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Excellence Is The Next Five Mins

Hey you 🙌 I have something important to tell you!

I know a quick way to improve the next... 5 minutes of your life! 🕒

Doesn't sound like much, does it?

That's because you haven't heard of the 5-minute mindset yet! Let me introduce you to it, then – I told you it would be important!

The 5-minute mindset is essentially the habit of doing your best in the next 5 minutes, no matter how tedious the task, because... well, it's only 5 more minutes!

Think BIG and have a VISION, I always say. And I stand by it, but...

Today, think small and do something super cool by the end of the day! 📅

Most people see excellence as a grand aspiration, but what if you focused on the quality of your next conversation with your kids, email to your clients or rep at the gym?

Forget the long-term for a while and focus hard on the next five minutes. Focus is life's true currency, so cultivate it carefully. 🕒

After all, no matter how much we may not want to do something or continue, we can usually always do it for 5 more minutes.

Are you with me? 🙌 Let me know in the comments!

Exercise & Muscle Loss

Exercising, regardless of your age, means being able to function and stay healthy, flexible and strong! You can improve your heart health, mood, stamina and so much more with regular physical activity.

There's a reason they say exercise is the cheapest medicine! 🏆

Exercising also means having the energy to participate in activities while looking good at any age. No more sitting down at the party when you really want to be dancing or covering up at the beach when you really wanna strip off and swim in the ocean! 🌊

Studies show that resistance training is an effective means to preserve muscle mass and delay age-related muscle loss. 📄

For me, it's not just an antidote to aging. It's also what keeps me focused and motivated on a daily basis!



It means I can play and run around with my kids. 💪

What is exercising to you?

And if you don't have a workout routine, what would you most like to get out of one??

Imagine The Last Time

I have an idea to help you focus today...

Imagine it's the last time you'll do something. ⌚

Do you know that realizing it's your last time doing something, going somewhere or seeing someone bring the experience into sharper focus?

It's why they ask you to imagine how you'd want to spend your day if you knew it was your last one, for example. 🧠

The next time you find yourself avoiding, delaying or procrastinating a task, imagine it's the last time you'll have to do it, ever.

Pretend it's the last time you'll have to do your job, your last time cooking this meal or the last time you visit the gym. 🏋️

You'll see how this simple thought will have the power to snap you right back into the present moment.

Let me know if you try this technique and how it goes for you! 🙌

Involving The Kids

If you've ever wondered how to get your kiddos to be more active, you're not alone!

Kids today tend to sit around on their devices far more regularly. 📱

Seeing their parents (that's you!) enjoying sports and exercise and being outside will make them more likely to do so themselves.

This is because lifestyles learned in childhood are likely to stay with someone into adulthood.

So, if sports and physical activities are a priority for you, they will provide your kiddos with a strong foundation for a lifetime of health!

If they're small, simply let them join you, watch you and count for you! They'll be ecstatic they get to spend time with you, and you'll get your workout done! 🏆

If they're older, find sports or activities that they might enjoy, emphasize fun and get going! The more fun they have, the more likely they'll be to join you again in the future. 😊

Even if they refuse to learn a new sport, make time to take them out for a walk, hike, or bike ride from time to time 🚲

It's a great way to spend time together while keeping them and yourself active!

Do you involve your kids in your activities? ↓

The Future The Focused

The future belongs... to the focused. 🤔

If you have a tendency to jump at every ding, ping, and ring, despite taking your breaks and getting a good night's sleep... this post is for you!

To improve your focus, no matter what you're doing, it's essential to set up an environment that doesn't make working hard... hard!

Put your distraction in a place that demands effort to get to it. Stay away from your bedroom – that includes the couch. 🖥️

No lazing around on your phone when you're trying to make the switch from easily distracted to highly focused!

We're all a bit distracted these days, which makes learning how to implement a new habit and improve our focus more important than ever. 🔥

Phones and laptops away when you're not working. Out of sight may not instantly mean out of mind, but I find it helps tremendously. 🚫

What helps you step away from your devices and focus on yourself, your goals and your family?

Hashtags:

#seizetheday #fitnessgoals #starttoday #fitat50 #over50andfit #lifeafter50 #mindset #mindsshift
#neverpeak #over50fitness #ageisanumber #youareworthit #fitsquad #onlinecoaching #dontsettle #results
#fitlife #fitfam #feelgood #workout #bethebest #justdoit #breakthenorm #weightloss #getinshape
#byedadbod #getfit #bestrong #fitover50 #weightlosssuccess #successfulmindset #nolimitations

#healthykids #activekids #outdooractivities #familyactivities #fitat50 #over50andfit #lifeafter50 #mindset
#mindsshift #neverpeak #over50fitness #ageisanumber #youareworthit #fitsquad #onlinecoaching
#dontsettle #results #fitlife #fitfam #feelgood #workout #bethebest #justdoit #breakthenorm #weightloss
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#onlinecoaching #dontsettle #results #fitlife #fitfam #feelgood #workout #bethebest #justdoit
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