

## WHO, ME?!! By Reg Athwal

Reproduced from #1 bestseller Wake Up Shape Up... Live the Life You Love series  
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For years I never did anything about my mental and physical well being. I wasn't surprised when I gained 63 pounds over a 4-year period. The amazing thing is I didn't realize the major difference in my physical appearance or the 'tractor tire' around my middle. I was looking at old photographs and was shocked; "Who, me? It can't be!" I had become 'comfortable' with my growing body unknowingly. I was living a true lie.

After seeing the photographs, I felt disgusted with myself; I decided to do something about it. My body has been driving me everyday in this world of opportunity. Despite this exchange for these wonderful life benefits, I had neglected my body and health. It was time for change.

My mental and physical improvement came in only a matter of a few days after I had made my decision. All I did was ask the universal spirit for some guidance, including some intelligent question like, "How can I reach my goal in only 15 minutes a day?" This question got the universe working for me. Instantly, I got the answers I needed. Now, I needed a push and overcome my procrastination.

I started working on my mental health - visualizing my new outcome, reaffirming why I was doing this and writing down all the benefits I would get. I also discovered that everything develops and grows in steps just like nature. On average I had gained 1.31 pounds for each of the last 48 months, weight that really didn't make a significant impact to my daily life, this was until I saw the total effect. I asked myself another key question; "Can I agree to consistently take some measurable action every day that will result in me losing two pounds per month for 36 months?" I shouted out, "Yes I can", and I truly believed it. In the end, it didn't take 36 months; it took only six months to lose my first 42 pounds. My life had changed and the results were not only motivating myself, but family and friends as well.

The secret I have found is that there is *no secret*. - 15 minutes of exercise a day with a few pieces of inexpensive fitness equipment at home and a life-diet that is compatible for your type of body, can lead to powerful results. One key thing I did do, was to speak to people that had already achieved the results I wanted. I listened to all their opinions (opinions are like bellybuttons, everyone has one - but you have to live with yours!) In this situation that something doesn't work for you, you just have try something else until something works.

Since I started my personal 15-minute daily well being system, I have always looked for better ways to get the best return and improve the 'feel good factor' from what I do. No one person has all the answers out there for overall fitness and perfect mental and physical health - we all have to search for knowledge in different ways and then put our own 'puzzle' together- after all, our individual bodies are all unique and so we all need a customized plan and strategy for it. Just maybe a health and fitness book with 6 billion ideas would be the answer!

I am now a true believer that our mental and physical well being holds our entire life in balance - that's my 'bellybutton' opinion anyway!

"The body is the spirits vehicle in this life time.  
All it needs is fuel, love, faith and acceleration from its partner in time.  
It then directs and connects you through the journey we call human life.  
All you have to do is master the six senses and enjoy the ride"

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