

## Fitness Training

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Well, are you in shape yet? Please tell me you're not one of those New Year's resolution people. No offense, but the old resolution pact is bogus with a capital B. Too many people claim that they're going to start the New Year off right by exercising regularly. Ha! That's a joke for two reasons. The same people make the same resolution every year, and if they were actually serious about getting in shape, they would start now. Proper fitness training is essential for living and feeling well. Your body needs that daily bit of physical exercise to keep it strong and healthy. What you don't need is another New Year's resolution. Get in shape starting today. It's time to adopt some decent fitness training and incorporate it into your schedule.

How often do you exercise each week? Wait, let me guess; you simply don't have the time. Yeah, that's what a lot of Americans say, but then they come home from work and plop down on the couch for hours of TV watching. Why not try exercising while you watch TV? The old excuse of not having enough time is pretty much played out these days. Maybe you can develop a good fitness training regime and squeeze it in three or four days a week. Come on, that's only 3 or 4 hours out of your entire week of 168 hours. That shouldn't be so difficult. It can truly do wonders for your figure and health. How often do you catch a break during the day when you could do 50 quick jumping jacks, or maybe 20 fast push-ups? Many people don't understand that something is always better than nothing. One thing I can tell you for sure is that a quality fitness training routine will increase your health and energy levels. Are you feeling up-to-par each day, or drained from the moment you get up in the morning? So much of how we feel concerns our diet, sleep, and fitness training.

If you're looking to get started with a good fitness training program, it's time to ponder your options. Maybe you have a gym nearby that you could stop at a few times a week after work. Or maybe you wish to take care of all your fitness training at home. If this is the case, you're not alone. I too prefer to exercise at home. Basic equipment is inexpensive and worth its weight in gold in the long run. You can get in shape if you sincerely want it. So don't procrastinate; start your fitness training today.