

## Your Own Vision Quest

By Maurice Brown(ACE, Advanced Health and Fitness Specialist)

Recently I happened to catch the movie "Vision Quest" on TV. This is considered a classic 80's sports movie. For those of you who are not familiar with this movie it's about a high school wrestler named Loudon Swain who is the champion of his weight class.

However, he's not content to just remain champion of his weight class. He wants to drop down two weight classes to take on an undefeated wrestler nicknamed "Shoot". Shoot is widely viewed as unbeatable and everyone thinks Loudon is crazy to even consider taking him on. But Loudon Swain had a vision of himself as a champion and is on a quest to make that vision a reality.

He becomes focused on his goal and does everything he can to achieve it. This includes eliminating self doubt, ignoring negative talk from others, following a strict diet and even running to and from work to get in shape and burn extra calories.

Right about now you're probably thinking; *I thought this was supposed to be a health and fitness newsletter not an 80's movie review.* So, to the point I shall get .

More than likely you have your own "Shoot" to wrestle. By this I mean you have a vision of your own. Maybe you have a vision of a leaner, healthier you. Maybe your vision is of you crossing the finish line of a marathon. Whatever your vision is, have you started on your quest to make that vision a reality? If so, are you still on it?

Many times people begin their quest but become easily discouraged when they encounter obstacles. Sometimes those obstacles come in the form of a busy schedule. Other times it's from non-supportive friends or family. Often it's something else. In today's busy world there are certainly no shortages of things that can interfere with you fulfilling your quest.

Making a vision a reality is never a simple process. If it was everyone would be doing it. But I truly believe there is no obstacle which can't be overcome. It takes desire, commitment, focus and persistence. In the spirit of the *Vision Quest* theme one could say it takes a Loudon Swain type effort. The rewards are well worth the effort though. In fact, the greater the effort the greater the rewards.

But there is never a clear path to success. Even the Loudon Swain's of the world need some guidance. As one of only two ACE Advanced Fitness Specialists in the state of Vermont; I am trained to give individuals the guidance they need to successfully complete their quest for greater health and fitness; No matter what their starting point is or how many obstacles need to be overcome. If you need assistance in your quest, contact me for a free consultation to learn how I can help.

I won't be a spoiler and give away the ending to Vision Quest, just in case you haven't seen it.