

## Get Back On The Wagon Or Just Get On

How many times have you been on a health kick that lasted a couple of weeks, a couple of months, or even longer, just to fall off because you went on vacation? How many times have you thought, "I have to get back into the routine," and you never get back on it? How many times have you lost weight only to gain it back and then some? I know it has happened to me. I can't say it has happened to everyone, but I would bet that it has happened to many of us. We are going to talk about how to get back on that wagon or just to get on if you never were on one to begin with.

I have many times struggled with the time off problem. You work out for 6 months and take a week or two vacation which consisted of no working out and just being lazy. I have found it so difficult mentally to get back on track. I found it difficult to get motivated to start again. What is it that holds us back?

I think it is the lack of a goal or something to shoot for. Most of the time we focus on a particular weight goal, a body fat percentage goal, or even a max weight press type goal. These are all legitimate short term goals that we can focus on to get motivated and perform the exercises we need to do to stay healthy. We all forget to look at the long term goal of staying healthy so that we can live a long fruitful life. We forget about staying healthy so that we can have stamina for our children, stamina with our friends who want to go hiking, or even the stamina in the bedroom. All of these goals can be accomplished by focusing on that one long term goal of overall health.

I know the stress in my life is reduced drastically when I exercise. Why stop? We lose focus, we lose track, and I know I do. It is ok; we recognize that it happens from time to time. We now just need to recognize it, acknowledge it, and move on. Find the short term goals again in between now and the long term to get you moving and going. That is how we can do it.

We just need to focus on something we can accomplish in the near term that meets a phase in the long term process. Let me give you an example that has happened to me recently. I fell off the wagon. I was down to 223 in weight and building muscle. My stamina and health were at the best they've been over the last 15 years. I went on 2 vacations separated by a couple of weeks. For over a month I lost my focus. For over a month I thought to myself, "I still feel good. I can wait another week before I start working out again. I can wait a week to get back on that wagon." One week turned into two weeks and then three.

The eye opener was when a friend made a very large statement that affected me. He said I was gaining weight again, no, he really didn't say that, but he did show me that I wasn't looking at my long term goal. He showed me that I was not looking at my daughter and wife and what I was taking from them if I didn't work more on my health. He then pointed me in the direction of a more manageable goal. Something I could chew on now. He said "Focus on 206, get there and we can set another goal". That is what I did and I have started the process again. I feel fresh and ready for anything.

So the bottom line folks, just find something short term to focus on to get you going again. Make sure you have long term goals in place. Write them down. Talk to your spouse, friends or loved ones about them. Then just get it done. Get back on that wagon.

Always consult a physician before starting an exercise regimen.

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### About the Author

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