**Finding that “Wow” in your Exercise!**

Every now and again I’ll receive a testimony about exercise “right out of the blue.” It happened just the other day! At the end of teaching the “Tri-Fit” Exercise Class at the Senior Center, one of our newest members, who only started attending this class a few weeks ago, said out-loud “Wow, I came into the class today really achy and hurting and now I don’t hurt anymore!” The end! Article finished!  
  
What else can I say? If that statement doesn’t say it all, then I don’t know what else will. He came into the exercise class feeling old, crickety, achy, and hurting, but left the exercise class not feeling any of those things. I asked him if what he just said was true and he added “yes and I’ve also lost a pound and a half since I started coming to this class” with a big smile on his face! Geez, how can I top that?! I walked out of the Senior Center that day just about to explode with pride and with a re-born awareness of what exercise is able to do for all of us. It’s hard for me to write this article today, because I feel like I should just end with an Amen!  
  
But, you know me! I’ve always got expanded thoughts on my topics of choice. First of all, the individual that I am talking about joined the exercise class with a very low level of conditioning at the time. He essentially hasn’t been doing any kind of exercise for a while. So starting at the “nothing” level, it was pretty easy for him to reach the “something” level of seeing and experiencing results so quickly.  
  
What do I mean by doing “something”? Just do something! Anything that gets you moving, anything! From simply taking your dog for a walk, to walking down to the mail boxes to pick up your mail, to hiking in the park, to swimming in the pool, to taking the stairs instead of elevators, to dancing to a favorite song in your living room, to bicycling around the lake, to joining an exercise class of some sort, to joining a health club, the list goes on and on! There are so many “something’s” you can do! Anything that a person who does “nothing” starts doing will give them that experience of feeling better and seeing healthy results. You know that “Wow! I feel great!”  
  
With that being said, there are many of us who already do “something” and are at a higher level of conditioning when starting a structured exercise program. Therefore, you might not experience the immediate sense of improvement and feeling better or the quick weight loss that someone who does nothing would experience. This can be very frustrating, because everyone wants quick results.  
  
Another member expressed her frustrations about this same topic, she’s been feeling frustrated at not experiencing the improvements she thinks she should be experiencing by now. But here’s the difference, she is a park ranger who by the nature of her profession is able to remain in a better state of conditioning than most of us. She wants and deserves one of those “wow” moments with her exercise results too. Just like the gentleman from the Senior Center received.  
  
That’s all I can say, her “wow” results (because of her exercise program) are happening all the time and probably during her workday and evenings, as well as in the gym. Her “wow” results are keeping her strong and fit to remain one of our park rangers, to pass her physicals required for park rangers, they keep her safe and protected from injury, they happen when she is able to hike, work, rescue and come home to her family and be the mother she is. Her “wow” moments might not be as drastic or as profound as someone just beginning an exercise routine, but they are no less important.  
  
I encourage you and/or any of your loved ones who do nothing for their fitness and health to start doing something now. I guarantee that you too will be “wow’d” by what exercise can do for you and for your body! Amen!