

# Live Fit

*for life*

Ryan P. Jennings





Written from the heart, **Live Fit For Life** is a concise and impactful guide to changing lives by embracing reasonable, positive change to enable a fit and healthy lifestyle. This book does not promote fad diets, gimmicks or the latest offbeat exercise. Real people with real responsibilities can achieve healthy and fit lives and **Live Fit For Life** is your guide. Today is the day to begin your journey.

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**Ryan Jennings**

RJ's Compass Diary

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### **#3 – Make your well being a priority.**

YOU have to make YOUR health a priority in YOUR life. No one else should or can bear the responsibility of your health. People can want to help. Loved ones, friends, colleagues, hired professionals, passionate authors (yes me, I am rooting for you, for myself, for all of us) can all assist, guide, encourage and at times facilitate your well-being but it's you that counts. Change can be hard, especially a lifestyle change, making your well being a priority requires positive change. Although this change will be a challenge it is worth every bit of your effort and will bring you a true sense of pride, in living a fit and healthy lifestyle. I never exercised by simply walking, I always worked out and played sports, but just walking was never my thing. I love walking now. Walking burns about 350-500 calories an hour for me, is sustainable, social, and uplifting. I found walking because being fit and healthy was a priority for me and I realized that working out in my normal ways (jogging, weight lifting) in the middle of the day was not realistic. I am a big guy, bringing a whole new set of clothes, finding a shower and all the time involved, etc. made it unrealistic for me to workout

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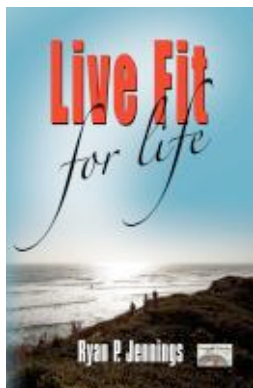
during the workday. For some people it will be realistic, I see office workers jogging, biking, hitting the gym and all other types of intense workouts during the work day, you know what, good for them. But that doesn't work for me so I needed to find something that did work during the week. Walking on the other hand, doesn't require a whole new set of clothes and became a great way to get a workout in during the week. At the same time I've found a great habit for the rest of my life. Life can be hectic, find time to walk.

What about those of you with kids, two jobs, fill-in-the-blank responsibility? Good, fair question. Real responsibilities that make it tough to find time for you, let alone time to workout and all that goes with it. Honest answer: You need to figure it out. I don't say that lightly but it's the truth and there is no other way to say it, you need to figure it out. I have two young girls and am busy from the time they wake up around 6 a.m. to when they go to bed at 8-8:30 p.m. and a full day of work in between. I wasn't a morning person so getting up at 4:45 a.m. was not happening and at night I was just too tired. That's what I said for years. Then I decided I was wrong. I needed to figure something out. No one could

do that for me - I needed to do it. I started working out downstairs in my house after I put the kids to bed. There are all kinds of at home workout videos if you can't come up with your own routine or don't want to go the treadmill route. Eventually I decided I wanted to try the morning routine, so I started getting up around 4:45 a.m. and working out until my girls woke up. I enjoy it now, sure some days I just want to sleep and I don't get up early every day of the week but I really love it as part of my life. Talk about time to myself. I now get up early enough most days to be done my workout and relax with coffee before the girls get up. It did happen for me, it will happen for you, differently, but it will work, you'll make it work. Maybe not early morning but you will find some schedule that works for you and you enjoy. Find a way to truly make your well being non-negotiable. Some days don't work out the way you plan, and you should take days off. Here is what I know and what you should now know...when you combine dedication to finding time to workout with honest accountability for what you eat by recording your food, then success is only a matter of time.

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Do not be intimidated to seek out health professionals, especially early on. The minimal investment in time and money to have an experienced nutritionist, personal trainer, Pilates instructor, and/or yoga teacher work with you can be invaluable. Although it isn't necessary to meet with a fitness/health professional to lose weight, I do owe a great deal of gratitude to the nutritionist and personal trainer I worked with at the beginning of my journey. As an athlete (once an athlete always an athlete) I was hesitant and unsure on how much I would benefit from a nutritionist and a personal trainer. After my short time with them I was amazed at how little I actually knew.



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