

## How Do You Feel Today?

**Critical Concept:**  
**Pay Attention to Your Feelings**

You've been working through the Fitness Lab for several weeks now. How do you feel?

If you've been serious about your goals and progress you are most certainly more fit than you were 7 or 8 weeks ago.

Research says that people who are fit and regularly active feel better about themselves, have more energy, think more clearly, get sick less often. What do you say?

<p><b>I Feel Fit!</b></p>	<p>Say it and believe it!</p> <ul style="list-style-type: none"> <li>• I feel great</li> <li>• I'm improving every day</li> <li>• My body is getting stronger and more toned</li> <li>• I can do more and have fun doing it</li> <li>• I can't stop now!</li> <li>• It's just about time to set new goals...</li> </ul>
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Everything that you just read is true. Even if you're having a bad day – you can't deny the fact that you've made improvements.

<p><b>There Is No Secret To Physical Fitness</b></p>	<p>Here's what to remember...</p> <ul style="list-style-type: none"> <li>• Stay physically active doing things you like to do</li> <li>• Do different types of physical activity</li> <li>• Eat healthful foods and watch the Calories you take in</li> <li>• Keep a positive attitude and be thankful for your abilities</li> </ul>
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Over the past weeks you've probably had good days and bad days. You've most likely felt encouraged and happy, and later discouraged and angry.

Believe it or not, that's good! These emotions will always come and go. So far, you've been able to work through the not so good days until you get to the better ones.

That's what mental, emotional and physical fitness is all about. No one is asking you to be perfect. No one is perfect.

**Everyone can improve their mind, body and spirit every single day.**

**Keep up the great work!**