**Harmony and aging 2018**

You know you've got a good friend in exercise, when you can see her across the room and mouth the word "Ouch" and she simply nods her head in agreement! How many of us can relate to a great workout memory like that? It doesn’t even have to be a workout, it could be any kind of physical event. The power of friends harmonizing your world!

As you can guess, seeing my friend following a workout like that, not only feels good having someone commiserate with you, but it feels good to have a reason to make yourself better and/or try harder.

I’ve moved away from ‘butt-kicking’ workouts, mostly because I’m older and always achy thanks to the aging process. I’ve learned that aging, knowledge and life’s thrown curveballs give better focus towards a more harmonized life (and workouts).

This workout followed a talk that I had given to a local service organization which asked me to come and discuss the topic “Harmony and Aging.” If you think of the word “Harmony,” it’s a pretty awesome word. When I was preparing for the talk, I asked several my friends what’s the first thought that pops into their head when they hear the word harmony. Most answered that it was musical, a beautiful sound. Which is the primary definition of the word harmony (according to Webster); the unifying of many sounds and bringing them together into one.

We do this with our own lives and it’s why the topic of harmony and aging work so well together. This topic brings me back to a long-standing wellness teaching tool, “The Wellness Wheel.” Think of a wheel with its many spokes. Each spoke of the wheel represents the various aspects that make up the entire you.

When we think of our health and wellness, we often forget that there are many things that make us whole. Our lives are not simply exercising, eating right and doing the right things with our health. Our lives also include spirituality, professional and intellectual development, financial aspects, social aspects, environmental issues and emotional stability and happiness. There is a lot to what makes us an entirely whole person.

What we want to do is to make sure that our wheel is completely stable, that all aspects of this wheel are strong and healthy so that there is no ‘flat’ in our wheel and that we don’t gimp along with a bad wheel through life. We want our wheel to roll in harmony down the road of life.

Unfortunately, aging is not a choice. How we age is a choice. We have complete control over how well we age and how our wheel is harmonized as we travel through the aging process of our life.

I want you to put yourself in the middle of this wheel; you are the hub of your wheel. Have you forgotten about that? Truth! You are in control. Often, we forget, or we don’t realize how each of our lives (i.e. our wheels) affect other lives far beyond our own. If your wheel was to go flat in one particular area, let’s say that your health has taken a turn for the worse. Who in your expanded circle of life does this also affect?

It’s O.K. to know that you are important and that you must focus on you enough to keep your wheel harmonized. I want to give you permission to take charge of your wellness wheel and to fix what’s wrong in your life. You need to recognize where your harmony is off balance, where that flat is occurring. Recognize it, own it as your own problem and concern, fix it and get over that gimpy broken part of your wheel and start rolling with harmony again. Nobody else can do it but you. It’s O.K. to give yourself a reason to make yourself better.

What’s the connection with our friends making us do the right things in life? It’s all part of the harmony. I know that my wheel wants to age with friends together in harmony, doing fun stuff together. Think about the impact that has on harmony, everyone’s wheel in harmony together. Pretty powerful, don’t you think?