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Health Newsletter

Mankind's Pain/Discomfort Cycle

I'd like to introduce you to the pain cycle most everyone follows but, doesn't even realize it is happening. Why do we wait till an area of our body hurts then, try to forget it, go to the doctor and get a pill to cover it up for the time being? The main thing on our mind is wanting to stop the discomfort/pain from disturbing our daily plans. We want it to stop bothering us like it was yesterday. After it doesn't trouble you, you forget about it and, go back to your same daily life plan/activities. Notice how I said that, this is when it doesn't trouble you and not that it's actually fixed the problem. We just go on our merry little way again till we hurt something else or the same area and it interrupts our plans. If the area wasn't actually fixed the first time, even though the pain may not be presently bothering you, the area is weaker to be re-injured again.

We will continue the above cycle, never actually fixing the problems, but merely just forgetting or covering them up until, ultimately we physically can't move or, the pain is so bad, we might realize and get a brilliant idea that something might be wrong. As we age in this cycle, we justify to ourselves, that it's ok to let our body to fall apart and that it is a point of no return. I hear it all the time saying, "I am just getting old", which is true but, you don't have to feel it or even look like it.

I know listening to your body, being mindful of your nutrition and regular exercise is hard and not always the most enjoyable. We can learn and fix the problem areas that we might have now, then maintain our body/health for future body awareness's. We need to pre-prepare our health/bodies so we can be ready for anything you might want to do, hike with family, carry kids to bed, play with children. We will not choose to stay on coach or chair and even be affected by our aging mishaps. Generally only a small percentage of medical/physical problems aren't going to be affected by maintaining life good health.

I'd like to use an personal analogy to help explain, first for the women, your favorite blouse, skirt, pants, you don't throw them on the ground and walk on them, or if you do walk on them a little, then when they get a rip or dirty, do you pick them up and wear them? No, you wash or fix the problem with them. Well the cycle above, you have been walking on your body, only to pay attention when it gets dirty or becomes damaged. You hang up your favorite clothes and press them, carefully wash, be aware of situations you might spill something that would stain, you want this piece of clothing to last. The reasons you may like your favorite piece of clothing could be, the color, you feel good in it, you get positive comments when you wear it and it's what your social crowd is wearing. You may not like your skin, shape of your body or aren't proud of your body, always tired. Whatever the reason, your body feels and has been treated the same way, as listed above. Our body is the only one we have or will ever get so, it should be treated just like our favorite clothing and make it last.

Next I'd like to use the personal analogy to help explain for the men, us men like our cars. When you own a classic car, what do you do with it? You keep it in the garage, keep a cover on it, not let it be in sun or rain, maintain the motor units, make sure the motor runs to a tee and is kept in peak performance. If it gets a flat tire, or a belt brakes, do you just

let it sit and forget about it? Or do you always try to just temporary fix it, like putting tape over the hole. This is only a temporary fix unless, you are stranded in the middle of nowhere. But when you get back to a town, do you continue the trip and go hundreds of miles on the taped tire, like it's as good as new? No, you would fix it at the soonest chance you get. If you really cared about the car, you would keep it continually maintained, buy good tires-not the cheapest, buy quality parts and supplies. You would hope by paying for quality parts and supplies, they would work better, last longer, so in the long run you would be saving money, by not having to constantly replace the parts. Our body is similar to the same way, it is the only body we have so, we can't just trade it in or buy a new one. We need to be mindful of nutrition, exercise and maintain our body throughout our life, just like we would our high performance car motor. When a misshape comes along, we take the time, if needed, spend the finance for quality fitness services to fix the problem. Don't say, "I don't have time" and just take a pill-even from doctor and expect to then go, another twenty thousand miles on that tape on the tire. It's never too late to start caring about your body, health and fitness. It doesn't matter if you are getting older, we all do. Now is the time to start, today is here to begin. So stop this vigorous pain cycle and take care of your body like, something you really care about and want it to last far past all warranties. Keep it going, in magnificent shape for the present and all your future years to come.

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.