



REAP WHAT YOU SOW

When you hear the term, “you reap what you sow” what does that mean for you and your fitness goals?

I tend to think it means if you don't put in the effort, you won't get the desired results. The question is, what is your desired result? Do you want to become consistent with a low impact cardio and bodyweight workout or do you want a chiseled defined physique? The effort will be different. One is more of a beginner level and the other is advanced.

I think when we strongly covet an end result, we may not factor in the level and time needed to obtain that result. We just want the result and we get frustrated when it takes too long. This is totally normal. But as in life, we must learn to manage our expectations.

When you have a seed packet, there is usually a note on it that gives you an idea of how long it will take to grow.

For this tomato plant, we have a general idea that it will take about 65 days to get a tomato. But there are actions that need to be taken before we can harvest the tomato. If the seeds stay in the packet because you never put it in the soil, you won't be able to harvest a tomato in 65 days.

Similarly, with fitness, if you never work out, you're not gonna get the results. You must bring a quality to your workouts that will yield your desired results.

The tomato plant requires plant food and water like working out requires healthy eating and consistency.

Weeds can challenge and kill the plant. The weeds need to be removed so that the plant can grow in a healthy environment. Yielding to food temptations, can be like a weed to our fitness goals. You must find a way to remove or manage your temptations so that you don't kill the positive gains you've made.

As a gardener, you hold a vision for what you plant. You visualize how the tomatoes will be used in a recipe, given as a gift or sold in a market. Likewise, you need to hold your fitness vision so that it can motivate you to stay committed and on track.

I guess when I think of sowing and reaping specific to fitness, I believe that taking action and being consistent is the best way to harvest good results.