

PLEASURE + PLAY

This week, we are continuing the focus on energy management. And the challenge for week 10 (and beyond) is to do something that brings happiness, pleasure and joy into your life every single day.

THE BIG WHY:

1. For many of us, FOOD is one of the most reliable sources of pleasure. And that's OK- in fact it's a very good thing to enjoy your food. The problem occurs when we get too much pleasure from food and not enough pleasure from the rest of our life. As humans, we have a need to stimulate the 'pleasure center' of our brain on a regular basis. However, if we don't have an abundance of pleasurable activities in our lives, we end up relying solely on food to give us pleasure.

Remember when you were a kid and your mom practically had to force you to eat because you were too busy playing with the kids in your neighbourhood? Perhaps you have trouble feeding your kids because they want to keep building Lego. Kids get it!

If you want to make lifelong, sustainable changes, you need to give your body what it really needs. It needs fun, excitement, intimacy, and love. It does not need Oreo cookies.

2. The HORMONES released when we get pleasure are shown to shut down appetite. Getting pleasure from food helps to aid digestion and METABOLISM.
3. When you start truly treating yourself well and practicing SELF CARE, you will start making healthier choices naturally.
4. I want this journey to be **AWESOME** for you. I want your health transformation to be fulfilling in mind and body. If you're using brute willpower and hate every step of the way, you'll likely not stick with it. Willpower is a limited resource. My goal is not just for you to have a stronger, leaner body (though this will happen too!). I want this journey to enrich your life. I want you to feel better. I want you to love your life even more than you already do.

SOURCES OF PLEASURE IN LIFE:

1. Physical touch!
2. Working on a project that you're really passionate about.
3. Reading one of those books that you just can't put down!
4. Looking up a really good, nourishing recipe, and taking your sweet time putting together a fantastic meal with your family.
5. Exercise! Your sweat session is a fantastic way to release those feel good neurotransmitters. Whether it's dancing in your living room, a walk or run outside, or your session with us at Ascend Fitness, the investment you make in your workout is worth it. You are worth it!
6. Connecting with a friend, spouse, or your four-legged friend.

7. Write in your journal while enjoying a fantastic cup of coffee or tea.

8. Listen to music.

9. Play with your kiddos!

10. Do something good for someone else. There are countless volunteer opportunities in Chilliwack. Serving others is a fantastic way to feel good and enrich your life.

OTHER:

TAKE ACTION:

Each day, plan to do something that adds pleasure and joy to your life. Life is short- ENJOY IT!