

Triune Integrative Medicine Newsletter

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Having trouble getting motivated to exercise? You are not alone. Read on.



Ode To Dee

I need to work out to maintain and build muscle and to stay fit. Even though I know that, it is still hard to keep it up. When I used to go to the gym on my own I made up every excuse in the book to cut the workout short or I would forget about it altogether. That is why I decided to hire a trainer. Her name is Dee.

Dee is a slave driver. She pushes me beyond where I ever thought I would go. I complain, I whine, I scream, I tell her she is killing me, I call her the torture princess and she doesn't care. She just smiles, points her finger at the machine and tells me to keep on going. If she actually listened to me and let me stop or slow down I would not be in very good shape. Thanks to her persistence and patience, I have continued to become more and more fit.



Everyone needs a Dee, especially when they reach and go beyond

menopause. Our muscle mass goes down precipitously as we age and without weight training we risk bone loss, weight gain and general decline. If you cannot find a trainer, a friend will do. You just need someone who can keep you working out and provide encouragement.

I work out with Dee two hours a week and that seems to be about right for me. It is probably about all she can take since I am quite a vocal complainer (as you might have surmised from the above!). I am sure that I have scared away a few potential clients who were faint-hearted. Fortunately she knows that when all is said and done and I look at my body changes, I really appreciate her and of course my very strong "arms by Dee".
