

# YOU ARE PRIMARILY **THE PROVIDER**

To your friends and loved ones, you're a rock of dependability. You make the lives of everyone around you better, and nobody's better at getting important stuff done. This is great! However, it also means that you tend to put your needs after everyone else's. As a result, you can't always make fitness as high a priority as you'd like.

Here are the hurdles that might be keeping you from achieving—and holding onto—your dream physique.

- 1 SCHEDULING.** You've had your share of hurried, low-quality workouts. Your packed schedule means you struggle to squeeze in gym-time, so you can't give your training the attention you know it deserves.
- 2 FRUGALITY.** Your tight budget keeps you from using tools that could really help you, a high-quality protein, for instance, or basic workout gear.
- 3 CONSISTENCY.** You struggle to follow any plan all the way through, because too much "gets in the way."
- 4 SELFLESSNESS.** You allow other people's needs to come before your own. Maybe you'd like to eat better, but you know your family would rebel against it, so you don't.
- 5 REST.** You struggle to find the time to get adequate rest, and your stress level is higher than it should be. When you have an hour to spare, you're prone to collapsing into a chair or couch.

## GET REWIRED

Over the nine weeks of the Rewired Trainer, here's what you're going to work on.

**Focusing.** Your time in the gym should be more than just a respite from everything else in your life. It's your opportunity to embrace the challenge of becoming your best self. For the next two months, you're going to prioritize shutting out all distractions and opening yourself to *the experience of training*.

**Connecting.** It can be lonely being the provider. You might think social networks are just for sharing photos of your kids, but they can also be a fantastic place to work through problems, stay accountable, and make good use of other people's expertise.

**Getting consistent.** We know that fitness is demanding, and something more urgent is easy to find. But for the next nine weeks, do whatever is necessary to reap the full benefits of this trainer. Follow the Rewired Trainer's workout program without any customizations, lapses, or shortcuts. Do the work, do it hard, and see what happens.

## WHAT TO DO NOW

**Write a letter to yourself.** Using your BodyBlog or whatever medium is most comfortable for you, write a letter to yourself that lays out three things you want to work on over the next nine weeks, why they matter to you, and how you're going to make them happen. Your letter doesn't have to be long, but it has to be real. Share it with someone if you want, or keep it private if you need. But do it, and keep it someplace where you'll see it regularly.

**Start tracking.** Consistency has been a problem for you in the past, and the answer is to start keeping track of your progress in training, nutrition, and supplementation. Leave nothing up to chance! BodySpace offers workout trackers and plenty of other tools to help you stay on track, as well as a community of millions of people to help keep you accountable. Sign up for an account if you haven't already.

**Post to Fitboard.** Fitboard is Bodybuilding.com's one-stop inspiration station. It's where you'll get the biggest laughs and the hardest truths on our site. Make a habit of posting and visiting there regularly, and you'll be rewarded with gems of wisdom that seem custom-made for you—like that slow progress is better than no progress.