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Working Out for Physical Health

Hey you! Why haven't you completed your 10,000 steps for the day. When I hear that I want to throw a ball at the person. That can be a frustrating statement to many because of the assumption that walking 10,000 steps is an easy thing to do, which for many is hard. Even if you can't walk 10,000 steps a day, there is always something physical you can do for your health. An important aspect of good health is the physical component. Often the physical component of a healthy lifestyle can be overlooked. When it comes to being physically active there are many misconceptions and excuses that people have, including that you must have the correct percentage of body fat, working out is unattainable because it is too scary, or that they do not have enough time or monetary resources. Many people find themselves living a sedentary lifestyle and some think that working out must be a solitary activity. As a person who works out daily, I find it to be a wonderful habit with many favorable outcomes such as seeing my mental health improve and sleeping better at night.

When I was younger, I thought that if you have a little excess body fat that would mean that you are unhealthy. In tenth grade, I noticed that my belly was getting a little bigger. I did not like this, so I decided to skip breakfast. I think the reason I saw excess body fat as a bad thing was when I looked at my dad, I saw he had a belly, and I did not want to look like that. Also, as a tenth-grade guy I wanted to look good for the girls at school. I started working out my abs because I knew we were going on vacation, and I wanted to look good. All this is not a bad thing

but the reason I committed to working out and eating less was because I had some belly fat. This is not a good reason to work out as after a couple of years it led to some bad eating habits. I was thinking about what other people thought of me instead of doing what was healthy. As I became interested in health, I started watching YouTube videos. An Influencer that I watched was a youtuber named Browney. His channel features him doing 90-day challenges, which is a concept of working out and eating healthy for the allotted time and achieving a transformation along the way. Watching him I started to learn about what actual good physical health looked like. It did not have to do with having the right body fat, it had more to do with eating well, exercising well, and having the right perspective of myself. I realized I was not unhealthy when I had higher body fat as I played sports in every season fall, winter, spring, and summer. There was no need for me to lose weight as I was healthy. For me, the goal of working it out is to live a long healthy life.

In addition, one thing that stops people from working out is believing that it is unattainable. The belief that it is impossible, or that they could never attain it, is sometimes rooted in fear. Fear of not knowing where to start. Fear of being judged and the fear that they can't do it. This fear stems from a lot of things. It is rooted in being self-conscious about what you are wearing, being overweight, not knowing the right way to use a machine, or being judged by others. I experienced this type of fear when I was in high school. I wanted to go to the gym to work out and to be healthy. However, I also did not want to go to the gym because I was afraid. I was nervous about messing up a lift and I was self-conscious of how I would look and that people would judge me. I think many people deal with this as it is a hard thing to start going to a gym, especially if you are new. It took me a long time to be comfortable in a gym as even four years later I was still self-conscious. What helped was that I had a friend to go with and research how to use the equipment. However, I eventually became comfortable and started to

enjoy working out at a gym. You do not need to go to the gym to be healthy. Something that a newcomer can do is start easy. Think of the easiest exercise that you can do. A great way to dip your foot into exercise is to go for a walk. There are many benefits to walking. A few include it's easy, the only equipment you need is a good pair of shoes, it can be done nearly anywhere, you can listen to your favorite songs, podcasts, or walk with a friend. Walking three or four times a week can do wonders for your physical health.

Furthermore, the reality of modern life is that many of us are sedentary for most of the day. Many people wake up after lying down all night, to go to work where they sit down, and then come home to sit and watch tv. Then after that they go to lie in bed to sleep. This is a lot of sitting around. All this inactivity can lead to health issues in the long term. Some health issues that can occur because of a sedentary lifestyle include back pain, obesity, depression and anxiety. I was talking to my friend about this essay, and he mentioned that his knees had hurt last summer. He said that he started working as a photographer and that he had to sit at a desk editing pictures all day. Coincidentally, his soccer season was on break. When he started playing soccer again miraculously his knees felt better. Even though he still worked behind a desk soccer helped him combat his joint pain. Being sedentary can prove to be a health risk. It can be reversible if you try working out. Moderate exercising can help mitigate a sedentary lifestyle in a positive way.

In fact, my sister has recently had some health issues. It was nothing major like cancer, but it was severe enough that she went to the doctors for some tests. She came back negative of chronic disorders and could not figure out what was wrong. After some time, she decided to run a ten-kilometer run with my family. She noticed that during that time of training her joints felt

better. After the race, she stopped training as she does not particularly enjoy it, and she didn't have a lot of time. Not enjoying exercise and a lack of time are legitimate obstacles to exercising. Exercising with someone can be great as it keeps you accountable, you do something with someone you like, and you are less likely to flake because of the social pressure. It can be a really fun time. My sister and I have started to walk together on the weekends, and we have enjoyed talking together as we walk, which she has told me she enjoys.

Improving your physical health is a positive step in taking control of your overall wellbeing. It can be challenging. It is not the easiest thing to do but it can be worthwhile over the course of your life. Things like self-image, viewing exercising as unattainable, not enjoying it, lacking time, and living a sedentary lifestyle can make it hard to be active. It is not impossible, however. I have personally achieved good physical health and have seen it in others. As one embarks on their fitness journey it is important to remember that while discipline is key there is a real stumbling block of being too hard on yourself. This is a journey, there will be ups and downs, remember to give yourself grace. Achieving physical health is a doable goal that more people should focus on. Taking the simple steps of going for a twenty-minute walk three to four times a week is a great way to start.