

If you have read any of my articles in the past, the following may seem repetitive but relevant: As the cessation of February approaches, how are your New Year's Resolutions going? According to the Internet, 92% have giving up on his/her New Years Resolution by now. I am unaware of how the Internet's gathers its information, by people in one city or a survey via the Internet but a good portion of the percentage has been true in my experience. If they are still going strong, stupendous! If you are struggling, try what I often write, one goal or change of habit at a time. Create small goals for better success.

Now, for the actual article topic...age. Recently, I turned the ripe old age of the big 4 – 0! Boy, from most of my peers in their 40's and those that see that decade in their rear view mirror, say that the 40's were the best years physically and mentally. Mentally, I feel I have another decade to go for I often feel that I am a late maturer.

Age is a functional of how we have physically treated our bodies in play, injury recovery and nutrition prior to your current age. It is not what you are physical doing now, it is what you have physically done in the past that dictates the feeling of how the body is performing.

Remember, there is one constant in physical activity, recreational sport, elite sports...etc. – no matter how strong the mind is in pushing the body's limits of performance, in the end the body wins, 110 percent of the time, guaranteed the body will break if pushed too far. It may not happen during an actual event but if pushed too far too often it will eventually fail. Thus, listen to your body! It is like when life is crazy busy where you are focused on work, family, finances...etc. and then you slow down to take a break, the immune system settles too much and you get a cold, the flu or some other related sickness.

Prepare, perform, and recover – your body as if it was 10 years older. However, listen, believe, think – your mind as if it was 10 years younger. There is a significant difference. Most who fear age or living a life not at peak performance due to “getting older” live as if their bodies were 10 years younger. Trust me, in training all different types of athletes, elitist, weekend warriors, children or even older men that can not give up their athletic high school and college years suffer in the end.

Have any of you heard the following? “Life is NOT a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming...WOW---What a Ride!” I have seen this written by two different authors and a third unknown. The point is that I would add an addendum in between “a” and “Ride”...“uninterrupted”.

Don't get me wrong. I like to workout at high intensity. I also like to workout without a compromised area hindering my performance. Tweaks, pulls, twist and other related injuries prevent skiing, riding, hiking, swimming, rock climbing...etc. I have competed at the Olympic level of point karate for a short time because constant injuries abated my “What a Ride” concept.

Again, I enjoy working out at high intensity when my body is coming off rest. This is a component of *not* your age but what you have physically done to your body in the past. If you say you workout 110% every workout 5 days a week, you're lying. It is impossible for your body to perform at that high of a level every workout, 5 days a week. You may believe you are working 110% but the body requires and demands recovery.

At T2BB, we gear age as what you have done to your body in the amount of time you have been on this earth. Think back and ask yourself, “What have I done to my body in the past 10-20 years?” Have you been conservative, cautious, and really basic with your physical activities? If is difficult to believe, especially in this valley, that that question is “yes”.

When I was younger, I would prescribe to my older clients and members a form of recovery, based on his/her “years of living” or “the damage” they did to their bodies when they were younger. Now I find myself prescribing the same routine to a battered body that took so many falls on concrete and basketball gym floors

during my years of point-karate for 30 years. Again, in the end, the body wins, so don't fight it, embrace it and continue to do what you want at whatever level you want to do without interruption.

T2BB has a saying we often use in our facility, "In fitness, results are not guaranteed, they are earned!" Well, the same can be said about age, "Getting old and still doing what you love to do, that is earned!"