

FITNESS AND BODY IMAGE.COM

Health Newsletter

We Give Excuses For Fitness

We are bombarded with all kinds of media that has to do with health and/or fitness. Yes, we know we need to exercise, need to eat right, be more health conscious about ourselves. It took you 10 years to put on your 40 extra pounds of weight and you think it will come off in a month. You don't want to work another 1-2 years to get it off and gone for good. You got used to carrying those bags of potatoes-like around, having to resituate the body to bent, stand up and get little aches and pains.

As we get older, little aches and pains are common, we learn to deal with them. You say, "my knee has always hurt since I was little, old sports injury, since I gained the extra weight, I just can't climb stairs so, I can't or don't want to deal with fixing it." I'd rather just deal with the pain till it gets worst, take some pain killers so, I can do my normal life. Oh it's hereditary, most of my family has knee problems, my family has heart problems, family has high cholesterol. We may even be having a stressful, long, starving day and our body hurts all over.

The thing with these, true to life, examples is we concede to them and except them as the norm. It's what everyone else says to just deal with it till it gets worst, get on the medications, to ease the symptoms, till you die. I know this may sound harsh but it's true, isn't it? Our bodies can't talk through our mouths to communicate to us but it tells us a whole assortment of things throughout the day if, we just listen. Then when we just brush it a side, to say I don't have time for you now, it does a remarkable thing and adapts, the best it can. This adjustment is only meant to be temporary because it's not a fix to a problem. If you brake one leg and don't have proper healing support, the body will support your activities on the good leg, till it gets fatigued. There's a lot more that happens in the body, when something suppose to be short term but is portrayed as a long term fix. Another example, you go outside in the cold, without a coat, maybe you are busy talking to a friend. You feel fine for a little while, the body adjusts, then your immune system is becoming vulnerable and so neat, the body then helps you think clearer saying, dummy get your coat. ha ha. If this situation continued for a longer period of time, we could even die. So why do we listen to the body when we are getting cold? We remember from experience and don't want to be sick. Then why don't we listen to bodies communication to us, on a lesser degree short term consequence but greater long term consequence? Thank goodness we don't have the long term consequence happen to us frequently and don't recognize the consequences, like the cold example.

Yes I know, the psychology response is giving excuses. It's a release, pass the buck, helps us to not feel guilty about what we know we should do. I don't point out these different scenarios to solely help myself but to assist others in gaining more self understanding and feel better about themselves. I hope this newsletter will be a wakeup call for many to get out of their rut and move forward with their personal fitness/health goals. We are there to help and there are many resources out there, to help someone understand the bodies responses and additional assistance, with natural herb medications.

We pride ourselves in our mission:

OUR SUCCESS IS ONLY YOUR SUCCESS.

You are not in this fitness puzzle alone. We are here to be a source and help.

Contact us on the web and have a great day.

We can teach you how to make exercise more enjoyable We will build a fitness program to meet you personal fitness/health needs. We have many online training services to teach you personally how to fix the wrong health cycle and help you accomplish your health/fitness goals for life.

http://www.fitnessandbodyimage.com/services/online_training.htm

Tell us how we can better serve your health and fitness goals.

<http://www.fitnessandbodyimage.com/contact.htm>

Forward our newsletter to your friends.

new subscribers click here.

<http://www.fitnessandbodyimage.com/newsletter/index.htm>

Look at our recipes and enter your own recipes to our database TO WIN A HEALTH COOKBOOK.

<http://www.fitnessandbodyimage.com/recipes/index.htm>

This is not spam. You have received this because you have entered your information on our website and/or ordered from us. Click here to be removed. www.fitnessandbodyimage.com/newsletter/index.htm