

JUST AROUND THE CORNER

BY

Cedric Jackson

Well, the holiday season is behind us and the winter was tough. Snow-covered roof-tops along with cold temperatures pushed most activities indoors where it's nice and warm. We had plenty of time to think and worry about, stuff.

Favorite foods and beverages seem even tastier when layers of clothing are a necessity, and motivation to resist seems, trivial. Winter is the particular time of year when we generally treat ourselves and our appetites to all the calorie and diet busting foods we know aren't necessarily good for us. But it all warms the belly as we pack on the extra pounds. As the winter blues begin to fade, and we've overindulged the senses past the point of a cheat day here and there, we stand in front of the mirror, alone, and wonder, where did that come from?

Those extra pounds picked up over the holiday season, along with perhaps the ten or fifteen found during the preceding nine months, will all be exercised and dieted away in the coming weeks and months of the new spring season. You'll eat less of this and more of that, maybe a little of both. You'll heed the advice of a perfectly toned celebrity spokesperson on how they did it. You'll walk a half mile in the morning before work and run twice around the track at the high school after work. And then on Wednesdays and Saturdays, you'll race down to the gym and put in no less than an hour of sweaty, heart-pounding, grind-it-out work; thirty minutes of cardio followed by thirty minutes of weight-training. You'll cut out all the snacking at your desk, carrots and celery the exception, drink lots of water instead of soda, and maybe get in some planking during break-times. By summer, you'll have the perfect body you've dreamed about for the past ten years, right.

If only it were that simple. Controlling our weight and staying active, watching our cholesterol and blood sugar levels, and maintaining muscle tone and a healthy blood pressure, are all lofty ambitions of most but often allude many.

There are no easy answers or quick fixes to achieving and maintaining proper fitness, none with any lasting effect anyway. All the magic pills and powdery drinks, the latest fitness DVDs and gadgets that offer amazing results in two short weeks for three easy payments, have in the past, and continue to be tried every single day with only limited success.

A healthy lifestyle is more about the shape of your mental attitude and less about shortcuts and gimmicks. So while you're waiting for what's just around the corner, work on the mental pushups, and in time, you'll get the physical pushups.