

# NO TIME FOR

## MUSASHI<sup>®</sup> Tip

*Trusted Performance Nutrition*

As with exercise, there is also no time for excuses when it comes to supporting your body with nutrients when working out. Increased activity levels means more demands are being placed on your body, and can lead to an increase in nutritional requirements. Because of this, it may be difficult for some active people to obtain all the nutrients they need from diet alone – and that's where correct supplementation can assist in achieving your performance goals. Musashi offers a wide range of products to support you before, during and after your workouts, designed to help you get the most out of your body. Visit [www.musashi.com.au](http://www.musashi.com.au) to receive a free program to support your gym goals.

RESEARCH COMMISSIONED BY FITNESS FIRST AUSTRALIA AND CONDUCTED BY GALAXY RESEARCH IN AUGUST 2010 (A NATIONAL STUDY OF 1,263 AUSTRALIANS AGED 18+ YEARS) FOUND THAT 56 PER CENT OF AUSTRALIAN ADULTS SAY A LACK OF TIME IS THE BIGGEST HURDLE TO BEING ACTIVE.

Okay, today is going to be jam-packed. You have to be at work by 7am and lunchtime is taken with a business meeting, and by the time you get home at night all you will feel like doing is having a good feed and crashing on the lounge in preparation for it all starting again tomorrow. Exercise, yeah, you know it's a great idea, but when are going to have time to get to the gym three times a week? You just don't have the time, right?

If 'I don't have time' has become the mantra of your life, then you're not alone. In today's modern society we seem to pack so much into 24 hours. Working to pay the bills to assist in 'getting ahead' seems to take up the best part of a week. Around this family, friends and other activities seem to take the priority. We all know regular exercise is good for us – the experts make sure we don't forget! But to many of us still don't make time for it.

So why does exercise often become such a low priority? Why do we put it last on the list even when we know how good it is for us? What is really going on here?

Most people do what they see will deliver them value. We do what we perceive to be something

health of their minds and bodies. Which is why many of these successful people can often be found working out in the early hours of the morning.

The difference between them and you is that the 45 minutes they spend three times a week working out (and clearing the mind) 'makes them millions of dollars;' yet in your mind, for you the activity merely 'takes you away' from your job, life and all the other things you could be doing. It 'makes them money' but it 'makes you poor'.

The key aspect to turning your life around here is obviously your mindset. It doesn't mean you have to plug your mind non-stop with meaningless affirmations that feel insincere and unauthentic. What it does mean is that you realise the only thing holding you back from using your time spent at the gym wisely is how you think about the experience.

### So how can you think and act like a millionaire?

**Step 1.** Three times a week you set the time aside for your workout. You book it into your diary and why not even call it your 'money making' appointment? What you'll find is this time becomes gold because it allows you to clear your thoughts and open your mind to bigger and better opportunities for success and money.

**Step 2.** Go to the gym at these scheduled times no matter what. You commit and go. There is no negotiation. It's just 'how it is'.

**Step 3.** When you are at the gym just before you start working out set an

intention for your mind, that is 'bigger' than the average standard human goal. For example, set the intention that you are willing to think about how you could attract a job opportunity that will pay you double the pay packet for the same number of hours. Or, if you are truly courageous, set the intention to explore in your mind, how to attract a job opportunity that would pay you a million dollars per annum for the same or less hours.

You are only limited by what you will allow yourself to believe in and your mind can allow any reality to manifest, no matter how big or small, so you may as well think as the millionaires do and see where it takes you. You've got nothing to lose by letting your mind wander without limits!

Taking the time to exercise is a wise move when you can use the time effectively to not only shape your body to look good, but also make money at the same time.

# EXCUSES

that adds value to us and what will generate results and rewards; that's why working to make money is so appealing because there is an immediate tangible reward for time spent.

But time at the gym is often thought to be time 'taken away' from this 'money making' activity. 'Time out' from that which delivers immediate and tangible reward and therefore, for many, exercise takes second priority. Perhaps if we could relate exercise to monetary gains we would be more motivated to get to the gym three times a week?

The point is, if we can't see the value in exercising then we are not going to do it; it really is that simple.

Successful business people understand that life success and business success grows from an investment into self. 'Healthy mind equals a healthy body, which equals a healthy bank balance!' Many of the 'successful' multi-millionaires in our society attribute the health of their bank balance to the

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