

Enough is Enough!.....Have you Reached This Point?

In my own personal fitness journey, as well as working with others as a personal trainer, fitness coach, and nutritionist, I have found that there is a key point that each person needs to reach in order to get the ball rolling towards better health and a fit body. This reaching point I call “Enough is Enough”. After writing several articles about fitness in the last few months for this magazine, I would like to step back and start at the beginning with a quick glance at my own story.

My “enough is enough” point came several years ago. I am currently in my mid-thirties. Growing up I was very athletic and was competitively engaged in sports year round, and received some of the benefits associated with regular physical activity as a result without even thinking about my overall health. By the time I reached high school and my body began to undergo normal changes, I began to be increasingly concerned with how much harder it was to eat the way I did growing up and hold off the weight. Once I entered college, and my athletic involvement substantially decreased, the pounds started to come on. With and on again-off again approach to exercise, my weight went up and down like a yo-yo. But, as is true for many of us, it was not until the first couple years after college that my weight management began to be a problem. With my full time work life beginning, and all the stress that went with the transition of that and getting married, etc., by my mid-twenties I was quickly suffering the health symptoms from high stress combined with a terrible diet and no consistent exercise routine. The only thing I did was an on and off jogging program, but was not consistent with it and did not strength training. If you’ve read my other articles in this magazine recently, or the ones on my website, you’ll know why this was not sufficient.

After coming back from a weekend away with my twin brother, during which we discussed our disappointment with our current state of fitness, I jumped on the good old scale. I rarely weighed myself at the time, mostly because I was afraid to! 😊 Even though I don’t think the scale is one of the better measurements of health, it still gave me a wake up call at the time! When I got on that scale, and took a long look at how I really looked, and more importantly how I felt, I reached a point inside of me that said, “Enough is enough!” Let me tell you a key revelation that came to me at that point that set this time apart from other times on the scale. I considered the ones who are the most important to me at that point in my life. For me, my God, my wife, and my young children, and all that they meant to me for my purpose in life, flashed before me. I had already loved them all deeply, but I never saw clearly that my physical health and condition affected all of those relationships and what each of those relationships meant for how I live my life, and how long I would be living it! You see, if I am continually getting sick, have low energy, suffering from unnecessary health risks and symptoms, that can be addressed through a good exercise and eating plan, then all of those relationships suffer in my life. Make sense? I would propose to you that every single relationship and activity in my life (including my love of myself) is positively enhanced by incorporating an exercise program and proper diet into my life.

When I reached this “enough is enough” time, I began to launch a plan to lose extra fat, build lean muscle, and get my heart in condition from a cardiovascular standpoint. I also entered a long road of learning which I tremendously have enjoyed about nutrition, how to eat whole fresh foods that internally cleanse my body and externally help me to function better, feel better, and look better! It is amazing how these changes have improved the quality of my life and the life of my wife and children. Has it been easy? No way! Over the last several years I have suffered several injuries (more than the average person does) that have set me back mentally and physically. I am currently overcoming a shoulder injury that is greatly affecting me as well. But I am determined to make my health and wellness a priority. For me, next to my spiritual priorities, my health is the next priority in my life (and I don’t always separate the two either.)

I am now several years into this journey to improve and maintain good health. In the process it led me to pursue a top nationally credentialed personal training certification and an advanced nutrition certification as well. I am now on a mission in this area: to help others prioritize their health in the midst of the most stressful, most sleep deprived, and worst eating culture in the world. If you have started and stopped a fitness routine many times, then you are not alone. I have a question for you to consider as you read this article: HAVE YOU REACHED THE “ENOUGH IS ENOUGH” POINT YET?

I would like to describe some things that characterize this reaching point, so you can use these measures to consider whether you have truly reached this point (or need to reach it again).

1. If you have gotten to the point where you are tired of being tired, you may be reaching “enough is enough.”
2. If you have reached the point where the concept of getting in better shape excites you for how you will look and feel, then you may be at “enough is enough.”
3. If you are willing to give up eating anything that is bad for your health, or greatly reduce the overly processed and refined products that dominate the food industry, then you are reaching “enough is enough.”
4. If you realize now that taking care of your health IS NOT ONLY ABOUT YOU, but also affects the lives of all those you love: your children, your spouse, your friends, etc., you are reaching “enough is enough.” This means that you realize that another activity for you or your kids that gets in the way of you exercising is not a good thing. Taking care of yourself IS prioritizing your loved ones! Please allow that to sink in before it is too late.
5. If you get to the point where exercise, eating well, and proper rest is not just another option in life, but rather a non-negotiable priority, then you are reaching “enough is enough.”

6. If you have learned the dangers to your body that result from a poor diet, lack of exercise and proper rest (the 3 big components of physical wellness), and you are no longer going to ignore these dangers to your health, then you have reached “enough is enough.”
7. If you realize physical health and fitness takes an initial investment of both time and finances, and you are willing to evaluate where else your time and money go that are not as important (e.g. television, junk food, the computer, other forms of entertainment), then you are reaching “enough is enough.”
8. Finally, if you are no longer making excuses for your own lack of physical fitness, and no longer blaming anything or anyone else, then you could be approaching “enough is enough.”

In closing, let me just say that I know this message is straight up, no non-sense. It needs to be in order to help some people who will read it. Consider where you are at with this topic. Perhaps you have not reached this point yet, perhaps you are close, perhaps you already reached this point but need to reach it again. Wherever you are, consider all the benefits of acting on this and you will likely see that there are really no drawbacks that even compare to the benefits. There are many good professionals who can help you, including myself. Get the help you need, and don't assume you can't do it without considering your options first! Lack of belief is the number one reason people don't succeed.

This article is written by Craig Ryan, personal trainer, fitness coach, and nutrition consultant. Craig runs Renew Your Strength Fitness and Nutrition Services, and can be reached by cell at 336-416-0036 or through his website at www.renewyourstrength.com.