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Get to Know Your Body Personally

One of the best ways to better health, loss weight, and even self worth is to personally know your body. Once you know your body then you can start to understand how to change the parts you don't like. We then have to understand how and why certain things are bad for us so we will have the desire to change. The body acts and reacts to its surroundings, thinking mostly internally but also external. When we introduce a foreign molecule in our body, the body will react to it in some way. Sometimes we then consume a different foreign molecule to suppress the reaction of the previous unknown intruder. We need to have some understanding of what we put in our bodies then, when it reacts to a situation, we can try to understand how to fix the problem.

Note: Especially with any health problems, this would be consulted with your own personal medical doctor.

First Step: Controlled Items (write down things that you can physically control and with your doctor's help. Only put down things that you do on regular bases or are committed to now. Whether they are life and death reasons, just do or things you already understand and believe. Ex. volunteered or doctors prescribed medications, eating habits)

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Second: Read and ask. (Gather information)

This sounds like a really dumb question but read! Read and compare the labels on the boxes, cans, jars at the grocery store, ask why is this ex. apple feel/taste different than ones at organic stores. Ask the doctor, what are the effects of this medication, what is this medication suppose to do, how long will I need to take it, are there other non-medication options?

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Next: (study and ponder the results)

Ask yourself questions throughout the day as you do them and analyze the effect after, if there is one. Is this good for me? (This question depends on your own current knowledge, as you learn more, your answers will change to this question.) Will eating this item help my body and to accomplish my personal fitness/health goals? Why does my knee start hurting at work, what motion do I do different than my personal time?

Try to analyze almost right after you notice the bodies reaction (ex. pain, muscle soreness, stiffness, pinching, hunger, thirsty, urge for something sweet, urge for something fat-sweet. If you notice this reaction daily, is it same time of day? What time?

Ask yourself after I eat, how did I feel? Did I want to go to sleep? Why? Was I running

around like a chicken with their head cut off for no reason? After your hard exercise/workout are you just thinking of having a salad because it's what you are told in magazines/it sounds nutritious or what your body is really saying it desires at that time? If it desires something different, ask why? Is that your sweet tooth kicking in or is it lacking on some vital nutrients.

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If we listen and take care of our bodies it will do its best to take care of us. The taking care of us means, feeling better, able to do more physically than before even at a moments notice.