

The Benefits of Good Health And Regular Exercise – Book 3

By Debbie Nicholson

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Foreword

Preface

It's always fun to follow up another book with something similar in a Series. There is always so much to research in this popular area of health and exercise. It seems that mostly everyone wants to look good and to feel good about themselves, however, we often come across some in our own circle of influence who do not appear to care in this particular region.

I have many friends who are at each end of the spectrum. And while I quietly worry about the health of those of my friends who appear to not care, I still love them nonetheless because they all offer me hope through their talents and abilities in other areas of their lives and of course there is also that most important quality that matters above all else – that of love for one another.

In this book of the series, I touch on the excuses that people fall back into as regarding their own health and exercise regimes. Naturally I have solutions to their excuses, but truly at the root of their excuses there is always that nagging feeling inside me that they have feelings of worthlessness and really that is what actually

plagues their decisions to come up with the excuses I found that are more prominent than others.

Very sad.

I spend so much time on educating my own mind and retraining my own mind – and sharing the new knowledge is always paramount in my mind, however, not everyone is ready for such new knowledge, and therefore often the sharing turns into another sad rejection sometimes with bitter words that are not easily retractable or even forgiveable.

All I can hope is that maybe they might pick up a copy of my book and maybe they will read for themselves that which are suggestions to help improve their own lives – maybe.

I love life. I love being alive. I love being able to do the many things that I do.

Every day I am grateful that I have the use of my two legs and my two arms – that I can walk unaided, and that I can carry out tasks using both hands.

In saying these things, you will also see that I too have my own failings in some areas and I readily admit them so that you can see that not everyone is perfect. I am far

from it of course, and so I can see other points of view even though my common sense tells me to do it the proper way.

But then what is the proper way?

What am I thinking to decide what is the proper way?

Only you as the reader will be able to provide the answer to that question as you go through the excuses, the solutions, the ideas and the reasons for looking after yourself the best way you can and/or know how.

Once again, it gives me great pleasure to yet again present to you more words pouring from my head to my fingertips directly from the powers that be who govern my thoughts and influence my writing.

Watch out for more from me in other areas.

As usual, my email address for correspondence, criticisms or just some love from you is

stories4debbie@gmail.com

Kindest regards

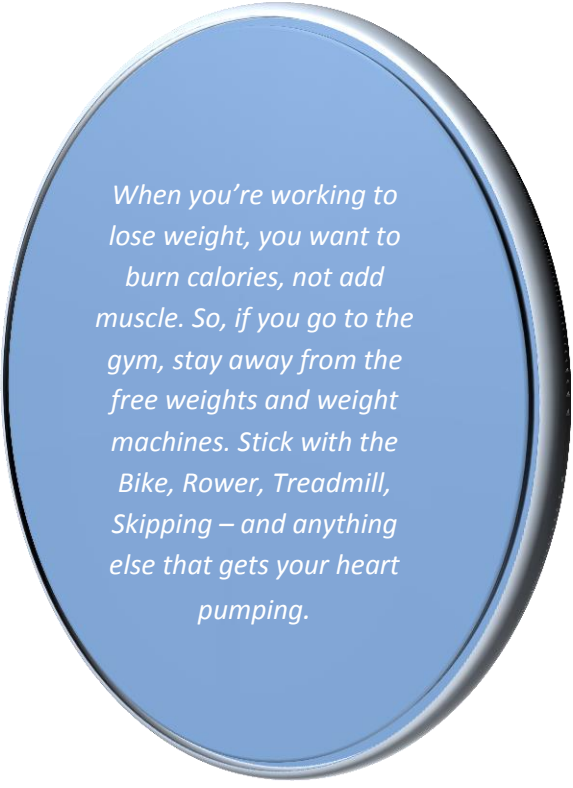
Debbie Nicholson

9th May 2016



Flyger Fit

Chapter 1



When you're working to lose weight, you want to burn calories, not add muscle. So, if you go to the gym, stay away from the free weights and weight machines. Stick with the Bike, Rower, Treadmill, Skipping – and anything else that gets your heart pumping.



My daughter and son in law are both personal trainers and it is very interesting talking to them when we visit. They are lucky enough to have their own gym **Flyger Fit** set up in the basement area of their home. They live in a secluded street and so they attract clients who would not normally feel comfortable hanging out in an open gym environment for an assortment of reasons usually known only to themselves. However, in saying that, during their initial interview, they do open up to reveal reasons of obesity and worrying about people looking at them; to what they perceive as possessing a weird shaped body which embarrasses them; to not sufficient parking facilities when they want to go; to not liking to be around crowds and etc – and I sympathise with everyone of them.

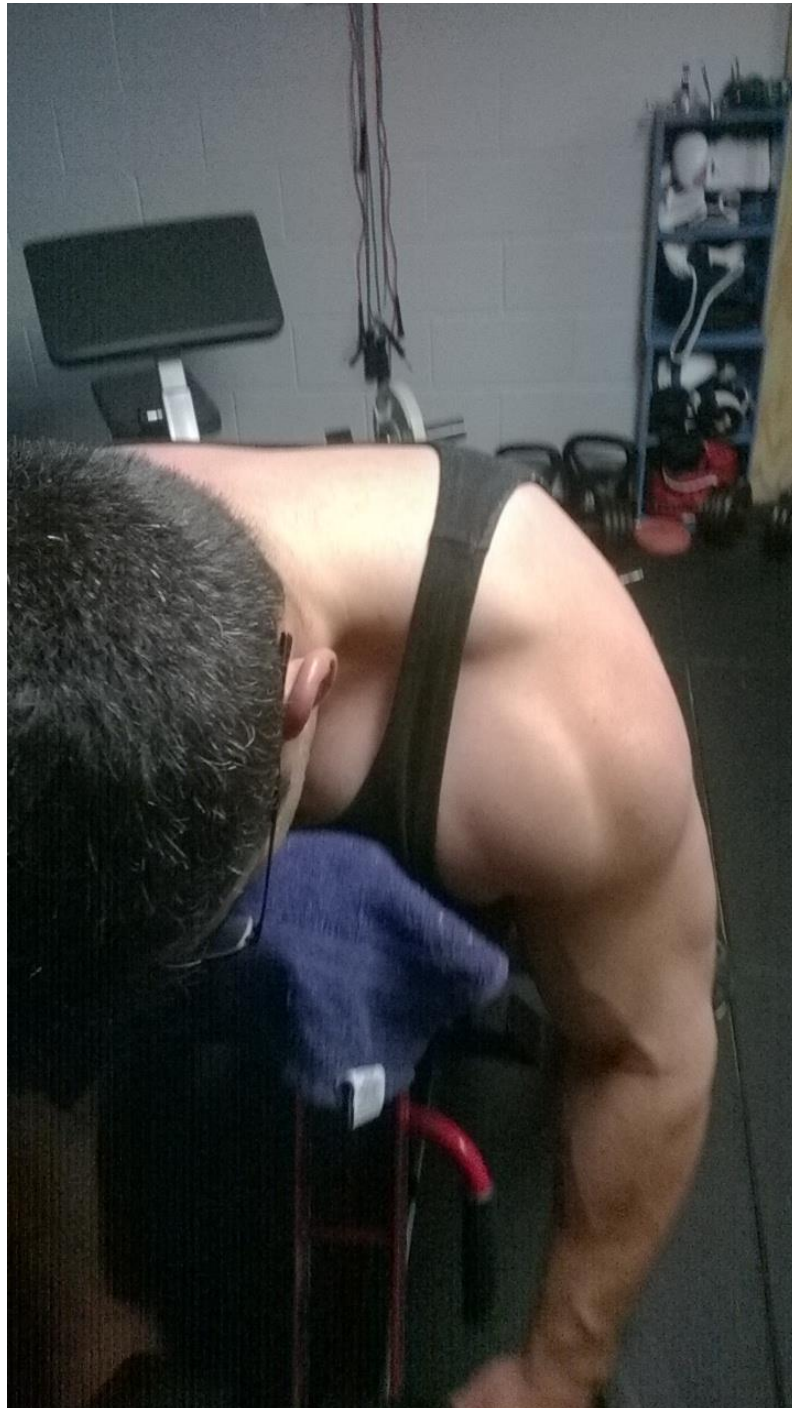
Some of them just don't like to feel cramped up inside a building and of course where they are fortunate with my daughter and soninlaw, they are blessed to have an open area that includes a big backyard out in the clean open air. They live on a hill that overlooks the city in which they live and the view is something to be only dreamed about and so this open space contributes to the success of their gym and the clients that use their services.

During my research for this book in my Benefits of Good Health And Regular Exercise series, I came upon some interesting concepts that I could relate to and decided to put pen to paper again and pass them on to you.

Of course I continue to see the humour in all things as I regularly do because to laugh at oneself and at life makes for a healthy outlook in all directions.

Here are the Six fairly regular excuses for not attending exercise classes or the gym, or just not exercising at all even when you are on your own at home. Believe you me, all personal trainers have been presented with them all in one form or another. Most of them of course don't even have any substance behind them – but hey we are all human and if we really do not have our heart and

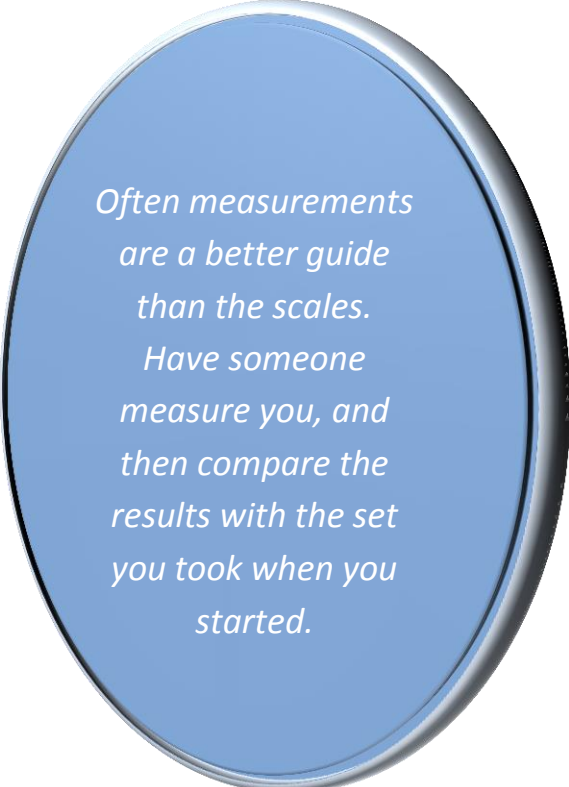
soul in something that requires “work” or “effort” on our part then – why not come up with some kind of excuse to justify our own human weaknesses.



Chapter 2

Excuse Number One.

There is not enough time in a day



*Often measurements
are a better guide
than the scales.
Have someone
measure you, and
then compare the
results with the set
you took when you
started.*



Now all of us know that even 20 minutes will help us out especially in this day and age when many of us spend much of our waking hours in front of a computer of some sort. Hey, I am guilty and I raise my hand to this excuse – I often run out of day, time, energy, motivation, excuses..... I am very naughty actually - I have good intentions some weeks and plank and walk and go to my sit and be fit class on Wednesdays and perhaps the yoga on the foreshore on a Friday

– but hey when it is raining on a Friday guess what doesn't happen?

And if there is a funeral at the Marae, then guess what doesn't happen on a Wednesday?

And if it is raining then guess what doesn't happen in the walking department – and the planking? Well I can't get away from that



I must admit holding up my body on my 2 arms these past few weeks is certainly helping those muscles at the top of my arms – biceps and triceps – not that I want to become a body builder or anything like that – and my daughter tells me to not forget the other benefits from planking in keeping in check my core abdominals, my chest pectorals, my anterior and middle deltoids which are up around the shoulders and also my work on total body toning. Just talking about it leaves me breathless!!

According to my personal trainers they tell me that not having enough time is the more usual excuse they get for not wanting to complete any form of exercise routine at any point in time, and their answer to such a pathetic whimper is to make time.

We are all given 24 hours every day and apart from the time we allow our bodies to completely rest in sleep mode, then we have to think just how are we using our time?

Are we using it to the best of our abilities?

Like spending money – what do we spend money on that is not entirely beneficial to our going forward in life?

Well, we can ask ourselves the same question about time – what do we do with our time – and is what we are doing entirely beneficial to our going forward in our health and therefore our life?

Let's sit down and really think about what we do from the moment we get out of our cosy beds to the moment we lay our heads down into it again.

I used to think I didn't have time for exercising. And some days I let myself fall into that lazy way of thinking. However, at the present moment we live in a mobile home and for the past 5 years that I have lived in it, I have thought there is no room for exercising.

One day I decided that was being very lame. I even had a friend from Church come over with an exercise regime

I could carry out in our restricted space home. And that opened up my eyes to possibilities that I with my limited negative thinking would never have dreamed about.

She had me taking tins of fruit and soup out of my cupboard to use for weights – who would have thought of them????

She had me sitting on my usual computer/table chair moving my legs and my arms.

She had me lying on the floor between our seating arrangement doing something.

She had me using our steps for step ups.

She had me using our floor between our seating arrangements as a walking path – all things I could have thought of myself but I didn't want to and that was the whole key to it – I didn't want to.

All of the 6 Excuses I list here in my book – really all boil down to the way we think about stuff - the choices we make about stuff – **I didn't want to** – a small phrase that will fit into every single excuse I write about in this book.

Anyway I am getting away from the no time excuse....

During our last visit with our daughter and son-in-law our daughter taught me how to plank. Well, if you had seen me in those first several days – I could hardly keep myself up for 2 seconds and she said to try for 5 seconds – nearly killed me!!! And I would go a few days in between hating what I knew I needed to do to strengthen those areas of me that are way out of shape and badly in need of nourishing exercise.

I returned to our home in Picton many days after these ordeal days and that is truly how it was for me – an ordeal I hated and didn't want to do – but I persevered despite my feelings about it all.

Many months ago I had brought a Yoga mat with the intention of joining the Friday foreshore activities ONE DAY – yes, you guessed it – it just sat there in its shop wrapping ever after I brought it home – and I got it for such a bargain too as it was in the throw bin in the Warehouse onetime we were in there shopping - (probably the only reason I brought it really – it was only \$5.00)

One morning my eye caught this mat as I was lying in bed thinking I don't want to get up this morning

– and I thought, “Now it probably will just fit in that passageway between our bedroom and the kitchen/lounge.” So I got out of bed and unwrapped it – lay it out on the floor and hey presto I was doing a plank for 30 seconds – just made it of course – but I did it and it was in an ideal place and the timing was just perfect. So since then guess what I do when I get out of bed – I do a plank – at first I was doing 3 planks but then after a while I asked my daughter was doing a 90 second plank the same as doing 3 x 30 second ones – and she said cool so that’s what I do now – I plank when I first get out of bed.

The benefits of course are marvelous – but I will have to tell you about those in another book because I could go all day and tell you about planking because I enjoy it so much.

Do you think you could do some form of exercise for your health and ultimately for your life early in the morning?

Usually people get off to work early – maybe you could get up a little earlier and do something at this time.

Or there is always after work.

Or there is lunchtime like I suggested in Book 1 of this series. It doesn't take much to put a change of clothes into a bag just to work out sometime during your very busy day.

Even the leaders of our countries take the time to exercise – to give them better mental, spiritual and physical health and for their lives as well.

An hour is not necessary – minutes can go a long way to making the difference between how much time you will get to stay here on this earth.

And when you know you only have 20 minutes – you probably will try harder than you would if you did have an hour to spare every day.

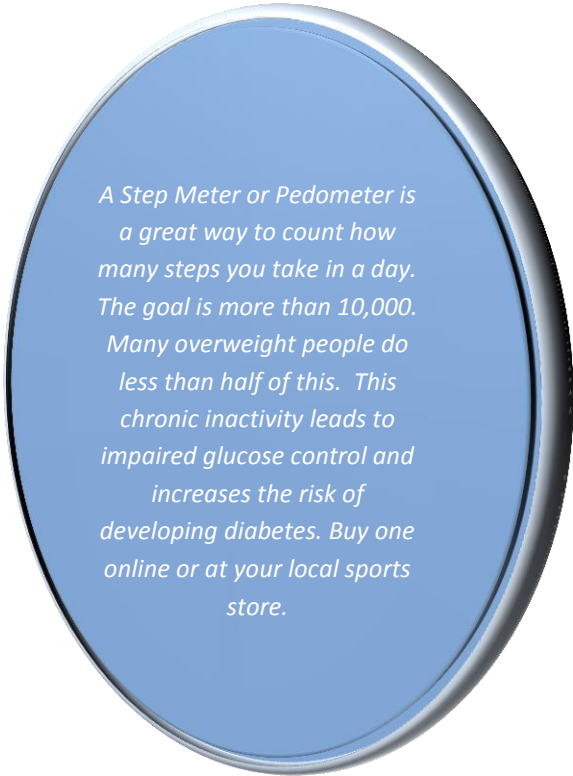
Think about it!!

Maybe planking could be an alternative to think about. There are so many health benefits to planking.

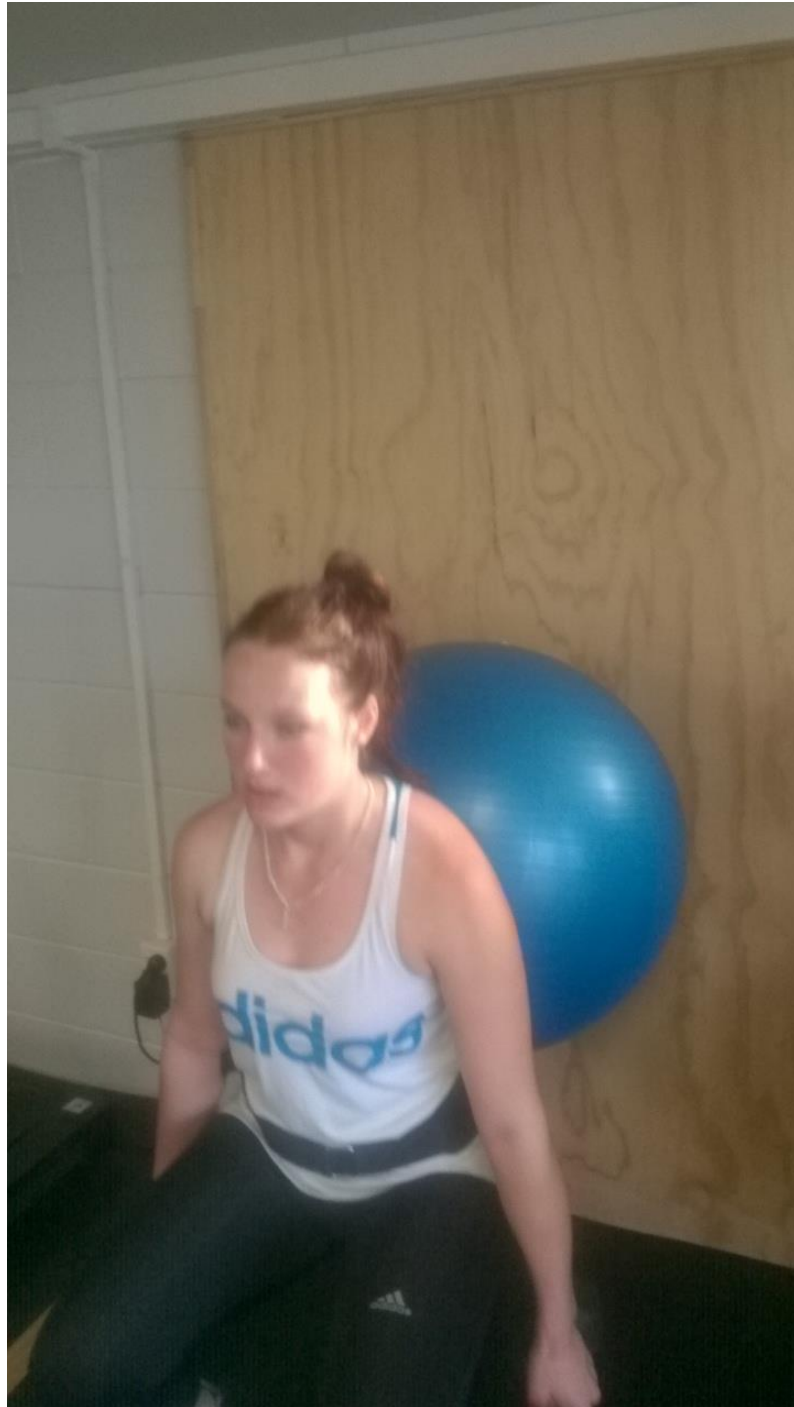
Chapter 3

Excuse Number Two

There are so many other important things I have to do before I can even think of exercising.



A Step Meter or Pedometer is a great way to count how many steps you take in a day. The goal is more than 10,000. Many overweight people do less than half of this. This chronic inactivity leads to impaired glucose control and increases the risk of developing diabetes. Buy one online or at your local sports store.



Using the children as an excuse are you? You would be surprised how many people use, "But I have children to run around after" excuse.

I am watching the world as we see it today and there is so much obesity that is so very obvious everywhere you

turn. Not only in adults but the children suffer as well – and why is that? It is because no one is getting out to deliberately do some form of exercise anymore. There was a time when the parents ran along the sides of the football, soccer and softball fields yelling out encouragement or embarrassing heckles to their children who were in sports teams. But nowadays sports teams are dwindling and the fields are becoming less and less used – why is that?

Can you hear yourself saying, “I have to do blah, blah before I can even think about taking time for myself by doing exercise.” Children are used as a big excuse – “getting them ready, to and from school; dishes; washing; housework”

I tell you it is just amazing how many things we absolutely **NEED TO DO** before we can start to even think about taking care of our own bodies!!

It's actually pretty scary really when you come to think about the excuses that are offered in this department. I mean, how can one even consider themselves being effective parents if their own energy levels are so low they can hardly cope with life?

Let's face it: we are human beings who have chosen to bring children into the world – children take a long time to grow – some never do depending on the example they see set before them – some only stay as long as they have to and then they disappear and make their own way in the world – no matter whether they stay with you or not, they all start out with you as helpless creatures looking to you for their every need.

Your personal need for fitness and alertness if there is such a word is what will get them from that helpless state to a state of independence. Children have lots of energy, therefore they need someone with more than them to be in charge of their lives for a few years. And to be in charge means you have to be **ON THE BALL** not just mentally but physically in order to keep up with the lovely little darlings.

I saw a motivation quote the other day and it said that, "Your children will become who you are, so be who you want them to be." **Anonymous**

And also

"Worry not that your child listens to you; worry most that they watch you."

Ronald A. Heifetz

The world right now is suffering a very worrying childhood obesity problem. They are sitting and not exercising themselves. It seems that bikes and scooters are put on the back bench and yet a mobile phone or tablet is affordable

– it seems that picnics on the riverbank or in the park or at the seashore are not family routine events anymore

– throwing a ball around or a boomerang or a frisbee is not a done thing anymore

– what about climbing trees and jungle gyms and using a plastic bag to slide down hills with?

I don't see these things happening much in our local community. Are they regular events in your community where you live?

There are weekend sports teams run by volunteering parents – are your children or even you a willing part of these teams?

The children in the world today need to be used as the reason for exercising not as an excuse for avoiding it!

Leading a healthy lifestyle yourself will give you the energy and enthusiasm needed so that your children can watch and learn!

Mothers with young children need not use their young ones as an excuse – many gyms provide crèche facilities – in saying this I am not sure if I would trust my young children to someone I don't really know – therefore the gym would be out of the question for me.

However, in saying this also, there are many other ways to get exercise



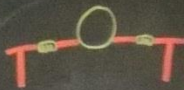
- take the children with you

- jog with the pram when they are babies – I see many young mothers here in our flat surroundings doing that

- encourage the children if they are older to run around the park, use the swings, use the climbing frames, use the seesaws – and heaven forbid – leave your phone in your bag – the children need your attention not to look up and see you constantly checking your Facebook account or talking on the phone to someone else.

There used to be a life without a mobile phone once – people do leave messages, the only urgent phone call you need to follow up with are emergency things and if you have your children with you – what is the emergency that can't wait until you have free time **LATER.....** unless you have a husband who you have

already warned you are at the park or wherever before you left home.

• Battling Ropes • Double Skips • Chin Ups •

REMEMBER - KEEP YOUR SCORES BUT MORE IMPORTANT KEEP GOING!!
USE OTHERS SCORES FOR MOTIVATION BUT DONT LOSE UR FOCUS

	BATTLE ROPES	DOUBLE SKIPS	CHIN UPS
Daniel	1000	25	15
Amy	120	31	15
Tennessee	602		
Abby	326	13	
Jade	504	22	15
Willy	1206	14	
Ezra	80	12	

Natalie *Battling Ropes* 7 *Heap Skips* 2

- Smart goals sorted?
- Need a weigh in?
- Hows your Water Intake?

THIS WEEK WHY NOT TRY

2 FULL DAYS WITHOUT Bread

Be creative with your options of share

REACH GOAL

- STICK TO IT
- GET TO WORK
- MAKE PLAN
- SET GOAL

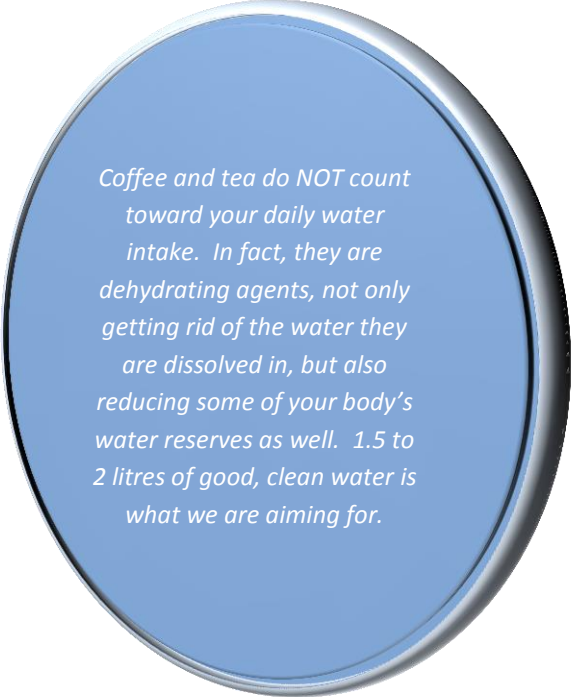
SMART:

- Specific
- Measurable
- Attainable
- Realistic
- Time Frame

Chapter 4

Excuse Number 3

Hatred of gyms, not wanting to pay fees, not wanting to have a trainer, hating exercise and all things in this category.



Coffee and tea do NOT count toward your daily water intake. In fact, they are dehydrating agents, not only getting rid of the water they are dissolved in, but also reducing some of your body's water reserves as well. 1.5 to 2 litres of good, clean water is what we are aiming for.



When I was growing up, I was in a basketball team which nowadays is known as a Netball team; and I loved hurdling and track events. I also learned to play the piano which was my first love and therefore as I got

older I preferred the indoor activity rather than the outside team sport activity.

Then as I got money and never had enough – paying gym fees etc was the last thing on my mind so I can be categorized into this excuse number 3 category.

I was never encouraged to do much of anything when I was young really. My father worked nightshift and therefore was asleep during the day. My mother worked during the day and therefore was not interested or around if there was a team sport going and besides she liked us to be home after school and not go out when she was not around therefore it was ingrained into me at a young age that exercise was not a necessary part of life.

So I guess it does start when you are young and all depends on the attitude of your parents.

May I tell you a very well-kept secret though, that exercise is good for you – and it matters not what age you are.

As I mentioned earlier

– you can plank – that does not require a gym.

You can dance – there are plenty of You Tube videos showing you how to do the right moves, and really, when you come to think about it - all children love dancing so that could be their television time – and yours. Children love seeing their parents doing things even if they scoff at the seeming romance involved. Why not teach your children to dance rock'n'roll or ballroom or salsa or Zumba or whatever the mood takes you.

Weights and treadmills are not the only forms of exercise that are available in the here and now.

At the moment I am taking Tai Chi classes 6 days a week from 8am to 9am. I love it. Being a writer, you tend to sit and keep your own company a lot – **BAD** for you. Therefore when one of my girlfriends rang one afternoon and invited me to attend the first session with her I was so thrilled.

A few years ago when we lived in the North Island, my psychiatric doctor recommended I take up Tai Chi with the local trainer at our Marae to help me with my depression. So I went along and joined the class once or twice a week, however when my husband decided to downsize our living status, we moved another 20 minutes drive up the road and so it was no longer

convenient for me to attend the classes as much as I would have liked.

I did turn up for demonstrations our trainer did in the community for which she was grateful as I had a “natural flair” she told me.

Needless to say, that activity eventually went on the back burner for a few years when my parents needed my attention more.

On the way to the first lesson this particular day, I thought, “Oh well, I will just have to learn another Tai Chi,” as I know there are several and lo and behold the very first moves just happened to be the same Tai Chi I was already familiar with.

And then I saw a man who obviously was higher up than our trainer enter the deck area where we were practicing and I recognised him as the very same person who had trained my other teacher in a life gone past.

You can imagine the thrill I felt when I saw him. I knew him although he didn't at first recognise me, but when he saw I had a bit of knowledge of his training he did find himself thinking back into his own past as to when had he met me last.

So you see, exercise can be fun if you want it to be. And that is the key phrase here – **“Exercise can be fun if you want it to be”**.

As with everything a bit of knowledge here and there and some extra education here and there never did harm to anyone.

Mr Google will help you find fun ways to exercise that are not going to cost you money, something you can do at home with your children if you want, and as a family if you wish that. Variety spices up your life so make events where exercise is concerned **FUN** – there is no reason to be bored or out of pocket or making you feel like you hate exercising.

I just finished Book 1 on boxing during your lunch hour – who would have thought? I never did until I started researching for that book.

Some more I am thinking about as I am writing is swimming – ocean or pool, running through the sand, circuit training, perhaps you are into Yoga or Tai Chi – sword fighting, pilates, weight training and all of the dancing styles. There must be heaps more when you really sit down quietly and think about it.

“We should never permit ourselves to do anything that we are not willing to see our children do. We should set them an example that we wish them to imitate.”

— Brigham Young

“The greatest heroes in life are those that never give up on someone. They stick it out and make it work. They sacrifice things in their life, in order to help others grow. They give up what they want because someone needs it more. They work hard and overcome adversity. They fail for a moment, but get back up on their feet to show others they don’t have to stay down. They show their loved ones that love is not “proved” by conformity. They teach others that having a voice is a sign of courage, and they will not stay silent to make people feel comfortable. They are fearless and will do whatever it takes to bring about the greatness in the ones they love because doing so brings them peace. Their name is--MOM.”

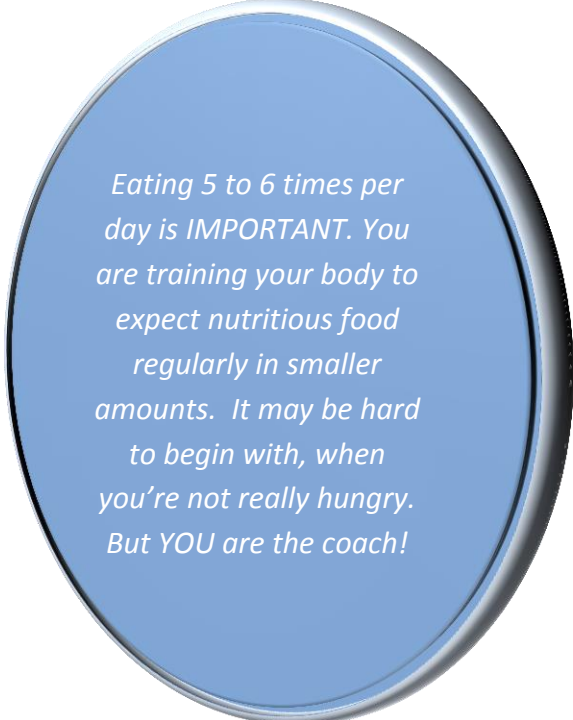
— Shannon L. Alder



Chapter 5

Excuse number 4

Guess What! I tried to exercise and I failed miserably.



Eating 5 to 6 times per day is IMPORTANT. You are training your body to expect nutritious food regularly in smaller amounts. It may be hard to begin with, when you're not really hungry. But YOU are the coach!



Forget the past – that is gone – we are now living today in this moment now. History happened. We are making history now while you read this book. And history helps us to learn lessons from what has been. Decisions made yesterday are learning curves for action to be taken today with the new knowledge history has and is giving us.

What did you learn? Did you break something – like some bones??? Have they healed?

Funny that!

Bones heal from breaks.

Even ribs.

I can tell you this from personal experience.

During my depression times, I fell while carrying out a procedure for my lawn mowing franchise business – I had never experienced pain from broken bones before – in my youth I was so protected against such rough activities!! Well this particular day I actually fell out of the van while getting out of it – not even from lifting any of the heavy equipment out of it – of course I was only in my 40s, so I was still tough and had an attitude about life and what was expected from me.

It didn't hurt at the time or so I made out to be – actually it was darned sore when I think back about it now. And the pain never went away and all activity that day – lifting, mowing, sweeping, lifting again – all took its toll on my severely depressed and broken body from doing too much combined with not enough good food and rest and far too much worry mentally. And to top it off I fell on my parents driveway and my step mother was watching and she was one tough bird I can tell you – a very stubborn Maori lady with a very tough upbringing

– so naturally it didn't hurt and was no bother to me –
until I was able to drive away and cry.

Did I learn from this?

Have you learned from your trying and failing
experience?

What is your resolve to succeed the next time?

I read a really good acronym the other day

S pecific

M easurable

A chievable

R esults-oriented

T ime-based

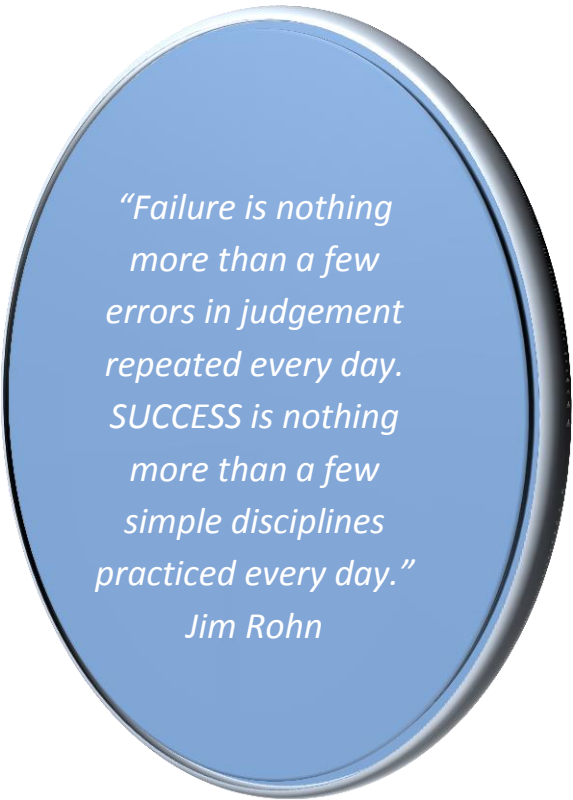
Another tip you could use is to share your new resolve
with someone you trust or even go public if you are
more daring by sharing your resolve on one of the many
social platforms.



Chapter 6

Excuse Number 5

My age is against me.



“Failure is nothing more than a few errors in judgement repeated every day. SUCCESS is nothing more than a few simple disciplines practiced every day.”

Jim Rohn



Well I am going to laugh here. I will shortly be 65 and I am all into exercise if and when it interests me and fits in with my personal time schedule. My Tai Chi Master tells me that in China, 98 year olds do Tai Chi every morning even in the snow. So take that and put it where those thoughts of your age are plaguing you.

The **SNOW** – can you imagine it? And in China, men and women have done Tai Chi of some kind ever since they were children, therefore age means nothing to

them. In fact, he shared with us just this morning that their strength even at 98 years of age can be felt just when touched by a finger in the right place – a touch that is enough to send their victim reeling 30 to 40 feet in the opposite direction if you want do the unthinkable by messing with them.

So please where does age come into it?

Actually this takes me back to another story. Our Tai Chi Master gave us handout cards to encourage new members to come along to classes so I dutifully went off with my fistful and distributed them around different places. One of them I gave to a friend who is considerably older than myself and the first thing she said was, “Oh no, I couldn't balance. I would fall down in the first movement.”

Well we had just had drilled into us for our previous hours instruction that Tai Chi is very good for balancing but who was I to argue with someone of greater age and wisdom than myself?

The next time I saw her she had obviously repented of her statement – now replacing it with – “Maybe I will come – the Lord always puts opportunities in your way to help you improve and while thinking about it I came

to realise that although I would probably start out sitting down I bet your training person would have me up and standing and balancing properly in no time.”

Hmmmmm I wonder who she talked to when I left the other day.

Upon further instruction and increasing wisdom being given our so freely every day, it seems that our particular class management actually have classes in retirement villages all over the country whereby people of all ages do start out sitting or using their walking frames and sticks and as their motivation increases mentally, their physical bodies start to catch up and before they know it they are walking entire lengths of rooms without faltering on their feet and some even without the use of their walking aides.

So no matter what age one is, exercise of some kind is great for you.

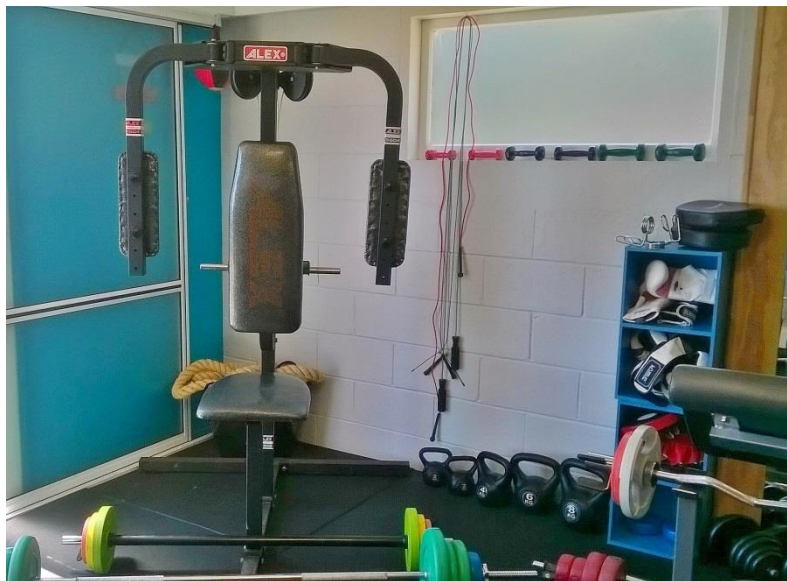
I also belong to a Sit And Keep Fit class that meets for an hour on a Wednesday at our local Marae – I think I mentioned it earlier in this book - and we just sit, do our arm and leg exercises and sing as loud as we can to appropriate exercise music. Our teacher has so much

enthusiasm – she makes it a lot of fun and there is never a dull moment when she is in charge!

We have special needs people from the local institutions joining us lately and already after only a few weeks I have seen a great improvement in their mental attitude just through attending our class.

Age is not a restriction really when it comes to improvements wanted in health conditions. Our minds will either hold us captive or allow us to live again – which option are you going to take?

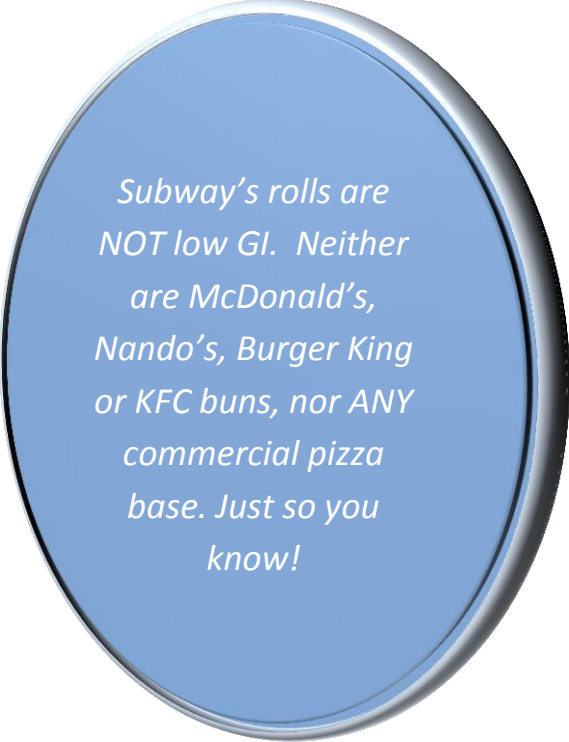
Doctors are only too willing to encourage some form of physical activity in otherwise inactive patients. You ask them – you will be surprised when they say yes when you think they are going to say no.



Chapter 7

Excuse Number 6

There is no way I can afford to pay – I have no extra money.



Subway's rolls are NOT low GI. Neither are McDonald's, Nando's, Burger King or KFC buns, nor ANY commercial pizza base. Just so you know!



Now comes the fashion part.

We are all so vain aren't we? When I was young, I felt the need to match others who were in things with me so that I wouldn't feel on the outer.

Nowadays I make my own fashion.

However, when one is young their first thought is not to be different.

So ...

new shoes,

new tops,

new bottoms,

new drink bottle,

new head phones,

I have to look sexy in my outfit,

new bands for the hair,

new,

new,

new is the thought streaming through your mind.

Glow in the dark shoes are not necessary.

Glow in the dark tops and bottoms are not necessary.

The good old Pump bottle is just as fashionable as the company stamped new drink bottle issued at Christmas time in the Christmas present from the company you work for.

I just thought – had you considered the stairwell at work?

Now there is a great place to exercise – just think of those possibilities.....

And we have already discussed in previous chapters how gyms can be at home in front of your TV in the privacy of your own home, in your garage, on the beach, in the pool under the water where noone can see your legs thrashing around – throwing frisbees in the park with your children - playing tennis, going bowling both indoors or outdoors, biking, having fun on tandems, learning how to roller skate on ice or concrete pathways which brings me to another story.

My stepmother even being the hard person she was and expected us to be – she used to love the hammer and nails. She could do anything – she was a jack of all trades and no man was any competition to her in **ANYTHING** and I mean it. She was army trained from the war years.

Well one day my little brother who was her sole child – wanted to come down the hill on something different to all the other boys – so she got out our skates and took the wheels off them, sawed up a plank of wood and screwed this plank of wood onto the wheels and voila – there she had made the first skateboard in New Zealand. She was soon making them for all of our brothers friends. Even we girls had one each.

You see life is what we make it.

You survived 40 million sperm to be the person you are.
You were sent here to be successful.

You were sent here to survive and to be a leader.

So Show Up As One NOW!



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