



FITNESS FORUM

Flab IS a four letter word

In this day and age, I'm still surprised when someone runs through our doors to join the gym because they have just found out from their doctor that they are Type II diabetic, hypertensive or overweight/obese. Depending on the diagnosis, their sense of urgency may range from "I really need to start listening to my doctor" to "Here's my credit card, I need a trainer now!" Although in many cases, all three aforementioned diseases are preventable (and thankfully, reversible), I'll focus on the last of the apocalyptic three.

According to the International Health, Racquet & Sportsclub Association (IHRSA), two-thirds of Americans are overweight and of that population one-third are obese. These are staggering figures given all we know about diet and exercise today. Add to that, the fact that the average American adds 3 pounds a year to their... bottom line and I'm led to ask, "Why do we seem to have this issue with losing and thereafter, maintaining a healthy weight?" and "Why do we seem okay acquiring and finding new ways to hide our flab." Dictionary.com defines flab as a noun meaning: flabby flesh or unwanted fat. I like to think of it as the parts of our body that we try to hide with that loose fitting sweater or roomy pair of jeans. However you choose to describe it though, one thing is clear, it's not something that you'd want used to characterize your body!

I propose making the word flab an official four letter word. Now, I am well aware that technically flab is in fact a four letter word, as Big Bird and The Count taught me well; however it's an entirely new ball-game when a word can be categorized as a "four letter word". Growing up, think about the two most common ones that would have had your mother washing your mouth out with soap if they were mistakenly (or intentionally) uttered when things

didn't go your way. Now imagine at your annual doctor's visit you were told "Congratulations, you've gained an additional three pounds of flab this year!" After staring down your doctor for insulting you, you'd probably lower your head and instinctually use one if not both of the other two words to express your disappointment. In fact, there's a good chance that you would use them throughout your day every time you remembered the equation 'Your body + 1 year = 3 more flabby pounds'.

I invite you to keep this association in mind in order to stop what has become an inevitable cycle for too many people. We all know the benefits of leading a healthier lifestyle, namely increased energy and muscle tone, along with a more positive outlook on life in general, however many of us struggle with starting or maintaining such a lifestyle. A good start is to find a gym or health club with a positive environment that will provide resources and encouragement when you need it. If you feel you require a little more assistance, the next step might be to invest in a fitness professional, one who is experienced and certified and can create a dynamic program leaving you inspired and eager for your next appointment. P.T.S. Health & Fitness has been doing exactly that for over 13 years and the results of our members speak for themselves. Visit us online at www.ptsprinceton.com for more information or give us a call at (609) 252 – 1117 and make sure that this four letter word doesn't apply to you!

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