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Return to Work programs	Pre-Employment Screening
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7th Edition

New Year's Resolutions

A survey has found that 69% of Australians intended to make at least one New Year's resolution. In reality, less than a quarter of this population will achieve their goals. With the right strategies implemented, this statistic has the potential to improve.

should be able to measure your progress to see if you've achieved your goal. Action-oriented means you should be able to plan how you will

tallizes them and gives them more force.

Set priorities. When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals and helps direct your attention to the most important ones.

Set performance goals (not outcome goals). You have control over performance goals whereas outcome goals are often out of your control. If you base your goals on your own performance you can draw satisfaction from them.

Some of the most common goals include:

- Quitting smoking.
- Losing weight.
- Cutting down on alcohol.
- Spending more time with family and friends.
- Saving money.

All of the strategies mentioned can be applied to these goals (or any others) to help you to achieve the New Year's resolution you may have made.



achieve your goal. Realistic means that you should set a goal that is achievable and not too hard. Time means you should set a time that you wish to achieve your goal by.

Firstly, a **long term goal should be set.** This can be a year or more into the future and the idea is that medium and short term goals can be set to achieve on your way to reaching the long term goal. By doing this you can see that you are making progress and have the opportunity to reward yourself regularly.

A useful way of making goals more powerful is to use the **SMART mnemonic.** Whilst there are a number of variations this generally stands for:

- **S**pecific
- **M**easurable
- **A**ction-Oriented
- **R**ealistic
- **T**ime

Specific means setting goals that are precise (rather than generalized). Measurable means you



Write your goals down and put them in a place where you will see them regularly. This crys-



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Quote Of
The Month:

“Whether you think you can, or you can’t, you’re right”.



BFit Studio Rehab & Wellness Centre is now on Facebook.

Win Free Membership And Training!

Would you like the opportunity to win a free 12 week membership package AND free personal training sessions? Visit our website at bfitstudio.com.au and follow the competition link for more information about the competition and how to enter*.

Good Luck!

* Offer not open to current members of the studio

The Power Of Positive Thinking

Is your glass half full or half empty? How you answer this age old question about positive thinking may reflect your outlook and attitude towards life. Thinking the glass is half full suggests your thoughts are mostly positive (optimistic) whereas thinking the glass is half empty suggests your thoughts are mostly negative (pessimistic). These personality traits can affect many areas of your health and wellbeing. Putting positive thinking into practice may lead to health benefits such as:

- Increased life span.
- Lower rates of depression.
- Lower levels of distress.
- Greater resistance to the common cold.
- Better psychological and physical wellbeing.
- Reduced risk of death from cardiovascular disease.
- Better coping skills during hardships and times of stress.

Not everyone starts off as a glass half full person but

this doesn't mean they're doomed to an unhappy, unhealthy life. It is possible to turn negative thinking to positive thinking and whilst it may take time, the process is relatively simple. The following are some ways to think and behave in a more positive way.

- **Check yourself.** Throughout the day, stop and evaluate what you're thinking. If your thoughts are negative, try to find a way to put a positive spin on them.
- **Be open to humour.** Give yourself permission to smile or laugh, particularly during difficult times. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Exercise regularly to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body.
- **Surround yourself with positive people.** Make sure those in your life



are positive, supportive people you can depend on for helpful advice and feedback. Negative people may increase your stress level and make you doubt your own ability.

- **Practice positive self talk.** Don't think/ say anything to yourself you would say to anyone else. Be gentle and encouraging with yourself.

If you tend to have a negative outlook, don't expect to become an optimist overnight. With practice, your self talk will eventually contain less self-criticism and more self-acceptance. You may also become less critical of the world around you. This will rub off on the people around you and you will give them (and yourself) an emotional boost.

Positive Thinking Activity

Some examples of negative thinking have been supplied below. The first 2 have been given a positive twist already but you need to supply an answer for the rest.

NEGATIVE THINKING

- It's too complicated.
- I don't have enough time to get this done.
- I've never done it before.
- There's no way it will work.
- I'm not going to get any better at this.

POSITIVE SPIN

- I'll tackle it from a different angle.
- I'll re-examine my priorities.
- _____
- _____
- _____