

## Be Active

I started in sports around five years of age. My first sport was wrestling and soon t-ball, soccer, basketball, track and field, football and weightlifting. Boy was I busy, and I ate like a busy person. I remember in high school eating six fruit pies and a half gallon of green fruit punch after a wrestling meet. Although I felt horrible, I didn't gain a pound. I know because we had weigh-ins the next day.

In college my roommate had an uncle who worked for General Mills Foods and would bring us boxes of Captain Crunch cereal. Again, I can remember coming home from practice and eating a giant bowl full of the Captain with whole milk. And yet my weight was unaffected.

Now I'm in my 30's and if I even think of having one light beer and some hot wings I gain 10 lbs by the next morning. What the heck happened to that amazing metabolism? I am not going to say that youth didn't have anything to do with it, being young helps. However, if you watch the news or read a paper you know the youth of our country are more over weight than any generation before. So, I'm not going to tell you that youth had everything to do with me being thin either.

Remembering back to my youth (and I'm not old!) I remember being one active person. Other than watching a movie here and there, I remember being on the go all of the time. It is funny how when I was an athlete I exercised to prepare for sport, now I exercise to not be a fat guy. We like to think it is ok to put on a little extra weight when you get older because that's just what happens. The thing is it's not just what happens; we put on weight because we get lazy. Where is the rule that says you can't walk up the escalator? Where's the rule that says you can't jump up and touch the ceiling like you did everyday of your youth until the day you could finally touch it?

I'm not saying that we all need to go out and join a sports team, that's just not feasible. But I am saying that instead of walking to get the mail, skip. Instead of using the automatic door, use the manual that requires a little muscle. The steps are simple and each step taken will be profound in knocking down pound after pound. We won't all be super models, I know I'm not, but we can all be fit if we simply turn off the T.V. and go for a walk with our children and pets. Bring back the child in all of us and burn calories like you just don't care.

Bringing Health and Fitness to the Whole Family!

Jason

### **About the Author:**

Jason 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.

