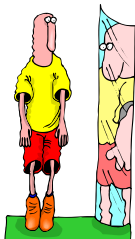


The Older You Get – the Harder You Have to Work to Stay in Shape

What does it mean to “be in shape?”

Look in the mirror. What is your shape? Are you shapely? Or are you shaped like a pear – or Tweedle Dee & Tweedle Dum? Yes, it’s cute and cuddly – but very dangerous for your health and future well-being.



Getting back into shape can be a worthwhile goal. You already know that.

Being in shape.

Staying in shape.

These require commitment and on-going actions to support your intentions.

What shape are you in today? What will that look like tomorrow and tomorrow and tomorrow if you continue doing or not doing what you are doing now?

Do you workout daily?

Do you workout while you work? You can, you know. Even while doing housework.

Mixing work with working out is a key secret to staying in really good shape. (See Seven Essential Habits #4.)

Another great secret which is challenging to implement is working out with others to both maintain your health and your relationships simultaneously.

If you are one of us who works all day and can’t seem to make/find the time to get your heart rate up to at least 120 or 150 or 170 (172 when you’re really healthy!) then, you might want to pay close attention.

Have you yet had any system, organ, gland, or other body part and/or function break down? Does your body require medication to be okay? Do you have any lifestyle habits and/or addictions that you know must be bad for you but you can’t seem to quit?

You may then be starting late in the game; however, it’s never too late to begin – or begin again!

If you’ll first develop a serious MindBody health maintenance program, the strength to deny an addiction (nicotine, excessive caffeine, sugar, alcohol, drugs, etc.) will be available to you to support your resolve once you make that choice for yourself. And if you never do decide to quit (or gradually reduce the quantity), well then at least you’ll be in better health, better condition, “better shape” to handle the potentially harmful effects of the habitual use of the substance.

If you are someone who has financial issues and this causes you to work obsessively – or obsess in some other way – then, it may be helpful for you to examine your long term goals. In order to live long and truly prosper, we must first be healthy. Without a program that includes daily workouts, and other good habits, the prospects of getting older are inevitably bleak. (Images of hospitals, Cat Scans, MRIs, X-Rays, Oxygen Equipment, etc. come to mind, don’t they?) The potential to be healthy despite the age of your MindBody vehicle requires daily activities to keep you in tip-top condition.

Regardless of the number of years you’ve been alive, you can be in good health, good condition, “good shape.” Start your MindBody TuneUp Program by reviewing the Seven Essential Habits of a Healthy Lifestyle and work on continual improvement in each and

every aspect daily. Simply accept that higher numbers, require more effort and greater resolve.