



**I'M THE PT,
I SHOULD'
KNOW BETTER -
SO WHY CAN'T
I STOP EATING?**

YOU'RE THE EXPERT. YOU'RE THE ONE WHO SHOULD KNOW BETTER. BUT YOU CAN'T STOP EATING. YOUR PT UNIFORM IS GETTING SNUG AROUND THE WAIST. YOU FEEL EMBARRASSED AND ASHAMED. YOU FEEL LIKE SUCH A FAILURE. WHY-OH-WHY CAN'T YOU STOP EATING?

By Joanne M Prior

It doesn't seem to matter how much you try to apply your understanding around eating healthy and exercising.

You stand in the kitchen dressed in your PT shirt with 'Ask me for help' plastered all over it eating bad carbs for breakfast - again. You don't know why you are doing this and you don't know how to stop!

SO WHAT IS TRULY GOING ON HERE?

As a leader in the health and fitness industry you are committed to not just talking the talk, but walking the walk. So living with integrity is important to you. Feeling out of character and taking action that doesn't reflect the true essence of who you are is torturous to your soul. You feel embarrassed and ashamed of yourself and your body. You contribute to this guilt and shame by berating yourself even more for not being smart enough to just take control and stop your ridiculous eating habits.

Knowing so much about food and exercise isn't helping either! In fact, it is just making you feel more and more like a failure. You think you should know better. You know you know better but you just can't seem to get back to your high quality foods. Having all the wisdom and insight into food and exercise is just illuminating

how far off track you are, making you feel useless and hopeless. Being the expert is only causing you, in this instant, to feel even more powerless and futile.

HAVE YOU BEEN IN THIS POSITION BEFORE? IS THIS YOU? WHAT DO YOU DO TO TURN THIS CRISIS AROUND ONCE AND FOR ALL?

It is time to take control of that which you know you have control over. You take a moment to ask yourself the critical question "what is really going on here?" It is time to step back and assess what the core cause of your distress is. From discovering the core cause, the action plan to solve this problem can be realised.

As you ask yourself this critical question, remember from your studies that it is not enough to just focus on food and exercise when you are trying to gain control over your eating and weight. You have learnt that it is your thinking that controls and creates your life experience.

You are thinking something that is making it hard for you to stick to your normal, healthy eating plan. The quality of your thinking is 'poor' therefore making eating healthy difficult.



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“YOU THINK YOU SHOULD KNOW BETTER.”

Once you have recognised that you have a negative internal dialogue, it's time to develop an action plan to solve this problem once and for all.


The first step you take is you get some help. You seek the help of an expert who specialises solely in issues of the mind and emotions to help you get past this sticking point. You understand that you are the expert in diet and exercise and what you need is an expert in managing your mindset and emotions. You know from your studies that when people act out of character it is often because they are distressed on a deep, emotional level. Seeking help to solve this problem is acceptable and normal.

Being a leader means you do not shy away from asking for help. It does not make you a failure if you get help from another expert. Many of the most successful people in our world credit their success to the outstanding support they have received both professionally and personally.

Second, be willing to find that expert who has a mindset that can cope with any life challenge and can remain lean, well and healthy. Be willing to model yourself on their mindset, attitude and the way they interact with food, weight and life. The more you take on their mindset and skills of living, the more you will expand your repertoire of life skills and be better to assist yourself and your clients.

Third, as the leader, you are the one out the front. Which means it is your responsibility to face the challenges your clients are facing. Find the solution for yourself so that you can help them. Your

current predicament is not a reflection of how 'hopeless and useless' you are. This is an opportunity to become a better PT or expert in your field.

Now you can see that struggling with your eating and weight is an opportunity for you to gain wisdom, knowledge and a skill set to not only solve your own eating struggles, but to now be a truly effective weight loss expert in your own PT practice. 

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