



FITNESS FORUM

“I’d rather be fat.”

Two years ago, I had an encounter at the club that I will never forget. As a fitness professional, I often meet and interact with individuals who are at different points in their commitment to their health or lack thereof. Depending on the time of year, the person’s age or an annual doctor's visit, many individuals at one point or another find themselves struggling to achieve their fitness and/or health objectives. Understandably, this can be very trying and often leads them to seek outside, professional help. It was under one of these circumstances that I had the pleasure of meeting 'Maura'.

When Maura walked through the doors of the club, there was no mistaking her intentions. By all accounts, she was clinically obese (having a Body Mass Index greater than or equal to 30) and with her slumped shoulders and nervous smile, maintained a posture and demeanor of someone who had already tried everything but for whatever reason was willing to give it one more go.

I introduced myself and we started speaking. I immediately took to her as I could see that she was a warm and sensitive person who throughout our lively conversation, would resort to self deprecating humor whenever she became uncomfortable with our topic of conversation. At various points in our conversation, she became very emotional when we touched upon the reasons she had walked in our doors that day and what she was looking to accomplish.

At the end of our conversation, she thanked me for my time stating that I seemed to be a nice person and the same regarding the facility, but the steps I'd laid out for her appeared to be too much work and with a slight chuckle, stated that she'd rather be fat.

Till this day, her statement still has an impact on me. I feel that it bears a small reflection on many

people’s attitude about fitness and leading a generally healthy lifestyle. Just take a look at the hundreds of infomercials selling quick and easy ways to lose weight and get slim. The products run the gamut from slimming seaweed wraps that will "reshape your fat"... interesting, to vibration devices that will presumably shake the fat right off of you, ouch!

What happened to good old fashioned hard work and knowing that at the end of the day you're only going to get out what you put in? Why have so many of us chosen to spend endless amounts of time, money and effort looking for ways to regain our 'perfect figure' but are unwilling to put in the sweat, lunges and cardio that this requires?

As the New Year approaches, take some time to evaluate where you stand not only physically but in all aspects of your life. If you're happy and satisfied, congratulations! Keep up the great work! However, if there are things that you would like to change or improve upon, set some realistic goals for yourself and then truly make the time to see them through. Depending on your goals you might need the help of a professional. If your goals include getting back into shape or stepping up your current fitness regimen, P.T.S. can help. We have been helping our clients find their inner strength for over 13 years. Remember, it's not going to be easy but I guarantee that once you've reached your goal, it's going to be worth it! Feel free to contact us at (609) 252 – 1117 or www.ptsprinceton.com if you’re ready to start your own journey!

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