It Is Time…

By Elizabeth Phinney, The Aging Coach

 I have come to the realization that now is the time. Much like most of you, I have had a bit of adjusting to do throughout the pandemic. This time has really been a wake-up call as to who is in charge of my life. After decades of caring for others, whether children or parents, and many days and nights of meditating and thinking on it, I realize that unless I make the decision to put my self-care and my health as the number one most important thing to each day, the next few decades of my life are not going to be pretty.

 Admittedly, I probably have a better handle on my health than most of you. That is only because I have been in the fitness field for the last 20 years, helping people create realistic working plans for them to take charge of their own health. But, like you, excuses and other priorities come up and after months and months of disciplined and progressive regimens, I take a few steps back and have to regroup. Eating all those extra goodies around the holidays, or skipping my morning workout because I slept late or cutting back on my meditation time because I am in a hurry or skip it all together or getting out of the habit of my afternoon walks for one week, then two, as other priorities interfere – these are just a short sampling of how I cheat myself out of doing what is best for me. Fortunately, I can get back on track after only a few days, and THAT is a comfort that has not always been the case.

 Probably the biggest lesson I have learned this past year is that, regardless of who I am and what life challenge I may have to cope with, my health is my top priority. Watching clients transition from one decade into the next, I realize that in order to live independently into my 90’s like many of them, I have to be diligent every day.

 And, the only reason they can do so is that they made that commitment to themselves to watch their diet, manage their stress, exercise regularly, get good sleep, hydrate regularly…you know what to do!! The only thing stopping you is simply the decision to do so and the commitment you can make to yourself to take charge of your life rather than becoming a victim of it. And, if all the changes that need to be made are scary or seem mountainous, call me!! No matter where you are at, you hold deep inside you a very special, only-for-you-kind-of-way that you can do this. It is time…

*Elizabeth Phinney is a Certified Personal Trainer and holds Specialty Certifications in Fitness Nutrition, Older Adult Fitness and Weight Management. As The Aging Coach, her forte is helping women create a plan for their physical future so that they can control how they age and Thrive to 95! www.theagingcoach.com*