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think positive

Take care of your body | Think positive

You've probably heard many reasons for getting fit before - but sometimes it's hard to know where to start making changes. Here's a suggestion. Clear out your wardrobe to find your best clothes - the ones you'd like to fit back in to.

Take those clothes out wash and iron them and give them a prominent new place in your wardrobe. You'll be wearing them again soon.

Put away all remote controls - and start creating more movement within your house. Clear your cupboards of any food you think might be unhealthy and create space for a new healthy lifestyle. Drink at least two litres of water everyday and don't hesitate to go for a social walk with friends or your dog everyday.

You're doing well now. How about some more changes? When you go shopping, find a parking space that'll give you a bit of a distance to walk. Carry those shopping bags to the car if you can.

Prepare yourself for a great summer; imagine a flow of fresh air and energy circulating inside your body. Think about loosening those stiff joints and filling your lungs with life giving fresh air!

