

DAY 18

FIGHTING YOUR FIRST BACKSLIDE



WEEK 3

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Today is one of the most important days of the 21-Day Slimdown because it's going to be your security blanket. We're going to talk about the moment that may come when you stop doing the program. For whatever reason, you quit following the Slimdown, and you've got to convince yourself to get started again.

"No, Larry, it will never happen to me," you might be saying.

"I'm committed to the Slimdown." I know you are. But there is a chance some of you will backslide at some point in the future. That's why this day is so important, and if it comes, you'll know what to do. Your first backslide on this program is going to be one of your biggest challenges. If you handle your first slip successfully, you're much more likely to recover from future slips.

Here's how a typical backslide works. If you go through a period in your life where things are hectic, you might decide to go off the program for a day. Then you might put it off a second day, which makes it easier to put it off a third day as you say to yourself, "Well, let me get the rest of my life in order. Let me get all my projects done, and then I'll really get back on the program." What's happening is that the backslide is turning into an avalanche. Suddenly, the whole idea of getting started again seems so overwhelming that you put off the program yet another week.

HOW TO GET BACK UP

Have you ever noticed that one of the toughest things to do in life is to leave your warm bed in your cold room? The longer you lie there and think about how unpleasant it will be to get up, the more difficult it becomes, but there's no way around it. You have to throw off the covers and put your feet on the floor, and once you take the first small step out of bed, you realize it was not that difficult to get out of bed.

It's the same thing with a backslide. The longer you wait, the harder it is to get started again. Don't wait even one extra minute to begin your recovery. Put aside any disappointment, frustration or anger you are feeling with yourself because that only postpones the effort you must make.

Always start back in small ways. Take small steps just as you did at the very start of the program. Don't demand perfection of yourself right after a setback. Don't set unrealistic goals for yourself to try to catch up. Far too many people set themselves up for greater failure after a relapse by imposing strict rules and guidelines that cannot be followed for life. This program is a lifelong journey, not an overnight trip. Like any road you travel, there will be bumps, red lights, yellow lights, detours and unexpected stops.

I suggest you review what you learned in the first week of this program. Go back to look at the first week of the program and set up an easy day of eating and exercising for yourself. Take a look at your Personal Mission Statement again. You also may take out a sheet of paper, mark a vertical line down the middle and in the left side of the page list all the benefits of sticking to the 21-Day Slimdown. Write down anything that comes to mind. (I've already lost 15 pounds, I have more energy, etc.) On the right side of the page, write down all the consequences you know will come if you continue to backslide. (I'll be out of shape, my belly will come back, etc.) You might also want to spread some motivation around your home. Put a note on your bathroom mirror with a sentence about achieving your dreams. Stick a note to the refrigerator door about the wonderful things that a properly balanced meal will do for your body.

YOUR DAY 18 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Four scrambled egg whites and French toast makes for a healthy, delicious breakfast.
LUNCH	Eat out at an Italian restaurant. Try grilled chicken breast (ask that it be cooked with no oil, but be sure to have a few wedges of lemon on the side), one small side dish of pasta (keep it to a few ounces) with marinara sauce and a Caesar salad with dressing on the side.
SNACK	Have a turkey sandwich.
DINNER	A chicken breast, potato and a fibrous veggie.
SNACK	Baked fish, saffron rice and salad with fat-free dressing.

YOUR DAY 18 WORKOUT

1. Once again, complete fourteen 60-Second Workouts.
2. A 30-minute walk.

EVENING PEP TALK

Now here's the most important thing to do when you backslide. Make sure you do at least one thing before the day is over to help you get back on the program. Don't make the mistake of telling yourself at the start of the day that you're going to do something and then not keep your word. As odd as this sounds, it's very important early on in this program to establish trust with yourself. Each time you break a promise to yourself, you chip away at the supply of your own trust until you eventually are plagued by self-doubt.

Let's say you get up in the morning with the goal of doing some exercising, but as the day goes on, you say, "I'm too tired. I'll work out later." When later comes, you still don't do anything, but this time you say, "I'll do it first thing tomorrow morning." When tomorrow morning comes, you think, "I have too much to do. I'll wait until this weekend," and so on. After a few times of doing this, you'll develop such a negative mindset that you might stop believing you can accomplish whatever it is you want. Then you're in danger of letting your backslide turn into a total collapse.

When the backslide comes, make a small promise to yourself to recover for that day and then keep your promise, whether it means taking a short walk or eating one good meal. If you have to, do one 60-Second Workout tonight before you go to bed. It's a way of letting your subconscious know you're still serious about getting lean and staying lean. If you wish, zero in on one aspect of the program you really want to focus on that day, and after you have kept your promise, congratulate yourself. When getting back on the program after a backslide, it is better to make fewer commitments and keep the ones you make rather than making too many and breaking them. Let me tell you, after all the work you did last week on thinking and acting in a positive manner, you do not want get back in the position of being overcome by negative thoughts.

Slimdown Tip:

Using Salt

I don't worry all that much about salt. Why? The table salt that you add to food is not the culprit when it comes to high sodium in this country. It's the fast food, processed food and greasy food. If you eat according to the guidelines of this program, you will not be using highly salty foods. (If you are pregnant, you need to watch your salt intake, and if you have high blood pressure, you should, of course, cut back on salt.) I don't suggest you dump a lot of salt on your food, but a light sprinkle is okay. Salt is a great flavor enhancer.

