‘FITNESS’ isn’t just a personal choice: Creating the ‘FIT’ practice

Author: Angela Severance

‘Learn Digital Dentistry has been a great resource in our learning experience. However, having a FIT coach has been most helpful. She has given me great confidence!’

— Tonia, Dental Assistant

_Making the commitment to become FIT is a challenge. It is a lifestyle change. One can’t continue old habits and expect new results.

The onboarding of CAD/CAM technology requires a new routine. How would you get ready to start a diet and become FIT? Would you go to the grocery store and fill your house with bread, cookies and ice cream, or would you rid your home of those things? Would you have a plan? Would you educate yourself on the steps you are going to take in a certain timeline to achieve your goals? Would you have the support of friends and family members for continued encouragement when you’re having a hard day?

Is getting FIT easy? NO — if it was everyone would do it. It takes commitment, the willingness to accept habitual change. If you’re ready to get FIT, then read on!

_A way of life

Implementing a lifestyle change means surrounding yourself with supportive people. People who already have adapted to the new lifestyle and those onboard with accepting the challenge to change and grow.

Team buy-in is imperative to the success of onboarding this new technology. This means every single office member must be ready to accept the challenge to change. From the front-desk scheduling to the doctor’s preps to the assistant’s duties, all must become educated on all aspects of the process and work together.

It all starts with setting the scene for success. Before we begin a new Fitness plan, we educate ourselves on the process. We need to know what we are getting ourselves into to set us up for success. We buy new tennis shoes, workout gear, get a gym membership, hire a personal trainer. We read the internet feverishly or buy a book or watch videos to ensure we will succeed.

When incorporating this technology, we too need to prepare the office for the new plan. We watch pre-training videos, purchase new burs and lingual retraction devices.

_Commitment

Commitment is key to making the lifestyle change stick. There will be days at the office those dozen donuts will be staring at you while you get yourself a cup of coffee, but it will take you and your support system to avoid temptation. Now, will you have a donut here or there? Probably. Everyone falls down. You don’t quit the lifestyle change because you missed a workout or had the extra glass of wine. You wake up the next day and start fresh.