

## **Exercise by osmosis**

**Question:** I received another piece of exercise equipment this year and I still have not touched it. I am overweight and want to get in shape. What do you suggest I do to get motivated?

**Answer:** First, look in the mirror while you are naked and if your reflection is horrifying or you find yourself wanting to close your eyes real fast this should be a good start. Your motivation comes from you and only you. Your friends and family can hound you about your health and over weight body but you are responsible to take action.

You are not alone. The average household has at least three pieces of exercise equipment, usually gathering dust or acting as a clothing hanger. Many people feel if they stand near their machines and think about exercising their weight will slide off turning them into a buff glamour model. They are all air brushed anyway. Exercise by osmosis may be available in the next century but for now it takes will power, commitment and time. Start with baby steps, even if you only work out for 10 minutes, it is a start. Cardiovascular equipment such as stationary bikes, treadmills, and elliptical machines are the prime choice to begin a program. Increasing blood supply, which carries oxygen to all your cells, is a great way to exchange healthy nutrients to your tissues while expelling stagnant toxins. Work your way up to half an hour of cardiovascular exercise, (staying within your target heart range) before introducing weights and resistance exercise. For extremely out of shape people start with stretching and flexibility programs that incorporate resistance bands and or exercise balls. Gain

confidence and stay within your own personal goals. Reward yourself for every small achievement whether it is weight loss, inches lost, or even more energy. Your exercise is your personal challenge; so do not allow second party interference to discourage you.

Make your exercise time a priority and do not let any other event or activity substitute for this time. Increase your time and resistance in small increments and chart your progress. Cross train by changing your routine for the same type of exercise so you do not get bored or complacent. This means do a brisk walk outside one day and treadmill the next or take a bike ride for your cardiovascular. Make it fun for yourself. If you look forward to your workout you will tend to stick with it. When you look in the mirror the next time after your first month of training you will see a new person and will not want to shut your eyes. Good luck.

**Quote of the week:** *“If you let others dictate how you feel, you’re going to be pretty miserable.”* – Danny Wuerfel