

SPIN CLASS

Have you ever gone to a spin class?

Spin class is riding a stationary bike to music with a coach who leads the group. You go slow and then fast, you have little resistance and then you increase the resistance. You go up hills, down hills, and race along an imaginary flat surface.

Spin class is a real workout! I've been doing it twice a week for about six months. The first few times were painful and embarrassing. It was impossible to keep up. I had to use less resistance when the coach was calling for more.

When the coach wanted more, she pushed, she motivated, and she challenged. Along with the others, I was forced to extend myself. I rose to the challenge and continue to do so. Every time I go I am stretched, challenged, and do a little more.

A spin coach is there to guide and to show you that you can do more. You can do more than you think you can. When you are challenged and measured, you do more, you rise to a new level. It may hurt, but the hurt is far less than the magnitude of self satisfaction of what you have accomplished.

Now I look forward to spin to see what I can do. How much more can I do? Can I keep up to the leader in the class? Am I not longer the last one in line?

My strength and my endurance have improved greatly, far more than if I were to do it on my own. On my own, I just

wouldn't push myself as much. The coach, along with the peer pressure make a huge difference.

So, I win. I am stronger, can endure more resistance, and I can last longer. I leave class feeling great. I even notice it in my weight and energy level during the day.

That's a spin coach. I also have a weights coach. Three times a week several of us lift and work on various weight machines with a coach. I am lifting far more weight than I ever have in my life. Why, I'm even toning my body. In life itself, I can now lift more and do more. I have strength I haven't had in years.

Exercise is critical to our health and longevity. If you want to live longer, join a gym and get a coach. Yes, you have the time. You'll live a lot longer than the time you invest going to the gym. Exercise to live longer. Exercise to gain flexibility. Exercise to guarantee you'll be more active later in life.

Now, what else do you need a coach for? What do you want to do that you could do better with a coach? I'd say, most anything.

A coach costs money. You are worth it. If you are going to be able to do more and be more, isn't that worth it? Yes, you are worth it.