

Fighting The Good Fight



I'm 57 years old! It is hard to believe! But, I can still run 5-6 miles at a time and use 25 lb dumbbells to do my flys. Don't get me wrong, staying in shape has its extra "special" challenges than when I was in my 30's! My pace has slowed down considerably, recovery takes longer and then there are aches and pains that may pop up periodically. What do I do? I accept where I am with my fitness level, give myself permission to recover as needed and strengthen or correct the areas of my body that have become off balance. Seeking a physical therapist is a great way to get evaluated for areas of weakness or tightness that may be creating havoc somewhere else in your body. What **DON'T** I do? I don't give up!

Fight The Good Fight! There is that little voice in your head that says that **tomorrow** is a better day to exercise because you will feel more energetic, have more time, be less hungry, the weather will be cooler, warmer the list goes on. Sound familiar?

I was on a run yesterday while brainstorming an idea for this month's newsletter when I came across an elderly man pushing a walker down the street. It was obvious he was out to get some exercise because you could see it in his determined face as he was supported by another gentleman. While running past him I said "Great job!". He responded back "You are doing a better job than me!". I thought about that comment for a moment and then circled back. I told him "You know what is so great about you? You could be sitting on the couch doing nothing, but you chose to do this instead." The gentleman next to him said that he just spent 1.5 months in the hospital recovering from hip surgery and he has worked hard to be able to walk again. He is my **HERO!**

Here are my suggestions to get YOU out the door:



Put It on Your Calendar

Schedule it into your calendar and stay committed to NOT moving it around other competing items. This is the time that you have set aside for yourself and [you are worth it!](#) Try to keep it on the same days and time so it is less likely that you will double book with something else.

Be Consistent

One of the hardest things for people to do when starting something new is consistency. It's easy in the beginning to stay consistent and committed because you're excited about the change you [envision](#) your life to be with this new regimen. But, as time progresses, we sometimes lose our focus and allow doubt from that inner voice to prevent us from getting out the door. Quiet the inner voice by focusing on your end goal. How will you feel when you are done; stronger, accomplished, proud? What will your life be like if you don't do it? If you are finding a hard time doing that, tell yourself that you will just put on your shoes and start easy. Getting out the door is the hardest part and nine out of ten times you will find that you actually had the energy you thought was not there.

Do Something You Love and Include A Variety

Make sure to select an activity that brings you [joy](#). It's best to have several options to incorporate into your exercise plan because working different muscle groups will keep your body better balanced and your brain engaged. Don't like running? Don't do it. Try walking, swimming, biking. Sign up for dance lessons, hiking with a group, rollerblading. Mix it up!

Enlist A Friend

Working out with a friend can be so much more fun! Keep each other accountable so that when one person does not want to exercise, the other person can encourage them. However, remember that if your friend is unable to keep up their end of the buddy system, you need to find that inner strength from within and set the example! If that friend is no longer a fit, find someone else with like minded goals!

Each step forward gets you closer to your goal. Build slowly, enjoy the journey and **Fight The Good Fight** back to a stronger and healthier you!