

Bedros Keuilian:

Hey, friends. Bedros Keuilian here, founder and CEO of Fit Body Boot Camp. I got to tell you, I'm a big believer in mindset coaching.

Bedros Keuilian:

Listen, how you coach your mind determines if you lean towards pessimism or optimism, negativity or positivity. I want to share a very important message today that involves the three Cs, especially during times like this, when we're in some sort of a national or global crisis. Those three Cs are this: Control what you can, cope with what you can't control and concentrate on what counts.

Bedros Keuilian:

What I mean by that, and what I want to share with you here with our Fit Body Boot Camp clients is that there's a lot that you can control. That first C. There's a lot that you can control. You can control your sleeping, you can control your workouts by being in here, working out with this online coaching platform, and really getting involved with the community here and sharing, motivating and inspiring. That's a lot of control. How you sleep, how you work out, how you communicate in this group and with people that are positive, but also how you eat, right? Depending on how you eat. If you're eating foods that are going to make you sad and lethargic, like high carbs, high sugar, high fat versus foods that are going to make you more energetic like veggies and proteins and healthy fats like avocado and fish oil. If you can focus on the things that you can control, you're going to see that you will be able to boost your immune system, boost your happiness, boost your optimism.

Bedros Keuilian:

Then there's the other C. We have to cope with the things that you can't control, whether it's a quarantine or whether it's an economic downturn or a temporary change in lifestyle that really is uncomfortable for all of us. Well, we have to cope with that because, at the end of the day, there's nothing we can do. But how you cope with things matters. Are we going to sit in front of the television and binge watch Netflix or are we going to read a book that's going to help inspire our imagination and maybe learn something new about a part of the country or a part of the world that we didn't know. Even how you cope with things matters. Remember, control what you can, cope with what you can't control.

Bedros Keuilian:

Finally, that third C, concentrate on what counts. What counts is that during this challenge, during this time, you're going to get the results that you're after even though you're working out at home, even though that you might be limited on your access to the outside world. But that's okay because what really counts in the end is that 12 months from now you can say, "Look, that was a time that I got into great shape and I've been able to maintain that shape, that mindset, that health, that fitness for six months, 12 months now, right?"

Bedros Keuilian:

Remember, concentrate on what counts, which is your health, and that's not only your physical health, that is your mental health and your emotional health. Now is the time to focus on that, so stay plugged in, stay tuned in. This is your family, your community. The more that you interact and help others, it is the most selfish thing you can do to help yourself is to help others because as you help others, others want to get inspired and want to help you and pour back into you and fill your cup up. I'll see you next time.

