



THE GIFT OF YOUR HEALTH

I was in a conversation many years ago with another peer of mine named Kirk. He made a statement that has stuck with me years later. It was so impactful, yet so simple. Kirk had stated "the greatest gift we have been given is our body." As he went on he explained that the unfortunate thing with this gift is very few realize they have been given something so special until it is too late. That we take for granted the one thing we should never. Kirk kept the conversation very simple with two action steps that people take that need redirection.

- 1. We consume food and drink that can cause harm to our bodies and create an imbalance from within.**
- 2. We do not move enough.**

The combination of the above action steps causes a disruption from a cellular level that manifests itself to our way of movement and being. The first action step works from the cellular level. The poor food and drink choices simply create low and uneven energy levels, will cause muscles to under-perform, it can increase the chances of coronary artery disease and cause a loss of focus and reaction. The second action step causes the body to conserve and not burn energy, creates joints that seize, and tired muscles.

In keeping this article simple and to create a sense of awareness the question becomes what will you do with your gift? The gift of choice has also been given to you. The road splits in two directions when it comes to your own health giving you two choices. You can either choose the above mentioned action steps or the complete opposite. The choice has always been yours and can be taken at anytime, the sooner you appreciate this gift the sooner you will help yourself and truly help others.

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