

ACTion! Centre Stage Start Up Plan



You can feel better, have more energy, be more positive and be happier and healthier today, tomorrow, next week, next year. And the next year can be even better, and the next better still. We tend to think that poor health as we age is inevitable. It's not. We also assume, (mainly due to previous experience), that the path to better health and fitness is painful, complicated and unachievable. It's not. Rather, you can enjoy the journey, taking small, accomplishable steps toward a more active, fulfilling life, as you improve your health each day.

ACTion! Centre Stage is a strategy of simple, new habits to lay the foundation for a healthier and happier you. Although they are simple, these practices may clash with habits that have taken root over many years so be patient! A gradual introduction of these initiatives will make it easier to develop, maintain and strengthen these habits for the rest of your life!

If you've tried and failed in the past to improve health, going all in with crazy cardio, restricting food and totally changing daily routine, you already know that, as the initial excitement and motivation fades, it gets harder and harder to stay positive and eventually the aggravation is not worth it, and you give up. The more times you repeat this cycle the harder it is to get motivated to even try again, inevitably resulting in further declining health. Instead, take your time, celebrate moving forward consistently, don't give up and commit to getting stronger and healthier everyday. This plan builds success upon success so that as you see results you feel like a superhuman, so let's get started!

ACTion! Centre Stage Success Guide

The following guide is critical for developing new, healthy habits:

- 1) ***Commit to each new practice for two months.*** While there is no clear data on how long it takes to form a new habit, two months will allow enough time for you to see the benefits and encourage you to keep that new practice.
- 2) ***Be consistent.*** but don't beat yourself up if you fall short some days. Life happens, just forget about it and pick up where you left off, just don't give up!
- 3) ***Gradually adjust into the new practice.*** For example, if you currently get only six hours of sleep and the goal is eight, don't suddenly start to go to bed two hours earlier. Instead, decide to go to bed 15 minutes earlier each week. After eight weeks you've met your goal, and consistently built a series of successes. You'll feel the results, so why wouldn't you stick to this new habit FOREVER?
- 4) ***Don't try everything at once.*** Remember the goal here is to build successes. Trying to start all these practices at one time will not work. However, you may want to try beginning two practices at the same time as one practice may impact the other. So, as you build this new routine, changes you make in one area will support change in another to build success upon success as you establish new lifetime habits. For example, perhaps you struggle to get 8 hours sleep because you find it difficult to go to bed earlier. Try going for a walk or starting an exercise regime will bring you to it a better place to be ready for bed earlier. Or if you're having trouble not eating at night while you're watching a screen, perhaps going to bed earlier will also help with that issue. If you're too stressed when you go to bed you may choose this time to start your mindfulness practice as this can help reduce that stress and make your goal of getting your quality sleep much easier to achieve.
- 5) ***How long? Forever!*** While the idea of a steady, incremental introduction of the components is to develop consistency and pile on success, the real objective is to make new habits that you can maintain. Once it's a habit, then it's just something you do. Once again, remember it took years to develop your current habits. You know some of them are contrary to living a healthy, long and purposeful life, so it's time to replace them.....forever!

The Five ACTs of Healthy Active Aging

Every great Broadway performance is a progression of precisely executed acts, each building on the previous action, and your centre stage is no exception. What are **ACTs**? To change or create a new habit we need to **ACT**:

Acknowledge the current circumstance to understand the reward, harm or expense.

Change mindset to realize the benefit of replacing old habits with healthier alternatives.

Transform by making small incremental modifications leading to major change and benefit.

Try using this strategy to develop new habits, making gradual changes to establish new behaviors you can do.....
forever!

In our program *The Five ACTs of Healthy Active Aging* are: 1) Sleep, 2) Nutrition, 3) Exercise, 4) Social Relationships and 5) Mindfulness.

The **Action! Centre Stage** program combines the Success Guide strategy with practical actions for all five **ACTs of Healthy Aging**. If you are ready to start your journey to better health download our **free** individual **ACTs** here:

[The ACTs of Healthy Aging – ACT 1 SLEEP](#)

[The ACTs of Healthy Aging – ACT 2 NUTRITION](#)

[The ACTs of Healthy Aging – ACT 3 EXERCISE](#)

[The ACTs of Healthy Aging – ACT 4 SOCIAL RELATIONSHIPS](#)

[The ACTs of Healthy Aging – ACT 5 MINDFULNESS](#)

We hope you find this **Action! Centre Stage** component rewarding and successful.

If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

For more tips, coaching support and programs check out the following links:

Live Centre Stage website: <https://LiveCentreStage.com>

Live Centre Stage Facebook Group: <https://www.facebook.com/groups/livecentrestage>

Live Centre Stage YouTube Channel: <https://www.youtube.com/@livecentrestage>

Live Centre Stage Programs: <https://LiveCentreStage.com/programs>