

Doors of Awareness to Optimal Health and Fitness(Part 1 of 2)

A door stands before you. The door may be a book on health and fitness, women's health issues, diet and nutrition, health food, or a weight loss program. The door may be a motivational health public speaking event. The door may be a friend sharing her enthusiasm about her fast weight loss by just eating common sense healthy foods and exercising every day. The door may be a doctor's recent diagnosis.No matter which door it is, you take a deep breath and open it up, not knowing what lies beyond it. All you know is that you are ready for a change. You feel that if you do not do something, and do something now, your body, your health, and, therefore, your very life will spiral downward.To your delight, you step over the threshold into a bright, new world. You discover what you are made of and what promotes your physical health and fitness. With determination and self-discipline, you gather the knowledge and change your thinking. With the change of thinking, you change your food habits.Your daily diet now includes lots of whole, fresh fruits and vegetables, whole grains, raw nuts and seeds, and legumes. You gradually gravitated away from all animal and dairy products. You no longer crave or eat chocolate or sugar and white flour goodies. You lose your desire to eat processed foods, refined foods, fast foods, junk foods and all drinks with the exception of water and homemade fruit and vegetable juices.You exercise every day. You get adequate sleep, rest, and relaxation. You avoid coffee, alcohol, and other toxins. You lose that extra weight. You take fewer, if any, pills. You have higher energy. Your days are filled with fun and purposeful activities of your choosing. You feel better than ever, and you glow with health and vibrancy.You had no idea that walking through that first door would lead to a total transformation of your physical body. You also had no idea that the transformation of your physical body would lead you to a second door.And now a second door stands before you, and you open it up. Because your physical health and fitness, the "what" part of your health, have reached an optimum level, you now have the emotional stability and mental clarity and self-insight to discover the "who" part of your health.Because you are no longer bogged down with aches, pains, conditions, lack of mobility, extra weight, and loss of energy, you are able to explore who you are. What are your values? What are your priorities? What are your philosophies? Where is your life going? Who do you want to spend your time with? What is important to you? What is not important to you?And as you explore the "who?" part of you, you come upon a third door."What could lie behind that third door?" you wonder.Find out in Part 2 of this 2-part article: "Doors of Awareness to Optimal Health and Fitness"

About the Author

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