



# **Becoming Mentally Tougher In Triathlons by Using Meditation: Reach Your Potential by Controlling Your Inner Thoughts**

*Joseph Correa (Certified Meditation Instructor)*

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Becoming Mentally Tougher In Triathlons by Using Meditation is one of the best ways to prepare to reach your true potential. Eating right and training are two of the pieces of the puzzle but you need the third piece to reach your maximum capacity. The third piece is mental toughness and that can be obtained through meditation. Triathletes who practice meditation regularly will find they are or have: - More confident during competition. - Reduced stress levels. - Better capacity to concentrate for long periods of time. - Lower muscle fatigue. - Faster recovery times after competing or training. - Overcome nervousness better. - Control their emotions under pressure. What more can you ask for as a triathlete? When considering unlocking their true potential most triathletes focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It's common to want to see physical benefits from physical exercises but what many triathletes don't know is that meditation has been proven to improve physical health and performance. Reaching your peak performance requires that you train and stimulate the body and mind. Not taking this into account can be a main reason why some triathletes have trouble moving on to the next level. In order to do your best you must accept that the body and the mind are what will make you complete. Meditation as exercise for the mind helps to strengthen your mind as you would strengthen your body and consistently evolving as you practice it. Physical conditioning, good nutrition, and meditation are the three keys to achieve a state of optimal performance. Most triathletes don't pay as much attention to meditation as they should because their mostly worried about appearance and how others perceive them. Results, in meditation, are not something you will see physically but rather in how you feel and in your new ability to control your thoughts and emotions. By starting your meditation sessions and being disciplined and consistent you will notice significant improvements in how you respond to anxiety, pressure, and stress which are three of the major issues most triathletes have trouble overcoming in life and when trying to reach your true potential. Change your life and start using meditation to surpass your limits and break free! ©2015 Correa Media Group

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