

Weekly PLR Book

Introduction

I got great news – you can trade your body for a new one!!! Sorry that is either in the next life or in Science Fiction. Rather like in a marathon you end with what you started and so with the marathon race we call life, we start with our body and we take the consequences of our actions (or inactions) and we continue with them through life.

The fact is, through medial science and improved nutrition we can live longer than ever before. Soon there will be a sizable community on earth who are over 100 years of age and that is amazing. But what sort of quality of life can we expect? For the majority of us who are unfit it will be a very low quality of life indeed.....
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Chapter 1

Don't exercise!

What are the consequences of not exercising? I know that I don't want to run the next marathon in Beijing, New York, or London. I may walk it some day. I just want to be able to walk to do the shopping, and see the places I have not seen and not be unwell.

There are 3 sets of consequences to being unfit and overweight. We may try and avoid them by driving everywhere, even short distances, but we cannot get away from our basic lack of fitness and lack of self-control.

There are short term consequences, long-term consequences and things we just cannot do that we may want to now and then. You may feel I am being hard on you, but far better that I am hard on you now than illness is hard on you later..... more

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Chapter 2

Get out and exercise.

WARNING: If you are already being treated by the doctor for any of the conditions we have already described, or any others that the doctor judges are weight-related, get his advice first. I will make suggestions as a layman who wants to help. Your doctor is there to judge how much you can do in your current medical condition.

How far can you walk without having to sit down and rest? Can you walk the length of your street? Can you walk to the lamp-post half way down the road? You may already need a walker to help support your weight and give you the opportunity to sit and rest where you are..... more

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Chapter 3

Eat Less

No rewards in food.

You've set out to walk for 5 minutes then 10 minutes, and then it goes up and up, and eventually you can walk for an hour and not be breathless and not ache. Do not make your reward a huge meal, or have extras including sweets, desserts, and main courses. When you reward yourself get that CD you have been meaning to buy and listen to it when you are safe. Walking the city streets concentrating on the music you are hearing is not always safe. Get yourself a ticket to a concert where you can enjoy the music and the atmosphere. Look for ways to enjoy the results of your labors.

Eat a healthy, balanced diet..... more

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Chapter 4

Exercise alternatives

Cycling

Cycling may only be useful if there are places near you where you can cycle safely. It is no good going off on some remote path on your mountain bike, fall off and find you have a very long way to go for help. Take time to look into alternatives before purchasing any equipment..... more

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Conclusion

Are you fit? If not are you ready to get fit? Or will you accept the consequences?

I have tried in this little book to be factual and present things coolly and calmly. I am not trying to scare anyone into fitness, but to help them to become aware of the risks and the consequences of not being fit and not being around to see your grandchildren.

Now it is up to you, not just to change your diet but to change your attitudes and actions to get yourself fit for the rest of your life.