Train Your Brain
By Paul Sims

The idea for this article came to me one day while training a client who turned to me during the workout and asked," Does this ever get any easier? " My answer was "As you get stronger we add more weight or more reps (repetitions) or both." So it is always hard or intense as I'd like to say. But the good news is your ability to put up with it gets better. Little by little without even knowing it you will train your brain to deal with the minor discomfort of hard exercise. That is if you push it a little. It doesn't happen in one or two workouts but over time your ability to push yourself gets better.

It's the same with running. If you now run a 9-minute per mile pace and it's getting easy, it's time to step that up to an 8:30 or an 8-minute per mile pace. It will make you a better runner, a faster runner. But it does take you, for a time, out of your comfort zone. This could be the difference between running or walking up a hill during a long road race or a marathon.

If you never meditated before and were going to start, you wouldn't expect to meditate like a Tibetan monk right from the first day. There is a time factor here.

When I start training a new client, I don't expect every set of every exercise to be done with a 100 percent effort. As the muscles are weak so is the will. But we push ahead and wonderful things happen to body and mind. Both get stronger.

So how do we train our brain ? We do so by pushing a little harder. Don't expect to have the mind power and focus of a world-class athlete right away, but over time your ability to push yourself will astound you.

Now think of what you will be able to accomplish in the gym and in other parts of your life that require discipline; start where you stand and make every day count.

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