

If Not Now, When?

By Paul Sims

Did you make and break a New Year's resolution this year? Is it something worth giving another try? Maybe you will wait until your birthday or next New Year.

A cigarette smoker once told me he wasn't ready to quit smoking now because there is too much stress currently in his life. Someone else told me that she knows she should be strength training but she does cardio instead and will start strength training someday. Here is one you will think I'm making up but I'm not; a woman told me she had to lose ten pounds before she will start exercising. That was over a year ago.

The purpose of this article is not to put you on a guilt trip but to remind you that although you are waiting to change your lifestyle, your disease is not. If you tell yourself you will quit smoking in three weeks or three months, emphysema won't wait. If your bones are getting soft and porous because you are not doing the proper exercise and diet, osteoporosis is going to progress until you make the changes. Hypertension, Type 2 diabetes, osteoporosis, and sarcopenia are not waiting for you to find the magic day to change your lifestyle. The clock is ticking and those diseases are progressing.

The word "procrastinate" means to defer action, delay, to put off until another day or time. This is one thing when it comes to housecleaning or changing the oil on your car. Obviously, when your health is involved it's vastly more important.

Can we make big changes all at once? Maybe yes, maybe no. Here is something you can do: As soon as today, point yourself in the direction you want to go and take one step. Even if it is a baby step, you are still headed in the right direction. As you are going in the direction you want to go things will start happening for you. Inspirational books and CDs will come your way. You will meet people who will help you achieve your goals; your will power like a weak muscle, will become stronger. And this is very encouraging; you will see progress.

I wish you good fortune in your advancement.

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