

January 31, 2019

Part I: WHY I Train My Top 5 Reasons!

1. Training gives me energy, a positive spirit, and the passion to 'transform how the folks age'. I am a third stager [kids grown], but I need the stamina and mindset to care for my Mom. Pops recently passed, but he instilled in me a passion for 'the physical', so I look forward to 'training' 98% of the time.
 2. I am a movement professional, and it is my responsibility to live it, mentor it, teach and coach it, and be the best that 'I can be' to my students and clients 'til I can't. This does NOT translate into obsession with the pursuit of 'perfect', through training, food or just being self-absorbed. Bore me to tears!
 3. I downhill ski, XC ski, and plan to take up skate ski. I mountain bike and hike and we are relocating to MT, so in order to enjoy and remain proficient at these activities, I MUST fill ALL the necessary 'buckets' [Boyle]. Plus, I need a 'huge buffer' in the event of unintended collisions with the ground or unforeseen obstacles. I do get satisfaction from physical labor, and working with my hands, too.
 4. I want to reap all the *health* benefits from training, and since I am of smaller frame, I MUST build and maintain optimal bone-muscle-fascia integrity for as long as possible for durability and resilience, especially since I choose activities with inherent 'risks'.
 5. I am filled with optimism for the future in life, vocation, labor, family traditions and adventures, and new leisure-time pursuits, so I train, eat pretty well, drink some beer sometimes [2 is my limit], laugh, love, share and appreciate 'life'.
- P.S. I have been 'showing up' as an adult since 1976 consistently, and have no plans to stop. With certainty, there will be ebbs and flows with life's curveballs. However, I will *keep* those habits, patterns and practices that 'work for me' for now, and continue to *tweak* them as needed throughout life's journey.

*Start by doing what is necessary.
Then do what is possible.
Suddenly, you are doing the impossible.*
Saint Francis of Assisi