

Why Exercise?

The other day I was standing in the kitchen talking to my wife about exercise. I believe she asked three times within that conversation “why do we have to exercise?” At the time I didn’t even hear her ask the question, but now a few days later it rings in my head. Why do we exercise, is it because doctors tell us to even though many MD’s don’t exercise? Is it because infomercials show us the bodies we could have even though many of those bodies were models before the “product”? There are a lot of reasons out there to exercise and they are all right. The reason medical professionals tell us to workout is for our health. The reason infomercials tell us to workout is to give us the body we have always wanted.

Over the past hundred years exercise has replaced manual labor. Humans used to be far more physically active than we are today- walking, lifting and sweating. Don’t get me wrong, I love all of the amenities we have today. What I am saying is that we are capable of being much more active than we are and our bodies like to be active. Look at the simple act of walking. It has many health benefits all the way from weight control to reducing the risk of a hip fracture. This one simple exercise works because we stress the long bones of the lower body. Yet we decide to stand on the moving sidewalk at the airport. We really need to re-evaluate our physical goals when we are always looking for the easy way out of every labor intensive movement.

Notice I haven’t mentioned desire. I know the desire to have the perfect body is out there, just look at the fitness and supplement industry. The average American spends hundreds of dollars a year to look good. Why? All we need to do is eat well and start being more physically active. We should not look for the magic surgery or piece of equipment that is going to do it all for us while we lay on our backs, not breaking a sweat, giving us the perfect six pack.

Six packs are what we have come to when health and fitness is exemplified by a well defined midsection. I am not saying that if you’re fit that you couldn’t have rock hard abs. What I am saying is that the six pack look of our midsection has little to do with fitness. Yet everyday we can turn on the television and watch as an infomercial sells us that all we need to do is sit ups or side bends or twistors etc. The truth of it all is we have very small muscles in our midsection and these small muscles don’t use as many calories as our butt muscles do. The better part of that is our butt muscles usually work in conjunction with our thigh and hamstring muscles. With all of our hip and thigh muscles working together, we could probably use more calories in a day than the abdominal muscles use in a week. Let’s face it, if the infomercial world were serious about our fitness they would sell us a heck of a lot more leg and butt machines. So, what is our goal? Is it to have a six pack and flabby buttocks or tight firm legs and a toned flat stomach? The choice is up to us.

I guess it really comes down to what makes us happy. Looks or health? Health come with looks but looks don't always come with health. Let's face it, having what we want in life is a mind set. No, we won't all look like super models-you can only thank genetics for that. Provided we don't have a medical reason, we can all have the body we want. It is going to take us getting up off our butts and start using them. It is going to require us to take on laborious activities. Mostly it will call for us to take charge of our health and fitness. Let's start with a walk, perhaps up a flight of stairs.

Bringing Health and Fitness to the whole Family!
Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.