

MAN POWER

Be an example to those around you on how to live a life of significance, both in and out of the gym

KIDS TODAY tend to be nestled behind their computers, wading through video games or immersed in the latest video release. From chat rooms to Nintendo, children are literally spending their lives in a fantasyland. Henry David Thoreau once said, "Go confidently in the direction of your dreams. Live the life you have imagined." He did not say, "Go ahead and imagine the life you're gonna live, and do it under a screen name." In other words, you have to *make* a life and work at it. Without real work, the life you live will feel empty.

As adults, it's our responsibility to help boys be boys and eventually men. Not the stereotypical braggart kind of man but a multifaceted, strong, brave, principled, able-to-cry-at-the-movies, opening-the-door-for-his-wife kind of man. And that same man may squat 550, but he won't rub it in your face if you just joined the gym today. More than likely, he'll encourage, motivate and inspire you. Which kind of man are you, and what kind of example are you setting for those around you?

Well, I'm definitely not perfect, but here are some of the reminders I use to help me keep striving to be the best possible example.

>> Respect others. Give people credit for what they're doing or for what they're trying to do to better themselves in the gym or at home.



The world's watching. Stay strong

>> Keep your cool, fool. If you miss your lift or your partner misses a workout, don't flip out as though someone stole your fat-burners. Regroup, drop the weight by 10 pounds or check your schedule and go for it again.

>> Quit is a four-letter word. Set your mind to whatever your physique goal is and *do not* stop until you're there. By all means pause to reevaluate, but never, ever quit!

>> Live it, lift it, love it. In 1746, Lord Chesterfield said: "Whatever is worth doing at all is worth doing well." You

have to tackle *every* task at hand and the ones that follow it with intensity. Live it, don't just talk it. Lift it, but lift it well. Love it, don't just do it. You know the difference.

We can't stand idly by and watch the world collectively phone it in. We also can't watch the next generation prepare to underachieve. Let us, by our own example, lead the next generation away from the flat screens and the Game Boys and into society as fit and productive men — up to the task and ready for greatness in all facets of their lives.