

Fixing the weight problem

If you went back and scrolled through my other blogs you will see a pattern. Clearly, I have emotional issues. One week I'm fine and then I go on some crazy rant. Is it church or politics? From time to time, I get a clear head and write something useful. Hopefully that will be today. I have always dabbled in athletics. My dad had a sports room full of unwashed hockey gear. From sticks to bats we had it all. He coached me in lacrosse and hockey. In grade 7, I joined the running club. I loved that stuff. Oddly enough, from time to time I lost it. My body is probably about a 160-pound man at 6'. Yet, I have dabbled at being 200-220 at times.

How to fix the weight problem 101? I am not an expert in fitness. However, to be fair, I know a thing or two. From long jump to power walking, I understand the basics. Yet, my fitness level has been like a yoyo. I even tried to be a vegetarian for a year. It worked well until I got sick and found out my vegan friends were popping B12 pills. Yes, I hit 155 pounds but I was unhealthy. Fast forward to last march and I'm 55 and about 200 pounds. It's was about 30 years of being in and out of shape. I walk 10 miles a day at work as a mailman. I thought I was in some sort of shape. Wrong!

That brings me to a shameless plug for IFit. We bought a fancy treadmill so that I could keep limber on holidays from work. Imagine having to work out so you can do your job. Even the sales person made me think it's only a machine. IFit is a gimmick. Oh, how wrong they were. One day I decided to walk on my treadmill just for fun after work. I did not think I could walk all day and exercise too. Then my legs started to improve. After a while I began to hear teachings from the trainers on breathing, fitness, and blood balance. My whole body improved as I began to run and lose 30 pounds.

What does God have to say? Yes, Even God works out on a treadmill. Just kidding, but am I? Paul tells us to run the race. He mentions being healthy and mindful of everything about yourself. God gave the Israelites a diet. Ok, he did not give them a workout routine but Jesus said to love your God with your body, mind, and soul. Again, Paul mentions not getting drunk on wine but rather the spirit. People always want to spiritualize these statements. It's not about wine. It's not about doing things perfect for God. It is about having a well-balanced life of eating, drinking, and exercising your whole body to the fullest and in moderation.

IFit asks me to meditate and do yoga. They asked me to take days off. To run slower and let my body break and heal. Why? It's to get faster, stronger, and healthier from the inside out. In about 15 months I have lost 30 pounds but my body now looks chiselled. Yet, I feel good. I walk with purpose and happiness. They say that people look to three areas to improve when they exercise. It's the chin, butt, and tummy. Yet, if you have ever worked out you know the last to fall are the chin, butt, and tummy. It takes time. One trainer said it could take years. If I have any areas that could lose weight it's the chin and tummy. My butt is gone but buns of steal are rising.

I never thought (in all my days) that I would truly be an athlete. It's for other guys and gals. Not me! Then it hit me. What if our mind is the only thing between healthy living and years of dieting and being overweight? What if we could run and stay fit? The trainers asked us to slow down and take the time to let our bodies build fitness. To build a lifestyle of exercise. Do you know that it builds power and energy rather than take it? So many people think working out would drain them. Oh no, it's rather the opposite.

Generally speaking, I can eat what I want. Let's not get crazy! I have extra energy to burn. I look amazing for 56. No really, I look amazing! The treadmill is part of me. My goodness, I now also run outside and just adore my new runners. The kicker isn't weight. It's

new clothes and a new desire to look good and feel awesome. Why do diets not work? It's because we never let our bodies train to pump blood better. Train our blood to carry oxygen better. We don't convince our mind to take time and not rush. Those tough areas? They are disappearing but, in their time, not mine. It's not easy to fix the weight problem if you lack patience. It's not easy to fix the weight problem if you won't slow down and listen. It's never been about losing weight. It's never been about looking good or new years resolutions. No, it's always been about long-term lifestyle. A desire to listen and be patient for results. Funny enough, diets always offer fast change. It's something our bodies were never meant to do.