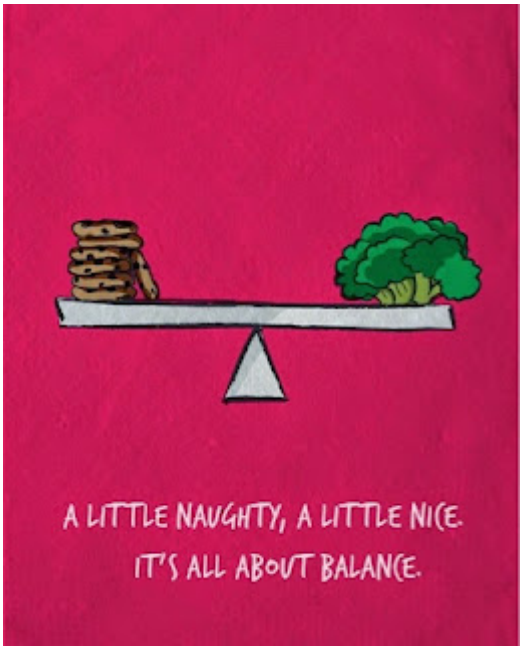
Glimpse into Motivation Monday – week 50 – the importance of balance



We hear it again and again; everything in moderation, balance is key. I absolutely believe this. I think a lot of people put the wrong amount of pressure on themselves though.

The "naughty" does not have to be unhealthy, negative choices. When you realise this, it is a major breakthrough in life! Whether it be food treats, in the form of nutritious chocolate slices as opposed to sugar and fat laden chocolate blocks, or lifestyle choices. A treat, a splurge or an indulgent moment can be so good for you, possibly even better than the "nice" choices you make; you just have to learn the best way. There are so many options out there, now that we are all so aware of how important health and wellness are to our lives. A "naughty" treat at a cafe which is actually nutrient dense is easily found now. Bath scrubs are available with healing, relaxing and muscle soothing ingredients. Movie sessions can be highly entertaining and educational at the same time. The list goes on.

I follow a lot of inspirational fitness blogs and I love the

motivation they give out. However, as someone who has a body which is not functioning properly, I sometimes have a problem with some of the exercise messages put out. In particular, I find the “there is no excuse/your body is only as weak as your mind” type concepts a little stressful and unfair. I want to work out and be fit with all my heart. I used to love being active. I am not making excuses, nor am I weak. I know that I can not push myself because my body is not capable of it. It took me a long time to accept this. However, now that I have, I am learning how to incorporate it into the concept of balance. To some, spending the day on the couch is perceived as lazy; as a “naughty” indulgence. For me, it is an unavoidable (and highly frustrating) necessity. I can not feel guilty about it. Nor can I feel guilty about having a laugh with friends when I can not work, or about watching a movie when the paperwork chores are building up.

An important part to balance, is learning what is relevant to you. Don’t compare yourself to anyone else. Everyone’s situations, bodies, goals and abilities are different. Finding what is at your core is mandatory when developing balance.