



Fit For Sisters
Andrew Loscutt
Columnist

Mind traps that sabotage fitness

Life is complicated. There are difficult decisions to be made and busyness and chaos abound. This makes taking the time, thought, and energy for fitness and personal health another burden. Readers of this column understand that the exercise and fitness benefits are worth the effort — it's sometimes hard simply to allow ourselves to get started and stick with it. Common mental blocks are in place before the fitness and health process is even started. Here are a few of the most common.

The delayed starter: The delayed starter always positions their health or fitness program as the next thing they're going to do — after the holiday, their birthday, the trip abroad. They forget that they've been saying this for much longer than it would have taken to attain many of the health benefits of exercise because of their own delays.

The truth is that life never gets less busy. There is always another thing to come up. New responsibilities and obligations will never end. Thinking that life will all of the sudden calm down and allow a deep dive into personal health is a sure-fire way to consistently defer health and wellness.

The too-broken-and-fragile mindset: This person keeps the aches and pains of everyday life and previous injury as their block against getting started. The knees are "bad," their back aches... This person needs to recognize that aches, pains, and minor injury are not limitations but opportunity.

Life deals its fair share of aches and pains, but there are also modalities of exercise to adapt to anyone. Even if a person cannot walk there's still an opportunity. The great thing about exercise

equipment and gyms in general is their inclusiveness. Knowledgeable staff, equipment, and opportunity are there for anyone.

The worker bee:
This person makes the claim that their work or activity provides enough exercise and they don't need any more. While they might be a very busy or active person; they are leaving something on the table when it comes to their fitness. Will balance and mobility training be beneficial? How about a deliberate cardiovascular training session? Perhaps more core strength will solve their back aches. Lower body stability and strength for skiing?

Simply thinking that because you raked, shoveled, or walked for thousands of steps during a few days of the week substitutes for focused and deliberate exercise training will surely leave you wishing that you took the time and effort once you need the fitness.

The small details paralyzer: This personality constantly over-analyzes, which makes them susceptible to jumping from one thing to another, never getting traction. Questions like: "Is eating fruit OK because it has sugar?" arise while forgetting about the most basic aspects of nutrition. They adopt too many things at once, taking on an hour of intense strength training, 45 minutes of cardio, and 30 minutes of stretching — only to burn out weeks later. They jump from specialty to specialty, and sport to sport, often with passion and vigor. This is a quick-burning fuse and they don't stick with it.

Know that part of fitness and health is a lifestyle, it's not a month-long challenge, or a fancy diet. It's not stressing about eating tomatoes or eliminating all sugar. It's a balancing act that allows you to get the most fitness benefit while still living a good life.

Do any of these mental traps sound familiar?

These are some very common ways people sabotage themselves, but there's a way to mitigate each. Know that now is the best time to start; that aches and pains are not a ticket to avoid exercise; daily chores and activities are not structured exercise; and that the small details don't make as big of a difference as consistency.

This fall, work to eliminate the excuses and enjoy the benefits of personal health and fitness.

Agenda

Civil Service Commission of the Sisters-Camp Sherman Rural Fire Protection District
October 30, 2019 – 11 a.m.

- 301 S. Elm St.
- 1. Call to order.
- 2. Adjourn into Executive Session pursuant to ORS 192.660(2)(f) to consider information or records that are exempt from disclosure by law, including written advice from the District's attorney.
- 3. Reconvene regular meeting.
- 4. Removal of candidate from Fire Medic Entrance Register.
- 5. Request additional name from Fire Medic Entrance Register.

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Ex parte contact...

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Off-duty planning commissioners Jack Nagel and Jeff Seymour, open to "both sides" at The Belfry.

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