

# Protect Your House

Make your plan for optimal health BY ALVIN BROWN

**Under Armour, the sports apparel company,** came out with a unique slogan that represents the mindset we should all take when it comes to our physical body: Protect This House.

I BELIEVE THAT OPTIMAL HEALTH CAN BE ACHIEVED USING A SIX-STEP APPROACH. IN ORDER TO PERFORM AT YOUR BEST, YOU MUST BALANCE YOUR "SIX ESSENCES." THESE ARE YOUR:

*physical, chemical, material, mental, emotional, and spiritual essences.*

By ESSENCES, I am referring to the various components of our mind, body, and soul that are essential to achieving balance and focus and to improving physical and mental performance. They are referred to as essences because by themselves they are not as powerful, but together they enable us to reach beyond what we consider is possible.

The physical part of the equation I refer to as your house and your temple. Do you protect your house and honour your temple? This body is all we have to get us through our current life experience. Is your vehicle a Ferrari or an old jalopy? What do you put in, leaded or super-leaded fuel? To continue with the metaphor, I guess it all depends on what you want to do and where you want to go on this journey called life--doesn't it? I am sure many of you have dreams and desires you want desperately to see come to fruition. The mind may be willing, but if the body is weak, then the journey will seem that much longer.

HERE IS WHAT THE NUMBERS ARE SAYING: North America has the highest rates of obesity in the world, with our friends south of the border struggling the most to keep their statistics at a respectable rate. Two years ago, statistics showed that approximately 36 percent of Americans were obese. Apart from the obvious health risks, consider the costs of the ramifications of such dangerous neglect later on down the road. Canada is not too far off, either; our obesity rates have tripled in less than 30 years according to a study from Memorial Hospital in St. John's.

*Shift your thinking away from "I'd like to do" towards "I must do!"*

WHAT WE NEED IS A PARADIGM SHIFT. We need to put what matters most in front of what matters least. Without our health, nothing great can be accomplished. When I think about this point, I reflect back on Apple's CEO, Steve Jobs. There he was, all the money, fame, and power anyone could want. He had access to the very best of everything he needed in life, but I am certain he would have given it all up for just one more day. Don't wait until that fateful day

to put things into perspective. Make today the day you initiate your health and wellness plan. Shift your thinking away from "I'd like to do" towards "I must do!" If you don't make time for your health, one day soon you will have to make time to relieve your pain. I can't tell you how often I've seen a client who delayed taking care of a nagging "little" injury due to lack of time who is now putting everything on hold to take care of what's become a larger concern. Don't let this be you! **JF**

TO ACHIEVE PEAK PERFORMANCE, HEALTH, AND FOCUS, YOU MUST DEVELOP A PLAN FOR ALL SIX ESSENCES. THEN AND ONLY THEN WILL YOU ACHIEVE OPTIMUM HEALTH.

*Make a plan and take action!*