

3 Mindsets to Avoid if we want to be Fit and Healthy

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“Health and fitness plays a critical role everywhere in our lives. Higher levels of health can make you feel better emotionally, help you think more clearly, be a better parent and even lead you to make more money” (Jon Butcher, 2017).



This article is the second contribution related to Sub-theme 4 of the 2017 IACESA Conference to create further awareness of the role of thinking to promote optimal health and well-being. The first article outlined *5 Reasons Why we need to Think to Be Healthy* (Brettenny, 2017).

In January 2017, my husband and myself invested in a 30-day Life Book programme by Jon Butcher. The programme addresses 12 key Life Categories of which the first one is health and fitness. Jon Butcher discussed some powerful ideas about this category and I would like to share some of these thoughts in this article.

Health and fitness affects all areas of your life and a win in this category is a win in all other areas. Butcher (2017) believes that:

- Health and fitness is who you are – it must be part of what you do daily;
- You can choose to be strong and fit for the rest of your life;
- You must learn as much as possible about health and fitness and be on the cutting edge of new information;
- You must strive to live long! Up to 100 years!

Your purpose to become fit and healthy will determine if you will achieve it. It is therefore important to have a strong purpose. There are **3 mindsets** why people fail in the health and fitness category according to Butcher (2017):

- 1. They just do not know**, e.g., that smoking is bad; that gluten can lead to health issues; etc.;
- 2. They just do not care**, e.g., they know something is bad but do not care enough to make changes;
- 3. They can't help themselves**, e.g., they lack self-control to manage bad eating or lifestyle habits. This can eventually lead to negative feelings of shame, guilt, low self-esteem, health problems, etc.

Butcher (2017) believes that we can transcend these mindsets by getting the purpose right. Your 'why' can wipe out all the other mindsets. If you cannot help yourself doing the right things, your 'why' is not big enough. If you understand the interconnectedness of all the categories it can help with leverage in all other categories, e.g. your emotional life is affected by your health and fitness level, your career and financial life will be affected by your health and fitness level, your parenting is affected by your health and fitness, etc.

The purpose of food is to fuel the body to function well. Parents must teach this to their young children and be good role models but sadly, this is not happening in households all over the world. If we, as parents, do not educate ourselves about how to stay healthy and how to avoid disease, and if we are not effective role models, we might be contributing to health problems in our children. Often, we as adults also **'just do not know'**.

The starting point is therefore to educate ourselves about health and fitness. I listen to online health (Functional Medicine) summits on a regular basis to help me with this process. Tom O'Bryan is often a presenter in these summits and one of his favourite tips is to *'Spend at least one hour per week to read and to do research on how to promote health and how to prevent disease'*.

I recently listened to a stimulating interview with Tom O'Bryan in which he explains the increase in auto-immunity worldwide and why we need to understand more about this. He explains how most chronic health conditions are driven by auto-immunity and exactly what that means. This includes diseases such as MS, Diabetes, Rheumatoid Arthritis, Hashimoto's Thyroiditis and Heart conditions. Here is the link to listen to this interview:

https://betrayal.mykajabi.com/p/interview?inf_contact_key=ea3108e79c92678368d568b6a18c051e3894594913d3955af30fa8b0bb1a90d

Plan today to spend at least one hour per week to deliberately think about your health and the health of your family and to improve your knowledge about this key life category as it can affect every other area of your life.

Enjoy the interview of Tom O'Bryan.

https://betrayal.mykajabi.com/p/interview?inf_contact_key=ea3108e79c92678368d568b6a18c051e3894594913d3955af30fa8b0bb1a90d

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