrounded by friends and family members who offer you food when you are not hungry or convince you to skip today's workout.

SOLUTION #6: You have two choices for this one and doing both is ideal. 1. Think of your efforts as setting example for those around you. No need to be preachy about it. Your actions are the best inspiration. 2. Find a community with your goals. Online communities work and don't require a big investment of time.

OBSTACLE #7: You keep trying something new rather than giving one solution time to work. This often leads to giving up after a few weeks when you don't see the results you've been promised.

SOLUTION #7: There are a lot of to-good-to-be-true promises out there. The reality is the only thing that works is consistency - the willingness to be imperfect and still keep going. This is more important than how often you work out or getting your diet perfect.

OBSTACLE #8: You ride the emotional rollercoaster of watching the numbers on your scale. When you see the number go up, you want to give up (and often do).

SOLUTION #8: If this is you, switch to weighing yourself once a week. If you really want to weigh yourself daily, use the Happy Scale app which does a better job showing trends. Another option is to skip the scale and take photos and/or measurements. Or use a pair of jeans as your guide.

OBSTACLE #9: You are too busy to work out and/or eat healthily.

SOLUTION #9: Look at how you are spending your time and how that matches up with your priorities. Keep a log of your activities for one weekday and one weekend day. Note your screen time for both days. Look at the log without judgement. You are just gathering data. Is there something on the log that indicates you spent time doing something that is not connected with your priorities and values? If so, swap out some healthy cooking or movement in that timeslot.

OBSTACLE #10: You hate exercise and/or healthy foods.

SOLUTION #10: Start small with something you don't hate. Do you hate walking? Are you willing to walk to the end of your block and back after dinner each night? Can you tolerate raw carrots dipped in ranch dressing? If so, make that part of one meal or snack each day. How can you do just a little bit better. Find that thing and do it. And when that no longer takes effort, find another small change and incorporate that. Small changes have long term impacts.

OBSTACLE #11: You are great at researching healthy habits, you read all the books and listen to all the podcasts and you can give others good advice. But you struggle to execute what you know and stay consistent.

SOLUTION #11: Start smaller. Work on a habit or two that doesn't seem really difficult. Allow yourself to be messy and imperfect but keep going. Add habits or switch out habits until you find a combination of small changes that makes a difference for you.

OBSTACLE #12: You start the same thing over and over and expect different results. When it doesn't work (again) you give up.

SOLUTION #12: Congratulations, you've found what does NOT work for you. And that is valuable data! You can now try something else. Be a scientist. Gather data. Try another experiment.

If there's one lesson you take away from all of this it's this: Get Started TODAY.

Pick an easy goal and just start! No more collecting information. No more wondering if the plan is perfect. No more "I'll start on Monday or after the holidays." I want you to commit to yourself today that you're going to level up your life.

I offer both fitness and nutrition coaching. To learn more, check out these links:

<https://www.zoyoga.com/twoweeksfree>

<https://tinyurl.com/4tz6eyc7>

As Morpheus in the Matrix says: "I can only show you the door. You're the one that has to walk through it."