



Let Go of Your Old Ways for a Healthier Future

By Robin Weiss – Director of Fitness

Economist John Kenneth Galbraith said, "Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof."

Sadly, this rings true in the world of Fitness as well. While listening to advice from Fitness professions, we are often closed to their suggestions of what we should eat, how we should exercise, how often we should exercise, etc. Does this resistance describe you? Do you search for reasons to cling to your comfort zones, maintain the status quo, not shake-up your workout, and stick with the same program? If so, you are past-focused and probably say things like, "But, I've never done it that way;" "I tried it and it didn't work;" or "I don't have the time."

The ironic part of this resistance to the ideas and suggestions from the Fitness experts is the nature of the event. These suggested changes are not being forced on you, nor do they take you by surprise or threaten your life. It's quite the opposite. The quest for health and fitness is a change you sought, said you wanted, and heralded as a chance to make yourself even better. You joined the gym and sought the advice of a certified trainer or certified fitness instructor. Yet, as ideas surface that require significant adjustments to your present lifestyle, you argue with the experts, even professing that you know more than they do about your body and health. Reluctantly, you try their suggested exercise routines, but quickly dismiss most of them as not practical for your lifestyle, or not to your liking. You don't stick with the new program or avoid the gym. The result is no change because you keep holding on to your fitness past.

Be honest with yourself. Are you holding on to your fitness past and cheating yourself out of a healthier future? Do you embrace the idea of a better way, a new skill, or a changed program, but when the reality appears you firmly resist? Do you seek out experts to help you reach your fitness goals or develop your skills, only to dismiss their ideas as impractical? Do you encourage others to embrace new exercise programs or techniques while remaining tied to your inefficient and out-dated ones?

If you've seen reflections of yourself in this article, it's time to change. To achieve a healthier future from your fitness program, don't try to prove there's a reason to stay in the past. Accurately assess where you are and where you want to be. Then, decide on a direction. Don't argue with, debate, or ignore the Fitness experts you engage. Thoughtfully analyze and process their input to determine if it's compatible with your goals. Don't let the difficulty of change stop you from embracing it. Focusing on your healthier future will keep you moving forward.

Fitness altering workouts require that you be open to the possibility and necessity of change. While change is rarely easy, you can make it easier by viewing it differently. View change as progress, transformation, and evolution. Letting go of your old ways for a healthier future involves embracing new ideas, changing your point of view, and being open to different ways of doing things. With this repertoire, your fitness goals are well within your reach.

Reference: www.meditationsforwomen.com 1/08