

Appendix 4, Handling People

Person	Situation	Response
Spouse	Decides at last moment he or she must go to work early instead of taking the kids to school as agreed on earlier. This has happened before and impedes your morning exercise routine.	Ask him/her how you can get your workout in and get kids to school; latter on, during a less tense time, reiterate your desire to lose weight. Make choices you can <i>both</i> benefit from.

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Boss	He is upset today that you're leaving 30 minutes early. "That's twice this week", he adds.	Explain that you started exercising to help with energy and concentration both at home and at work. Or, schedule workouts earlier in the morning—or later in the evening. Or, come in to work earlier. Or, better yet, offer to workout with your boss a couple of times. He might even like it.
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<p>You</p>	<p>You can't seem to find the motivation to exercise today.</p>	<p>Reexamine your short-term goals or come up with better reasons for creating the new you.</p> <p>Remember, you're not alone—the benefits of exercise are catching on, all over the world hundreds of people start exercising every week. This week. The sedentary habits of today might just become a page in a history book.</p> <p>Find something to motivate you and remind you of the original reasons you started this endeavor. Re-read the section on conquering boredom . Find something that will constantly stimulate you like a magazine subscription, regular motivational emails, a coach. But, take action <i>now</i>.</p> <p>You'll never find out the person you will become if you give up now.</p>
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You	You slipped up.	<p>You're not perfect. Here's a secret: many people on this program have missed a workout including me. I'm not a bad person because of it. The energy drain from temporary indulging in bad foods or missing workouts serve to remind me why I choose a healthy living style.</p> <p>The weak take failure to heart and give up immediately, the strong keep moving.</p> <p>Failures are merely signposts on the way to your new life. Babe Ruth struck out more times than he hit home runs; he swung, and missed, <i>over 1,000 times!</i></p> <p>Take another swing. Don't try to be perfect.</p>
?	Add your own scenarios here, or use a clean sheet.	-