

## Tale of Two Summers

By: Cedric Jackson

Felt sort of blah toward the end of spring beginning of summer? Perhaps you experienced a sense of regret seeing as though the fitness goals you set for yourself at the beginning of the year were largely unmet. The desire was there but the drive and commitment, not quite up to par to have an impact. And now summer has arrived, and maybe you wish you had taken your fitness objectives a bit more seriously. Well, the fact of the matter is, desire was never intended as a stand-alone attribute toward accomplishment.

In order to turn fitness goals into reality, you have to have something besides desire. You can desire to eat healthier; you can desire to lose weight; you can desire to get into better physical health, but if that's as deep as it goes, **desire** without the **drive** and **commitment**, chances for success are just not that great. But then again, you already knew that. We've all been reminded at some point "you fight for your limitations you get to keep them." It's really not that complicated.

But now let's talk about the person who came up with a game plan in late September early October of last year. Nothing fancy; ate a healthier diet and worked out. He or she remained focused, stayed with it, even through the holidays, and when summer finally rolled around, couldn't wait to show off the results. You hear the compliments about how good you look, maybe younger. And while flashing a modest smile, inside you love it. Your heart skips a beat, in a good way, and your spirit rockets a mile high, if only for a few glorious and well-deserved moments. All the hard work has paid off not only from a physical standpoint but your perspective has improved as well. Over time you've gained a sense of awareness that has allowed you to become rooted in the progress you've made.

For the faint of heart, does this somehow mean it's too late to start now what you've fallen short of the past months, maybe years? Well of course not. **Desire, Drive, and Commitment** can be found in the Spring and Summer as well as Fall and Winter; seven days a week, twenty-four hours a day. You just have to look hard enough.