

# LIFE ON YOUR TERMS: HOW TO GET WHAT YOU REALLY WANT

by Tanya Russell  
**EXCERPT**

## **Success Habit #6 – Nourish Yourself**

This is a struggle for a huge portion of the population. Remember that what you consume provides your body with energy, whether it's good or bad. Garbage in, garbage out. We are on a quest for success here and in order to win, you need the energy to do it.

There are so many ideas out there about different diet plans and what works for various people, and that goes a little too deep for this book, but one thing I will say is that I have never been a fan of fad diets. I've always believed in a balanced diet of carbohydrates, good fats and proteins. In my younger days, I did spend some time in the fitness competition circle, not that this is always the healthiest way to live either, but I've generally been able to stay within 10 pounds of my ideal weight through balanced eating and exercise. Yes, I do eat chocolate and I have fluctuated more than 10 pounds over my ideal weight at times but eating a balanced diet has helped me stay healthy and fit while enjoying life at the same time.

Now eating healthy may be new to you. If you're starting a weight-loss journey or one of your goals is to get to your ideal weight, I would say to start small. Maybe eliminate things such as pop, high-sugar foods or processed foods to start. Choose one thing to eliminate and replace it with something nutritious. Then move to the next thing. For example, I mentioned earlier about drinking enough water. Perhaps you can replace your soda with water in week one. The following week take out deep-fried food and choose a healthier option. Each week remove one more unhealthy option and replace it with a good one. When you pair a healthy diet with daily exercise and hydration, you are bound to get results.

Now I also know that we are human, and we have to have a balanced approach in this area. I suggest allowing yourself a cheat meal or two every week so that you don't get discouraged along the way. Even when I was doing competitions and intense training, I had a cheat meal once or twice per

week, depending on how my progress was going. That cheat meal shouldn't turn into a cheat day and shouldn't include an entire day's worth of calories in one sitting either. So if that's something that you can't control, don't have a cheat meal. Don't start into the bag of M&Ms if you're gonna eat the entire two-kilogram bag.

I heard a funny saying once. If you take your body to the gym, your body will give you biceps, but if you take your body to McDonald's, your body will give you fry-ceps. Learn to control what goes into your body the majority of the time and allow for a treat once in a while. Find a healthy balance.