

"The doors closed, the walls shook, the doors opened again and AMAZING!!"

I remember when I was about 3 or 4 years old. I went with my uncle to a nearby department store. We stepped onto a lift. I had never been on a lift before. The doors closed, the walls shook, the doors opened again and AMAZING!! I could not believe my eyes, everything had changed and I walked out into this brand new room - the next floor:). I was completely blown away. I had no idea that I had just gone up a floor. The fun and the satisfaction of going for your dreams is just like that; walking through that door to this new place, committing to and taking that first step towards a dream a goal and now you are moving towards that place of where you really want to be and most probably never been before.



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So even as I started to write, the feelings that I was going through made me think about any new journey or this new venture blogging. I have often seen the new gym person coming through those doors. Some of these new "gymmies" have told me that they drove or walked past the gym every day, one of my clients did this for a year, and then made the decision. They crossed over that action threshold and here they were, walking through the doors to a new beginning. They were still scared but here they were at the gym, their journey had started. Fear, although still present had lost its immobilizing grip and action had taken its place.

"...before I just turned, screamed, ran and jumped..."

Most of you will have experienced or have had a similar experience to being on top of a rock face or diving board and wanting desperately to jump into a pool of water and have the fun that everybody else was having but you were immobilized by fear. I have been in this position and it was a very long time before I just turned, screamed, ran and jumped, and then on the way down I wondered why I had jumped and then once hitting the water, I couldn't wait to go back up and do it again. I know I'm not the only one who has done this:).

Isn't it crazy that we will put off what we really want to do because we let fear have its way. The formula for health and fitness is incredibly simple, eat healthy foods in moderation and work (exercise) your body at least a little harder than its comfortable doing. If you make this a part of your daily life you will experience increasingly healthy living and fitness. The formula is as simple as jumping, only we get in the way.

"...the fun and self satisfaction exists on the other side of that action threshold."

Its much easier, or should I say feels safer, to stay where you are, but the fun and self satisfaction exists on the other side of that action threshold. I'm not just talking to the new gymmies. It's the other exercisers that turn up to do the same exercise classes, the same weight workout of "3 sets of 10 reps of leg press" etc, etc or the runners that do the same run and have been doing this for months. Some of you reading this have doing the same workout for months, others even years!), maybe just to tick that box of completed daily tasks. I know because I've talked with some of you. THERE IS SO MUCH MORE LIFE from exercise when you look your fear in the eye and walk past it.

You can't buy or replace the feelings of being fit and healthy and all the things that good health and fitness allow you do in your life. I'd like to encourage you to take that step to whatever health or fitness goal you have, whether you are completely new to exercise or you have a new sporting or fitness goal or dream you want to achieve. The satisfaction of acting on your dream and the continual moving forward to achieve that dream, cannot be bought in a store. Decide, commit, act and enjoy!

"Exercising 4 Life...4 Life"