

Chapter 10. Enjoying Ultimate Health, Fitness and Well-Being



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ENJOYING ULTIMATE HEALTH AND FITNESS

WHAT WILL IT TAKE FOR YOU TO ENJOY THE BODY YOU LIVE IN?

*“If every man would mend a man,
then all the world would be mended.”*

– Anonymous

Enjoying Ultimate Health and Fitness

Was there a time in your life when you could eat or drink anything, stay out all night dancing, then get up the next morning and go to work? Now go back a little further... remember when you rolled and tumbled about freely on the grass, in the sand, or over the furniture?

Was there a point in life when you climbed playfully across monkeybars or through the trees? How many of these activities have you given up? Why? Motion and flexibility *are* youth!

When you are young, especially if you are healthy, it is easy to take good health for granted. As you grow older you can slip into habits that undermine your health without realizing it. Unless you have a health crisis, you may be lulled into thinking your current state of health, energy and sense of well-being is as good as it gets. *It isn't!*

Too often we put off thinking about health. Even more often, we think that it is normal and natural to become disabled, decrepit, and unable to take care of ourselves.

This is a tragedy because there is no reason we cannot remain healthy, active, and in full control of our capacities for our entire lives. To do this you must accept the fact that you are in charge of your health. No one else is going to live in your body and take care of it.

If your energy has been running lower and lower each successive year, if you have gained weight, noticed small disabilities like being out of breath or signs of allergies, or been struggling with big issues like heart or kidney disease and cancer, it is time for you to educate yourself a little better on how to clean out, rebuild, feed, and exercise the body you've been living in for some years now.

Good health doesn't happen automatically, in the same way that disease doesn't occur automatically. There is an old saying that goes something like, "It is far more useful to know what kind of person has a disease than to figure out what kind of disease has appeared in a person." This is because disease is usually the result of a given lifestyle.

While genetic disposition and heredity are played up as the culprits in many diseases, the truth is that by changing your lifestyle you can often avert the disease altogether. You can gain relief from many symptoms, if not outright healing, by knowing what to do and then doing it regularly.

The challenge for many of us is knowing what to do, and then getting started! To truly heal yourself and enjoy ultimate health and fitness, you have to work on multiple levels simultaneously – the physical, mental, emotional, and spiritual aspects of your life.

The physical work may consist of changing what you eat, doing a few exercises, shifting your sleep patterns, taking vitamins, or doing some regular detox routines. The mental work may include learning

to think differently, practicing new forms of self-affirmation, deliberately shifting your worldview and habits of perception, or assessing your relationships and career.

The emotional work often involves exploring your feelings, weeding out guilt, facing fears, letting go of pain or the people who constantly thrive on pain, and learning to accept yourself as you *really* are. Inside each of us, often hidden under multiple layers of hurt, worry, anger, disappointment, and fear, is a beautiful Being full of love. To find this Being you must learn to “feel what you feel” and accept that *as is* so it can either pass (if it’s painful) or be integrated (if it’s joyful or loving).

Spiritual work requires that you discover the spirit of your real Self! It means having to explore the meaning of your life, how you would like to live that life, and what kind of health you need in order to do so. The spirit that animates your body and your life is the true healer in you. When you acknowledge that incredible life force, wholeness and miracles begin to unfold. To touch this spirit of life is to recognize that you are truly unique and beautiful inside, regardless of what is happening outside.

If you can vividly imagine yourself as healthy, active, and joyful about life, then you can create that state of life. To learn to create anything you must first decide you want it, and then decide to do something that will take you in that direction. What will optimal health look like for you? How will you feel and look? Recreate the feeling of being fully energized, active, and healthy...and then bask in this feeling.

Enjoying Ultimate Health and Fitness is a wonderful way to start creating a level of health that you can enjoy all the way through the rest of your life. From creating a new vision of yourself, to goal-setting, action plans, developing support networks, and everything else you need to get started. Ultimate Destiny University goes even further by offering ongoing, support coaching, and a host of additional inputs to make your dream of a healthy life come true. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Enjoying Ultimate Health and Fitness

I am enjoying optimal health in every area of life	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I manage my physical health proactively in all areas, and use medical exams and other measures to know where I am.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I get adequate regular exercise so that I am in good condition—cardiovascular, muscle tone, and flexibility.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I get adequate and quality sleep and am normally well-rested.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I make a point to get regular and frequent periods of relaxation and am able to “unwind” and become relaxed quickly.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a whole-foods oriented diet that is tailored to my specific body and its needs, sensitivities, etc., and I rarely depart from it, even when “on the go” a lot.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am comfortable with my body and the image it presents to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am able to keep my emotions balanced well most of the time, and am optimally managing any bio-chemical or other physical contributors to emotional difficulties.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I tend to wake with an eagerness for the day, and have many experiences of enjoyment throughout my typical day, far outweighing the frustrations and stresses.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a keen awareness of the inter-connectedness of all aspects of life and generally give appropriate time and attention to each to keep balanced.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

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