**It’s fair to everyone!**

At the end of every semester, we always try to have a farewell gathering for our out-going interns that have just completed their internship at our facility. Not only is it a celebration for these young college graduates, it proves to be a wonderful “de-briefing” for them before they head out into the real world. We, the MedX staff, have the opportunity to instill some parting words of expertise and encouragement that will hopefully motivate and support what they do with their futures. We really try to encourage them to always use exercise as a way to make their own world, and all those they touch, better. They know exercise, they know the power of exercise and we hope they go out and do wonderful things with it.

“Exercise is the only thing in the world that we know of that is fair to everyone!” It doesn’t matter who your parents are, what ethnicity you are, how old you are, how fat you are, what disease patterns you might have, what inherited diseases you might get, where you live, how you were raised, how rich you are, if you have good knees or bad knees, how poor you are, what job you do or how much football you watch. If you were to exercise, you will experience the exact opportunities that everyone else will experience. Exercise is not prejudice or selective in who it helps and how it helps. Exercise helps every person the same way, without exception!

Is any part of that statement untrue? I challenge you to think of any situation, any person, disease, or culture that might get different results. I couldn’t think of a single thing where exercise would treat someone any differently. It just doesn’t happen; exercise treats everyone the same! It’s the only thing in this world that is fair to everybody!

In all of these farewell sessions with the wonderful interns (and they are mostly all wonderful) that we’ve had, it’s amazing how the graduates of today have the same impression and frustrations that we had when we finally hit the real world with our Exercise Science degrees, 30-plus years ago. Here is one “un-tapped” and “un-regulated” field of health that makes one of the largest impacts on all aspects of health and healthcare and yet most of the human population doesn’t embrace the awesomeness that it freely gives to all of us.

If I could only figure out what makes people tick! If I could find the right encouragement, the right words, the right motivations that would make exercise a part of everyone’s life, I’d be a millionaire! We, as a nation, would solve the healthcare crisis in this country. We’d reduce disease in our nation. We’d all be more productive. We’d be smarter. We’d be healthier. We’d reduce injuries in our world. We’d be better across the board.

Exercise just keeps on giving, kind of like the “Energizer Bunny” and never takes away! Exercise gives you a hidden strength to combat life and handle all the stresses it contains. Exercise gives you an unexpected energy to live life to its fullest to try things and experience things that are impossible when energy is not there. Exercise gives you a protection that protects against injury and unexpected hard times in your life and it provides protection from certain disease processes and aging ailments. Exercise has no prejudice and could care less about excuses, conditions, issues and mental blocks as to why you don’t like it and why you don’t want to experience it in your life every single day!

There is a subtle and sometimes not so subtle addiction to exercise. That’s why those who do it regularly; do it regularly. They can’t go days without getting and feeling the daily benefits of exercise. Yes, just like every other thing that we must complete in a day, exercise must be scheduled and considered as important as washing your clothes or grocery shopping.

I can only say it as simple as it really is, here in this article. It’s all about exercise! Exercise is all about us! You’ve got to just do it!