

What Is True Fitness?

In today's fast paced world, many people are overweight and are only looking for a quick fix - something that will easily and quickly cause them to lose those extra pounds and make them feel better about themselves. Believe me, I not only understand - but totally sympathize with everyone in this situation. Life comes at you fast, and once you get out of shape it is extremely easy to stay that way. And society doesn't help either - fast food is extremely cheap and convenient. There is also a lot of pressure to lose weight (people unfairly judge overweight people, and TV and the newspaper are screaming at you all day about possible health risks). Along with these pressures there are thousands of different companies out there all trying to make a quick buck by selling you dieting products that may or may not work.

It's all so very confusing and difficult - and doesn't it seem like one long uphill battle? But I'm here to tell you that it's not - and that's where the idea of true fitness comes in.

True fitness is...

True fitness is not about losing weight because of society's misplaced judgments - or trying to fit in with the "normal" thin crowd. True fitness is not about using some weight-loss products and losing only a few pounds for a few weeks - only to put it back on. True fitness IS about having a great deal of respect for yourself because of the unique and great person that you ARE.

True fitness is about looking good, having lots of energy all the time, feeling good about yourself, and taking care of yourself. It's your body, treat it right and it works with you instead of against you! True fitness is about being your own person and doing things your own way - not conforming to a stupid Atkin's Diet. True fitness is not about working out all the time or starving yourself. True fitness is about taking the time and effort to learn about proper nutrition and what exercises would work best for you in order to lose weight. True fitness is not a diet plan that will end in 3, 6, or 12 months from now - it's about making subtle changes in your lifestyle because it is time to do things differently - because let's face it, so far they have not been working. I promise you - these changes are easily made and once you make them and start living a healthier life - your increased energy, mood, self-respect, health, and overall quality of life will be so much better than eating that candy bar and feeling guilty about it.

So think about it - isn't it time that you started actively changing things for the better? If you don't, who will? Haven't you watched enough TV or eaten enough junk food? There are so many better things in life out there just waiting for you to reach out and grab them! I hope you are as excited about the idea of true fitness as I am. This journey is not just about getting in better shape - but about getting in better shape because you respect yourself. This is a big change from most people's mindset and once you make this shift - things will never be the same again. I hope you are inspired to jump on-board - truly. It is time to make a change for the better. You can do this - I know that you can; but now it's time for you to not only understand that, but live it.

Source: <http://www.articlecircle.com>

About the Author

Interested in how you can lose weight, gain muscle, and feel better? Check out <http://www.youfitness.com/> The webmaster there has a background in health fitness and body building.