

# Day 1 – Short Term Fixes = Lifelong Problems

The most fundamental problem with all fitness and health is looking for the short-term fix and forgetting about anything beyond 6-8 weeks.

The reality is, if you want those short-term gains in fitness, strength or health then you must consider how you can maintain it long term.

If you start a new diet and you absolutely hate everything that you are eating, what will happen when you stop eating in that way? Of course, the weight will pile back on!

If you start going to the gym 6 days a week for 2 hours on a new fitness kick, what happens after a few weeks? There is a good chance you will stop going completely (over 95% of gym members do this).

It is unsexy and doesn't fulfil the human need to want everything now, but if you can look at making fitness and health changes a LIFESTYLE rather than a 'fix' then you are well on your way to achieving success for life.

Weight is not the CAUSE.

In most situations, increased weight is merely a symptom of a variety of underlying factors.

Most of the time we attack WEIGHT as the cause.

If you focus on your HEALTH and LIFESTYLE first, the weight can be addressed later (and realistically is lost along the way anyway).

I have never seen a person succeed with losing weight by simply trying to lose weight.

The normal process in this situation is to reduce calories to a level where you feel horrible, start exercising heavily and hate life as a result. 3 weeks later all weight loss efforts are stopped.

I had a client recently say 'I have FORGOTTEN about checking my weight' when I asked. This was after DECADES of checking it almost daily... In those decades the weight had only gone up.

For several months she had focused on getting regular exercise into her lifestyle and becoming much fitter, eating a more balanced and healthier diet, improving the relationship with food, reducing stress and working on sleep issues.

In that time she had actually lost almost 10kg and many dress sizes without even thinking of the weight side of things.

It is hard when you are wanting to lose weight to not think about it.

But this is exactly what you need to do.

Put the weight aside for a while.

Are you regularly moving your body? Are you getting fitter and stronger?

Are you enjoying healthy meals?

Are you enjoying a healthy relationship with food? (not bingeing, craving constantly, starving yourself etc)

Are you getting good sleep each night?

Are you reducing the stress you feel from work or life commitments?

If you do not get these things in order FIRST then there is a 95%+ chance that any weight loss will be temporary.

Have a go at the questions below, if you need a hand with any of them simply email me at [daniel@freemansfitness.com.au](mailto:daniel@freemansfitness.com.au)

**What do you really want to feel? (More capable, more energy, FEEL better, is it truly about specific weight or is it about how well you can do things day to day?)**

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**Have you tried short term fixes before? What was the result?**

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**Do you want a long-term change, do you consciously know how much better it would be to keep your fitness rather than yo-yo-ing?**

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**What would having a healthier body mean to you?**

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**What things have stopped you in the past from achieving success long-term?**

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