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## Words *for* Thought:

*“Change is the essence of life. Be willing to surrender what you are for what you could become”*

START WITH THE INSIDE

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# CHANGE

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### Change is a comin’.

Yeah, I know, you’ve heard that for a year now. No, I’m not talking about THAT change. Though the promise of THAT change has affected nearly everyone’s life in the last year.

#### Change is happening all around us.

Without getting too political, there is serious change in our lives. Everyone is affected. People are losing jobs that never thought

### *Change = to become different, transformed or converted*

they would. Businesses are closing that never thought they would. Cut-backs are coming from state and local governments that are affecting our levels of services and more job cut-backs. Friends, family, people you know. It’s getting hard to pay the bills. Yeah, that kind of change.

When I started my business **Start With The Inside**, I wanted it to be different. I did not want to be just another fitness trainer at a gym pumping iron and looking at myself in the mirror. I wanted to change lives. There’s that word again. **CHANGE!**

The very name of my business **Start With The Inside** means change. It means to become different, transformed or converted. Changing your body, changing your habits, changing your emotional attachments, changing your life.

Change is good. Even bad change can be good.

Change makes you think. It makes you prioritize. What’s really important? What really matters in your life.

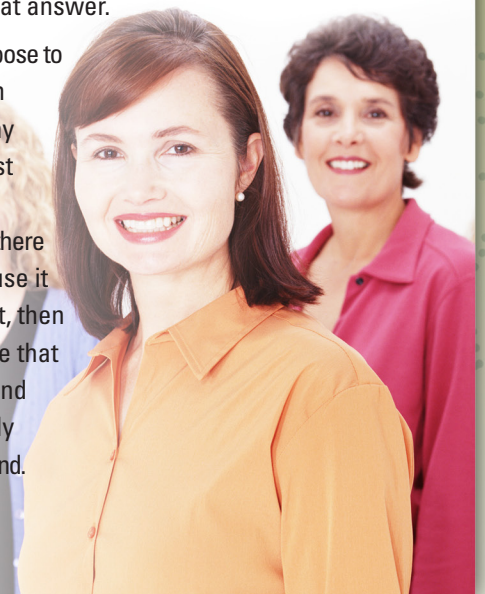
As we go through these changing times, I would encourage you to be positive. I know it’s hard. I’m right there with you. I’ve had to do a lot of re-adjusting in the last year, just like so many I know. But as I’ve said before,

we have to go through this, so the question is:

*Do you want to go through it the HEALTHY way or the UNHEALTHY way?*

Every choice you make during the day determines that answer.

If you choose to snack on unhealthy foods just because they are there or because it is a habit, then you make that choice and your body will respond.



If you choose not to workout because you can't get out of bed or get home too late, then you make that your choice and your body will respond. And I'm not talking about one little time, I'm talking about repeated choices that add up during a day, or week, or month. When eventually, you find yourself with a body that you are NOT happy with or an emotional state of mind that is NOT good.

I can help you. **Start With The Inside** can help you. Don't wait any longer to start living the life you want to live.

The month of February was amazing – lots of changes. Here's a few of the fun things I did:

- ♥ Attended training sessions and became a Coach for the Girls on the Run program for middle school girls
- ♥ Ran a 5K with clients who had never run before, it was an amazing experience and I am so proud of them [we did this in the snow too!]
- ♥ Spoke at the Georgia Commission on Women at the Capitol on women and obesity.
- ♥ Held an "Emotional Boot Camp" for a great group of ladies who are on their way to changing their lives, and bodies.
- ♥ Ran a 10K and made a new PR [personal record], placed AND came home with a medal for my age group.
- ♥ Taught at local middle school in Health Classes about body image and fad diets. Amazing experience and really talked to kids and found out what was on their hearts.
- ♥ Hosted a mental health symposium with my H.E.A.L Team members through GNLI, the leadership program I am in. Met many wonderful professionals who have devoted their lives to helping those with mental illness.

It was a great month and I am ready to take on the world again in March. Are you? I want you to. I am not a faceless, nameless company out to make money. I am a healthy person who wants to teach and help those around me. **Start With The Inside** is a company founded on personal convictions and strong ideals. I can help you change your body, so are you ready?

More changes that are coming... [if I write these down, I have to do it, so here they are]

- ♥ New interactive website that will streamline info more effectively and will include my blog and other features
- ♥ New on-line fitness store that will give you the opportunity to purchase high quality fitness products or supplements
- ♥ New products from **Start With The Inside** that you will be able to purchase on-line, including **Start With The Inside** t-shirts
- ♥ **Start With The Inside** book. Yes, the book. The one I have been working on for years. The one that started out as a recipe book and evolved into a fitness/health/recipe/change your life book. I can't wait to show it to you. This will also be available on-line.
- ♥ On-line consulting packages – so you don't have to be local in order to work with me. Either phone or e-mail packages will be available.

Changes are coming every day. I've chosen to make the best of mine. Won't you join me?

I am always here for you,

*Sandi Porter*

Sandi Porter

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