



We're half way through the year!

Now that we're half way through the year I thought it might be a good time to ask you to reflect upon what goals you may have set yourself back in January.

- Did you want to make some positive changes in your life?
- Improve your health?
- Lose weight?
- Reach a particular target?
- Or perhaps you just wanted to get fitter?

Whatever your aim was, maybe 6 months on is a good time to really re-evaluate and refocus to get working towards going in the right direction again, if you've lost your way or your motivation.

Perhaps you need to find a work/life balance in order to help you achieve your goals, not being happy with aspects of your life can make weight loss or positive changes hard to achieve, so why not take a long hard look at what you need to address in your life: It's certainly not possible to have the control over everything, but no doubt it is possible to do something about some things!

With the birth of my first Grandchild on the 9/7/18 it's made me think about what changes I need to make in my life and where my priorities need to lie.

For the last few years since my children have been independent adults, work has become a big priority in my life. I'm the kind of person, whom if I do something, I do it with 100% commitment, but now I'm thinking about where I can find time to fit in being a Grandmother and being there for my daughter who will undoubtedly need my help over the coming months, without it impacting on my commitment to you – my fabulous members.

It's also making me look at my lifestyle and where changes need to be made too. I am the first to admit that I like a drink or 2, but this is something I feel, as a Grandparent I probably need to think seriously about.

Life changes, and with it we need to make changes too: Sometimes they're for ourselves, sometimes they are for the benefit of other people, or we have to do them for our health, but whatever the reason, ultimately changes won't be made if we don't put in some degree of commitment, determination and perseverance.

Take yourself back to New Year's Eve or the moment that gave you the reason to do something about your weight or fitness: Did you make a promise to yourself? Have you, or are you achieving it?

If not, then we still have 6 months of 2018 left, start now and there's still plenty of time to look back at the end of the year and say 'Yes, I did it!'