

Power of the mind

GETTING fit and staying in shape is a lot more than the ritual of exercising or going through the motions of working out.

While our bodies may require the consistency and effort of regular exercise to stay in the best condition and shape possible, we also need dietary back-up, mental encouragement, physical support and an environment that brings the whole package together.

That was the intention behind the setting up of the Sports Super Centre, at Runaway Bay – a one-stop mecca for fitness that offers you all the programs, equipment and staff support you could want.

The centre's Tracey Fenemor said customers were offered a complete approach to weight loss and wellbeing, with more than 50 group exercise classes, as well as a personal training service, cardio, gym and weight sessions, yoga and pilates and a 50m aquatic pool.

She said a team of nutritionists, dietitians, psychologists and medical experts was on hand to provide support in any area of physical or mental fitness.

One such practitioner, psychologist Matt Ahlberg, offered programs dealing with the link between self-esteem and the ability to achieve fitness and weight goals.

Matt, who runs Mental Notes Consulting, said self-

esteem was a term often used but rarely understood.

He has put together guidelines on how to cope with self-esteem issues, the constant need to be 'good' and the tendency to kick yourself when you stray from the path.

"Self-esteem differs from self-confidence and is often hard to identify," said Matt.

"It's about how you view yourself as a person and how valuable and worthy you feel."

He said because diet and body image were tied up with self-esteem and how we viewed

ourselves, it had a large role to play in controlling our weight.

"Most of us learn from a young age that thin is good and fat is bad," he said.

"But these kind of distorted rules we live by can lead to us feeling bad about ourselves.

"And then, unfortunately, we quite often eat something that wasn't on a diet plan, or because we feel bad, we'll skip a training session.

"Then, instead of telling ourselves we 'slipped up' and it was 'no big deal' we tell ourselves that 'we are no good.'"

It's these voices that Matt said could often sabotage the best of intentions or the strongest willpower and interfere with attempts to stay in shape.

Matt advised people to question the voice that say 'you're 'not good enough' or 'you don't deserve good things'.

"With some effort, changes can be made and have a profound impact on all areas of your life," he said.

For more information about the programs and sessions on offer at the Sports Super Centre, at Runaway Bay contact 1300 306 792.



SUPPORT ... fitness can require a holistic approach to achieve.