**Staying Positive for a Healthier Body and Mind**

A personal trainer based in Gold Coast, Australia, Ashy Bines developed the Ashy Bines Clean Eating Diet Plan, a program that has changed the lives of women around the world. While this plan is centered around achieving a healthy bikini body, it also empowers women to embrace their inner beauty and stay positive. Additionally, the Ashy Bines Clean Eating Diet Plan includes access to an online forum where women can encourage and connect with each other.  
  
When it comes to diet and exercise, research has shown that attitude significantly affects success. Instead of thinking of a diet as a way to “fix” the negative things you don’t like about your body, think of the positive lifestyle changes that it can bring, such as healthy eating and increased activity. Maintaining a positive attitude will also increase your personal motivation. For example, thinking of that protein-filled lunch wrap as an opportunity to mix up your midday routine, instead of as a dietary punishment, will give you more drive to keep up with your fitness goals. Finally, Ashy Bines recommends hiding your bathroom scale as a strategy for staying positive. Weight can vary significantly, even within a single day, and you can’t let the number on the scale rule your life. More importantly, a scale can never measure your worth as an individual.