

Practice Does Make Perfect

Practicing Living a Health Lifestyle

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You have no doubt heard the term “practice makes perfect”. Whether or not actual perfection at anything is ever achieved is debatable but the general meaning behind this statement holds true. Whether you are trying to excel in a particular sport, play a musical instrument, practice a hobby, become healthier, or are striving towards some other goal, there is no shortcut to excellence. Becoming successful requires practice and persistence.

In the world of sports what makes someone a superstar for the duration of their career is practice, a lot of practice. I emphasize “for the duration of the career” because there are many athletes who randomly have great seasons but do not achieve excellence on an ongoing basis. Any athlete who reaches the professional level for example is no doubt a talented athlete. However, the ones who rise above the rest to the elite level and become superstars do so as a result of taking extra time and effort to perfect their skills.

As an example, let’s look at Peyton Manning, the quarterback for the Indianapolis Colts. He is regarded by many as one of the greatest quarterbacks of all time. He is also one of the hardest workout players in the National Football League. He is notorious for practicing for hours longer than most players. He’s out on the field throwing pass after pass to develop his strength and accuracy. He has even been known to dunk footballs in water before throwing to practice playing in wet conditions. Because of his work ethic and performance he will no doubt end up in the hall of fame.

Sure, he has good genes. His father Archie Manning was an amazing quarterback in his day. That fact likely helped him reach the pro level. But one does not become a superstar solely based on good genetics or natural talent. To rise above and become a superstar requires developing and improving upon those skills through practice.

The same could be said about someone who achieves excellence in any field. A musician with natural talent doesn’t become a member of a symphony orchestra by practicing for only 3 hours per day. To reach this level they practice for hours on a daily basis.

What does this have to do with becoming healthier? Practicing excellence also applies to your quest for greater health and fitness. There are no shortcuts to living a healthier life. A half hearted effort won’t make you successful.

There is no magic pill to make to make you healthier. There is no one magic workout that does everything necessary to make you healthy and fit. Becoming healthy and STAYING healthy requires making lifestyle modifications. These lifestyle modifications don’t take place overnight. You need to practice them everyday.

If weight loss is a goal it is necessary to have a healthy diet along with a regular exercise program involving cardiovascular exercise and strength training. Making dietary changes is not always easy. But,

by practicing making healthy nutritional choices on a daily basis the process ultimately becomes simpler. It doesn't mean everyday is going to be a perfect day. But whenever you have a setback you learn from it and use that information to help you continue to hone your skills.

Exercising only when it's convenient isn't going to make you successful at weight loss. To lose weight it is necessary to burn calories, a lot of calories. This requires frequent exercise. You may find it challenging to fit exercise into your schedule, but by making the effort to find ways to make it happen you are moving significantly closer to success.

It is certainly not uncommon to want to lose weight fast. So it's no wonder people try products, diets and/or programs that promise fast weight loss. But the reality of the situation is that permanent weight loss is not a fast process. If someone happens to lose weight quickly through some fad diet or program they end up just like the athlete who had a great season but not a great career, the results are short lived. If the lifestyle that was necessary to drop the weight cannot be maintained then the weight will come right back on again.

If you make a resolution to become healthier and more fit I encourage you to keep this information in mind and be persistent with your efforts. Don't give up! Practice living a healthy lifestyle everyday. If you have a setback, make a comeback! Keep up your efforts and ultimately you will be successful.

Successful people often have a coach or mentor to help motivate and guide them. If you are looking for guidance on your journey to a healthier lifestyle, please contact me to learn how I can help you live the quality of life you want and deserve.