

## Healthy Attitudes

By Lisa Schilling RN

I have a unique opportunity to work with many types of people. This allows me the chance to observe different fitness attitudes. It is this attitude toward nutrition, health and exercise that shows as people engage in physical activity. I will share the top ten attitudes list with you.

Attitude number one is **Good Intentions**. This person is always “meaning to” get some exercise. They talk about it, they put it on their schedules, but for some reason they never get around to it. This person could use an accountability group or partner. All they need is someone to hold them to their commitments and keep them on the right path.

Attitude number two is the **Guilt Builder**. This person knows they should be exercising and eating better but they just can't seem to make themselves do it. Whether it is low energy or low motivation, they have trouble with actually getting started and this causes them to feel very guilty each time they don't do what they think they “should” be doing. Instead, they often end up doing only what they feel like.

Attitude number three is the **Socializer**. This person shows up where healthy activity is going on, but only joins in when they have a buddy to talk to. They enjoy being around others and watching others engage in activity. They are interested in healthy living, but they don't always make time to participate unless it becomes a social opportunity.

Attitude number four is **Apathetic**. These folks understand what it takes to be healthy and fit but they just don't care about it. They are comfortable where they are and don't see the need to change. This is a difficult mindset to change. Apathy takes a major life event to alter.

Attitude number five is **Under Duress**. You have seen these folks. They are doing the health thing, but they are not happy about it. Most likely a doctor or

spouse has told them that they must do this. They put their time in, but often get lack luster results. Because their heart is not in it, they get less endorphin release and tend to not push their intensity.

Attitude number six is the **Hedonist**. You will not see them working out, playing sports or making healthy food choices. They live for the pleasure of the moment, never thinking about the consequences down the road. No momentary pain for long-term gain here. If it feels good, do it! That is their motto. They do not feel guilt for their poor choices. They embrace the short-term pleasures lifestyle and it is reflected in the way they look and feel.

Attitude number seven is the **Enthusiast**. This is the person who loves to exercise and makes it a regular part of their lifestyle. They feel better after a workout and feel strongly about making healthy choices. When exercising they seem at ease and in the zone. Healthy choices are not a tough for enthusiasts, they enjoy them.

Attitude number eight is the **Uninformed**. This person would make healthier choices if they only knew how to do it. There is great potential for this attitude. With the right instruction they can become an enthusiast.

Attitude number nine is the **Addict**. This person goes beyond enthusiasm for fitness and has crossed the line into addiction. They actually have a compulsion to work-out and often follow a very complex diet. It goes beyond a normal enjoyment of healthy living when the person feels distress if unable to follow their routines.

Attitude number ten is the **Hopeful but Harried**. These people enjoy fitness and healthy living but are not always able to follow through due to multiple responsibilities and tight schedules. For this person, it is not impossible to exercise and eat healthy, but it is a major stretch. They must make a commitment to it and then

plan ahead to make sure they can do what they need to do.

All of these attitudes have described me at different times. However, number ten is most often the case. I would love to be the enthusiast but at this time I am not quite there. You can probably see yourself in one or more of these attitudes as well.

Whatever your attitude, remember that you have a choice. Choose to do the right things even when your feelings and circumstances don't line up. After all, attitude is a choice.