



The Joy Is In The Journey

By Chris Cosich

The theme for this article was inspired by a conversation I recently had with a client in her late forties. After training for the last 3 months, she commented with notable satisfaction that she reluctantly tried a pair of chinos she hadn't worn in a year or so, and found them not only to fit, but to fit loosely. It reminded me of what the joy of getting and being in shape is all about—the small victories.

To many people, embarking on a commitment to a sound exercise program is often a daunting proposition. Perhaps it appears too overwhelming to undo the results of age, inactivity, and years of poor eating habits. As with many situations in life, it is often far easier to rest on excuses than to take positive action. Fear of stepping out of a comfort zone and into the unknown often proves to be the biggest boogeyman of all. Bear in mind an acronym for fear—False Evidence Appearing Real.

The apprehension to begin exercising often starts with some perceived or projected failure. The media's saturation of images of beautiful people with beautiful figures may be largely to blame. This visual obsession continually purports that the only ideal is one of perfection. If your guideline is the woman or man gracing the pages of fashion and fitness publications, you're missing the big picture. In fact, you are not even in the picture. The picture is not about comparison with ANYBODY but yourself. This is why getting and staying in shape is a personal commitment. I often invite prospective clients to imagine that they are going on a journey, embarking on quite probably one of the most gratifying commitments they will ever make.

Western society, and Americans in particular, are often consumed with the pursuit of hastily-rewarded self satisfaction. We live in an era where fields of technology, science, medicine and many others are advancing every time we blink. Progress is on fast forward and often it seems hard to catch our breath as life speeds by. This can create a mindset that we are all stricken with—at one time or another—immediate gratification.

For those who want to cling to the belief that there are wonder routines and quick fix cures that promise you six-pack abs or a killer butt in 8 weeks when you haven't seen anything resembling either of those in your mirror for decades (or ever), keep buying into it... these frauds will keep taking your money. For those who want to grasp the truth; that fitness is a lifestyle integration that will reap many rewards which will compound with interest over time, you're on the right track.

Commitment to health and fitness is about taking actions to better yourself one moment at a time, to one day at a time, to one month at a time, to one year at a time. Small steps forward will gradually take you a good distance from where you were. Sooner than you may think many positive changes have occurred. Keep the journey moving forward. The possibilities will present themselves, but possibilities remain ghosts until action is taken.

One of the most disturbing situations is to be in a position to say, "I should" and proceed to do NOTHING about it. Self debilitation is often our greatest saboteur. If you are presently sedentary, get up and start with something, anything that resembles regular exercise. Progress demands a temporary surrender of security. If you are presently exercising and in a rut, set a small goal. If you need help getting there, consult a professional. There is no failing at this. One small positive action taken regularly, whatever your level, is progress. I hope to see you along the way.

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