

# HAPPINESS IS A HABIT

*Cultivate it.*



## If Only I Started Sooner

Happy Spring!

Have you ever told yourself that you are going to lose weight and get fit in time for spring, only to be frustrated when warm weather rolls around?

It's easy to hide behind heavy winter clothes, but when the mercury starts climbing, the clothes get lighter and we can't hide any more. "Why didn't I start working out weeks ago?" we ask ourselves.



## Regret-proof your spring: set a deadline/goals

The best way to protect yourself from a regret-filled spring is to set a deadline and start NOW. Deadlines are powerful motivators. Without a deadline, you really have no set-point toward which to work. You have nothing pushing you.

**We need to be pushed.**

Deadlines create a sense of urgency. They help you position yourself to succeed, because that final date is always staring back at you. It forces you to prioritize and strategize. Otherwise, you will let things slide...you will keep putting off the workout, and insisting that tomorrow you will start eating better.

**Without a deadline, tomorrow never comes.**

## But a deadline may not be enough.

**SOME DAYS YOU EAT SALADS AND GO TO THE GYM, SOME DAYS YOU EAT CUPCAKES & REFUSE TO PUT ON PANTS. ITS CALLED BALANCE.**

Why? Because you may be tempted to move it. Deadlines are not supposed to be moving targets! The best way to prevent deadline-creep is to get competitive or find supportive friends and family.

Since January, the Crunch Boom Classes have been on a Sugar Detox Program. This month we are changing their metabolism using the carb cycling method. This program shows you how to combine exercise and the way you eat to change your metabolism. It teaches how to change your lifestyle so you will never have to diet again. We are moving towards losing 20 pounds goal date May. This program doesn't sell powders, shakes or any kind of product. You have to eat real food and learn to use dense nutrients. It's mostly hard work but it's a win win for the rest of your life. And who doesn't need that?



Come and visit me!!  
Would love to see you again!!

Crunch West York [905  
Loucks Road York, 717](#)  
850-9393  
Boom Muscle - M, W, F 10:30am  
Boom Movie It/ Zumba Gold - M, W 11:00am  
Boom Mind - F, 11:00am

UCC Dover Church  
45 West Canal Road,  
Dover, 717 880 1556  
Zumba Fitness - M 6:30pm

York College of Pennsylvania  
Grumbacher Sport and Fitness Center  
[441 Country Club  
Road, York, 717](#) 880 1556

Zumba Fitness, Tu and Thu 5:30pm

Love, Peace and Hugs,  
Trainer PattiK

