



Good Form

Your workout does your body more than just good. BY GUNNAR PETERSON

DO YOU EVER WONDER WHY YOU DO THINGS? Not the big things like relocating for a job, proposing marriage, or choosing an outfit for an event—well, in LA, that is big. I mean the little things. Things like flossing before going to bed even when it's late and you're too tired and tanked to stand, let alone floss; or making sure there's a flashlight in every room and extra water in the house in case of an earthquake; or always putting on your seat belt, even when you're only going to the plastic surgeon around the corner. I believe we do these little things to ensure a quality of life and to lay the foundation for a better tomorrow.

Now, I get that we are a "me-centric" society (in LA, it should actually be ME-centric), and I firmly believe that many, if not most, of us know the little things in our lives serve us well in both the short and long term. If you are one of the corner-cutters out there, let me give you another reason why you might want to make regular deposits in the National Bank of You: your kids. Yup, the same ones who threw food this morning, made you late for work because they couldn't find their shoes, lied right to your face about having done their homework so they could go to the movies, and who will probably look at "inappropriate" things on the Internet long after you have gone to bed tonight (after you floss, of course). Those very same precious little angels are a perfect reason to introduce responsibility into your life, and they are also the perfect reason for you to get serious about your fitness regimen. (Segues are for kids, people, stay with me.)

You've worked long and hard for your money. If not, you certainly waited long to inherit it, get access to your trust fund(s?!), or marry it.

Regardless of how you got to your tax bracket, it's worth taking certain measures to get the most out of it, and it's worth applying those measures consistently to get the most out of it with your kids. Living with and through those little tykes makes the journey all the better.

Why? Regular exercise improves *every* aspect of your life. It allows you to do more, longer. It makes travel easier. It makes teaching and playing sports and games with your kids easier. They will work harder and become better people as a result of that. It improves mental acuity and clarity of thought. It gives you perspective when you are faced with a difficult situation: Do I ground him for a week, or take away his Xbox? It facilitates keeping up with their schedules—forget about yours—so you don't miss any of those very important milestones. Being physically fit, strong, capable, and sharp allows you to forge a bond with your kids on so many levels, they will grow to be your closest and most cherished friends. I know mine are. Now go! Work out! ★

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