

- 1. Lose Excess Body Fat.** Excess Body Fat makes your jeans look lumpy and your cardiologist feel queasy.
- 2. Strengthen Your Body.** Feel firmer, look trimmer, and have the energy you had decades ago. Your body doesn't hold you back, it even helps you by burning more calories!
- 3. Rediscover the Joy, the Freedom, that is Physical Activity.** Some people tell me sadly they haven't had that incredible feeling in years.

We're definitely going to change that!

Number 1, **Lose Excess Body Fat**, OK, you're definitely on board for that. No one is crazy about Excess Body Fat. Excess Body Fat has no support group. There isn't an Excess Body Fat Industry lobbyist trying to make us believe EBF doesn't lead to health problems, like those cigarette guys.

Number 2, **Strengthen Your Body**, that's OK too. But strength is much more than opening tough pickle jars. You start noticing strength when you take the stairs because it's quicker than the escalator. You start appreciating strength while carrying two new bushes to plant in your yard when just last year you could hardly lift one. You start living strong when you know you can still do the things you always wanted to do.

Now I may have lost you on Number 3, **Rediscover the Joy, the Freedom that is Physical Activity**. You may be thinking to find joy in physical activity, I must have dropped a barbell on my head recently. Or maybe I'm some masochistic marathoner who loves to "feel the pain". Let me assure you, that while I have dropped barbells on my poor toes over the years, at this stage of my life, I don't even like to "feel the discomfort", let alone "feel the pain".

Let's go back a few years. Remember when you were a kid, everything was about activity. You couldn't wait to get home from school and go outside. Being outside was all about chasing, biking, throwing, climbing, constant movement. It felt good to run until you dropped on the soft grass, laughing and watching the big clouds roll by. Pretty soon, you'd be up and playing again. You weren't thinking about getting in shape, you just had fun running around.

Tell me, what reaction would you get if, at your next neighborhood bar-b-que, you ran over, tagged your friend "Your It!" and ran off? What if you asked your spouse to join a Volleyball league at the local "Y"? Or knocked on your neighbors door after dinner on a beautiful spring evening or a brisk winter Sunday to shoot some hoops, play catch, or even take a brisk walk around the block? Just call across the back yard fence "Yo-oh Jimmy! Come on out and play!" At first, they might think you had lost it, but I bet they would remember pretty quickly how much fun it was to play. If you tell me you wouldn't want to play outside on a beautiful night because you might miss your favorite reality TV show, I might have to come over and drop a water balloon on you!

Don't put it off. Make it tonight. After dinner. Go outside and walk for just ten minutes. Take deep, refreshing breaths. Tomorrow, do something, anything physical right after dinner. NO, cleaning the house does not count! Make activity time play time, like it used to be.

I want you to stop thinking that watching someone else's life on TV is better than actually living your own.