

Are You Taking Responsibility for Your Health?

One of the most important things in your life should be your health. The quality of your physical, mental and emotional well-being affects the quality of your life experiences. You tend to enjoy life more when you are healthy than when you are sick. Healthy people have more energy and vitality. They are less prone to getting sick and when they do get sick, they recover faster.

As children growing up, we would run and play until we were tired. Our parents would make sure that we ate healthy foods and proper meals so that we had the necessary nutrients to feed our growing bodies. At the end of the day our parents would send us off to bed to make sure that we got enough rest. As children, our playing, eating healthy foods, and getting plenty of rest ensured that our bodies had the proper ingredients to remain healthy and grow stronger.

A few years after joining the work force, many of us seem to have lost our way in taking care of our personal health. We no longer have our parents or teachers to remind us of when to eat, what to eat, when to exercise and when to sleep. We are now responsible for taking care of our own health. Many of us fail ourselves for one reason or another. We have lots of excuses to explain why we can't eat healthy foods, regular meals, exercise, or get plenty of rest: 'There's too much to do and no time to eat. I will eat after it is done. I'm too tired to exercise. This work is due tomorrow, so I have to finish it before I sleep. The number of excuses are limitless, but the consequence of your choices is that your health starts to deteriorate. You may not notice the deterioration in the beginning, but it picks up speed over time, and before you notice it, you have a health crisis on your hands. Not taking care of your health is like a frog in a pot of cool water over an open flame. The rise in temperature is so gradual that the frog doesn't notice it is boiling to death until it is too late. This is the same with your physical health. The changes are so slow at the very beginning that you get used to them. It become part of your everyday experiences so you don't

notice anything is amiss.

Taking responsibility for your health means choosing whether you want a healthy or a sickly body. Having a healthy body means making a commitment to eating healthy foods, eating regular meals, exercising to push your body, and getting enough rest. All of this on a daily basis. No one can “make” you healthy, only you can do it. It’s your body and it’s your choice. Are you taking responsibility for your health?

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