

Philosophy of Fitness

I started exercising at age 27 and lost 20 pounds and an inch and a half off my hips. My fitness program at that time was just to run 3 miles 6 days a week. When I started I could only run 3 track laps. Each week I would add a couple more. Today I do a more comprehensive workout of aerobics and strength-training every other day.

Exercising isn't my hobby, and I'm certainly not addicted to it. But, I probably am addicted to the benefits of exercise. If those benefits were marginal, I don't think I would go to all the bother.

We hear on the news that you don't have to work that hard to improve our health, and it is true that just getting out of the couch potato category into the lowest fitness group provides the greatest leap in reducing cardiovascular risk. But the question for me is not, "how little can I do and reduce the risk of a heart attack?" I'm not too worried about having a heart attack anyway. My goals are to have a high energy level, to stay lean, and to delay the effects of aging --and I'm willing to exercise a little harder to accomplish my goals.

It's important to me to get the greatest benefit in the least amount of time and to avoid the liabilities of exercise by working smart. To work smart you have to understand the research or else have confidence in someone else who does. As Gina Kolata, a science writer for the New York Times, says; **“Good research gets lost amidst marketing claims and exaggerations...having a group of scientist from stellar institutions like Harvard Medical School and Columbia University’s College of Physicians and Surgeons is no guarantee that their conclusions are to be believed.”** Sometimes it's difficult to distinguish between junk science and solid research. Checking out the myriad of studies has become a hobby of mine.

Few people exercise hard enough, smart enough, or consistently enough, to achieve life-altering benefits. My goal is to get maximum benefits in the least amount of time and to help others do the same. For this reason I offer classes at the Davis Field House on the campus of Bob Jones University. I also create and record comprehensive exercise routines, lecture on fitness, and write articles.

