



It's Hard Out There...

The exercise pimp says: The better body is but a by-product. Sticking to a fitness regimen improves your life across the board. BY GUNNAR PETERSON

IT'S HARD OUT THERE FOR A PIMP.

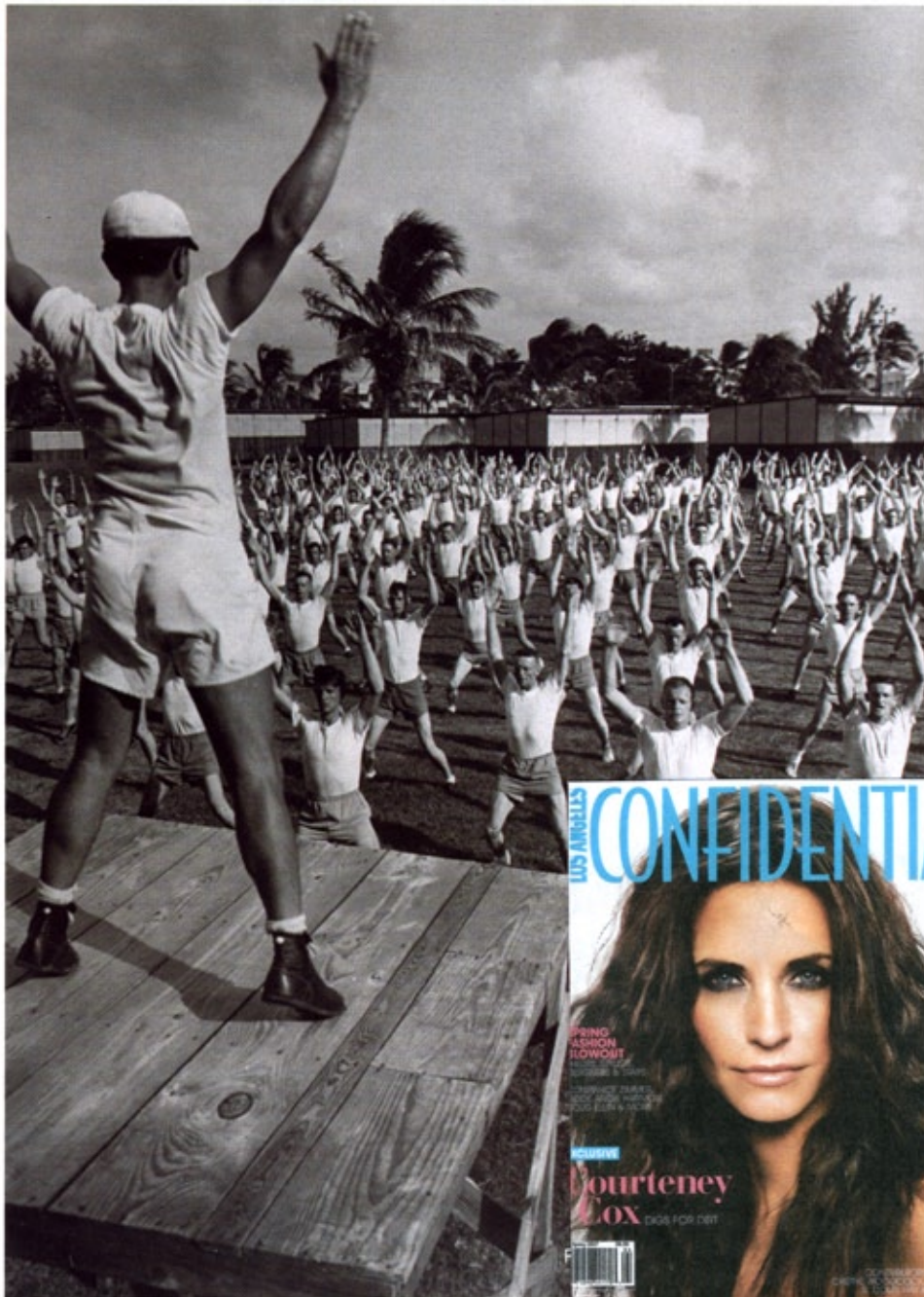
So say Three 6 Mafia, and in 2006 it won them an Oscar. I would tend to agree that it's hard out there in general, and would imagine that crosses over into pimpdom.

I, however, am an exercise pimp, and when the time comes for me to pen my next book, I will have an entire chapter devoted to exercise excuses. Identities will be kept hidden, but what I can tell you is that some of these excuses are doozies. Doozies? There goes my street cred. The connection here is that if you're able to stick with your workout program, it ain't so hard.

Martin Luther King Jr. said, "All progress is precarious, and the solution of one problem brings us face-to-face with another problem."

I hear over and over that it's hard to make time for exercise, hard to do it even when you do make it to the gym, hard to stick to your diet, hard to stick with it on vacation and over holidays; it's hard when folks visit from out of town, and it's hard on Fridays 'cause you left work early to get some stuff done and, well, you just couldn't make it. Maybe the *workout* should have been the stuff. Don't be denied.... Don't be denied by *you*.

One school of thought says obsession is unhealthy. Another school says "get obsessed and stay obsessed." I believe that whichever approach works for you is the healthiest, and I mean directly related to your health. Your fitness, the cornerstone of your life, is a way of ensuring that your life is better across the board. Your ability to participate in myriad activities into your twilight years will astound your descendants and



annoy your peers. Your cognitive thinking will be there to serve you and frustrate the swindler in the assisted-living accounting office. The freedom fitness affords is something to be pursued. Martin Luther King Jr. said, "All progress is precarious, and the solution of one problem brings us face-to-face with another problem." And like the problem before it, this too will be solved.

Make a fitness/workout/activity plan. Be realistic. Start small, nurture it and it will grow. You can create the body you want, and eventually, when you stop and take a look at what your efforts have yielded, you'll realize the better body is but a by-product. Your quality of life will have improved in ways you could not have anticipated. All that and a nice ass, too. Doesn't seem so hard now, does it? ★