



Fit For Sisters

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Columnist

The Rocky Balboa fitness fallacy

Everyone's seen the movie montage: the hero and their epic training sequence. Sharp angles, switching vantage points, agony on the hero's face, pumped up music. Cut between agony and inhuman feats of strength and stamina. These scenes show the hard work and dedication our hero is willing to endure to overcome.

These images infiltrate into our sense of ourselves. Looking in the mirror, we spot an enemy — that soft midsection, that disappointing lack of girth around the upper arms. A movie script is quickly imagined; tomorrow is the day the journey begins.

We purchase the gym membership, and curate a motivational music playlist. A quick YouTube search finds some exercises that look like the ones we imagine super-heros or professional athletes do. It's go time: Our personal training montage takes center stage.

The workout hurts, it's hard — and maybe not even appropriate for a citizen action-star. We dig deeper and deeper and hear the conscious telling us to just work harder, punch through. No pain, no gain. Except the pain is real — and it debilitates. Fatigue from the workouts is overbearing.

Resentment builds, the subconscious mind finds an excuse for every attempt to make it to the gym or to put on the running shoes. A forgotten chore; a stop by the coffee shop turns into 20 minutes of staring at the phone. The movie scene is darkening. Unlike in Hollywood, the hero has failed.

"You just didn't have what it takes!" growls the inner Coach and Drill Sergeant. "Weak," "pathetic," and other words creep into our self-talk. Ashamed, and defeated the hero looks toward the comforts of more movies and the snacks that never let us down.

Does this sound familiar?

It is far too common. The belief that all workouts need to be epic is highly esteemed. It's a fallacy that ought to be defeated like the villain in an action movie.

Workouts do not need to leave you destroyed, dysfunctional, or distraught. They need to provide the body a stimulus to change. That stimulus requires effort, it requires consistency, and it requires diligence. An intelligent workout program leaves the carrot just out of reach, the exerciser keeps coming back for more and more. All the while the results creep up, the goals are progressively met.

Fitness is a lasting endeavor. Try underachieving. Use the tried and true exercises that have always worked. Most of us are not action heros or elite athletes. Although it's fun to pretend, what they're doing isn't for us.

A brisk walk, some weight training, or some active mobility drills won't win an Oscar for lead action role but what they will do is help you feel good. You'll be able to sustain activity, and build over time. Burnout and fatigue can be avoided and you can enjoy an active lifestyle — without finding yourself laying on the floor after each workout, a destroyed warrior action hero.

RUN: Grossmans lost daughter-in-law to cancer

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through the vineyard, into the canyon, and up the ridges.

Early-bird rates are extended through May 6.

The weekend kicks off with the Benefit Concert Series Friday, June 8, from 6 to 9 p.m. with live music by the Patty Davis Band (tickets are \$10, kids 12 and under \$5). Saturday evening features The Scott Helmer Band (cover charge of \$20, kids 12 and under \$5).

The Crush Cancer run will be held Sunday, June 10, and begins at 9 a.m. The race day provides family fun with a silent auction, raffles, and live music, as well as prizes awarded to the race winners. FHC Crush Cancer will provide memory boards for participants to assemble to honor their loved ones, which will be displayed throughout the event. All proceeds from the weekend benefit the Fred Hutchinson Cancer Research Center.

For more information visit www.FaithHopeAndCharityEvents.com/CrushCancerRun.

TRACKING: Short staffing restricts monitoring of sites

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story!"

Cannabis producers and regulators compare the tracking system to filing income taxes: They operate to a large extent on good faith, but when an auditor or inspector comes there better be evidence to back the numbers.

However, the chances of a "compliance inspector" showing up at a site is low. The Oregon commission only employs 19, with four more to be added soon.

They don't have time to randomly check grow sites and compare amounts of marijuana they see with the data. Instead, inspectors are largely tied up investigating complaints, for example on someone carrying out a function beyond the scope of a license, or harvesters lacking the required permit, commission officials said.

Companies that have gone the legal route say regulators should focus on those who remain outside the legal system. They note the illegal producers are unfair competition, without the large overhead.

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Bigfoot Wellness

Sisters is blossoming into spring. Blossom along with it, into a season of health and well-being. Now is the time to re-evaluate those persistent physical limitations or injuries that have been nagging at you all winter. You CAN get better — with help from Bigfoot Wellness.

With a variety of modalities available in a "one-stop shop" of wellness, you can move past your limitations into full enjoyment of an active Sisters lifestyle. Massage, chiropractic and acupuncture can work individually — or, even better, in concert — to overcome even the most persistent hitches in your physical abilities.

Bigfoot Wellness is very accessible. If you have a health-related question, just give them a call. They're happy to offer you a free consultation.



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Sisters Athletic Club

Sisters Athletic Club is the hub of a healthful way of life for hundreds in Sisters. Much more than a "gym," SAC is a community resource that promotes wellness in body, mind, and spirit. For many, it is a center of their community of active friends.

A full-service wellness center, SAC enhances the Sisters lifestyle with a variety of classes and programs based on real research and best-practices, designed to enhance well-being whether you're an athlete in training for a challenging event or an older adult striving to stay mobile and active.

SAC is truly dedicated to serving the needs of its members and the broader Sisters community — and that commitment has been widely recognized.



The community created by a dedicated team at SAC is reflected in the prestigious IHRSA Outstanding Community Service Award for 2018.