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The Solution Lady

Helping you find the solutions to connect to your life

The Solution Lady's Guide to Healthy Living.

Weight Loss for women 101

Start your day with Special K

You know that commercial on TV, when you hear Start your Day with Special K, and you see all the slim looking people jogging, drinking their natural juices and of course, eating Special K.

Well, they certainly know how to play with our brains don't they? As if Special K will slim us down, will give us endless energy, will make us want to jog. B.S. I say.

When it boils right down to it, it's B.S. Those commercials are on TV because they know that a lot of us watch television and dream of being more energetic, more active, and slimmer.

Those companies buy specific commercial time when we happen to be watching TV so that they can tantalize us into thinking that if we buy that particular brand of cereal, it will rev up our batteries. Truth is, that we can eat all the Special K we want, it won't make a bloody difference. We all know that it requires a lot more than just that brand of cereal.

It's a mindset, an attitude, a belief, a desire, education and action(s) that's required to charge our batteries. And it starts with a willingness, a 'being receptive' to making small changes, one step at a time, it has to start with something.

So what is that 'something' for you. What's required to getting you to be willing to and receptive to making a slight shift in order to bring about a positive change in your lifestyle.

Even a slight shift will change your life. Wake up every morning with a willingness to add wellness to your day. Do what you have to do to make a slight change; read a daily affirmations, drink more water, do some stretches, tell yourself that your handsome, sing, dance etc, even if you have to get up 10 minutes earlier.

And with your permission, I'd like to offer you free access to an article in my The Solution Lady's Guide to Healthy Living. You can download Taking a walk a day ain't going to cut it by going to www.myarticles.thesolutionlady.com/takingawalk.pdf

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