10 Reflections of a emerging middle-aged athlete

Mirror, mirror on the wall….What! A muffin top… hanging lazily over my belt, my under arms dingle dangle back and forth like window wipers, a trio of what appears to be catfish gills on each side of my spine? What happened? Where was the fit athlete I was many years ago! “Where is my body, give it back!” Who is the fairest one of all…Not me! The things I tried up to this point were not working. I had to change the direction I was going.

Read about everyday people who are successful staying fit. What are they doing and how do they make it work? Adopt one thing from their example and fit it into your life.

Assess your physical assets and liabilities. Evaluate what stage of life you are in. Don’t try to do something you can’t physically do.

Start small and then build. When I started exercising four times a week I did not concentrate on diet. I ate what I wanted. Later in my journey I focused on diet.

Accountability keeps you in the game. Find a coach/group.

Fast fixes usually do not usually last. It is a process. Record and reflect where you have been and where you are going. Reward yourself after accomplishing your goal.

Toss away the scale; buy a tape measure and record inches.

Have fun. Never compare yourself with others. Compete only against yourself.

If you choose a repetitive sport try cross training such as lifting weights to prevent injury.

Develop mental toughness! I visualize what I need to do to improve my performance. I self-talk to push harder. When I swim laps sometimes I imagine I am swimming against Michael Phelps and I am ahead!

Lastly, listen to your body. Being an athlete is a lifestyle, a daily commitment, an investment in you. You are worth it. You can make it happen one day at a time…..now get off the couch and get in the game!