

GABRIELE

FITNESS & PERFORMANCE



Will the Path of Least Resistance Get You Where You Want to Go?

by Tom Langton

We talk a lot about the "quick fix" or the "magic pill". Everyday on TV and in magazines we see advertisers selling us the newest and best way to get lean, strong and beautiful with the least amount of effort possible. There are machines, supplements and exercise programs that will get you exactly what you want, with almost no work at all.

Is that really what you want though?
Is the path of least resistance the way to go?

It reminds me of a interesting fact I read about a year ago. Last summer we had the privilege to train 4 men preparing to climb over 18,000 ft on Mt Everest. Training the MOUNTAIN MEN ([click here to read about them](#)) sparked my interest in Mt. Everest and those who have climbed and attempted to climb the tallest peak in the world. I read a lot of stories, quotes and passages about very successful and unsuccessful trips up the mountain. However, there was one that has stuck with me.

"If a person were to go from sea level and get dropped off on the peak of Everest, they would survive for no more than 5 minutes. They would not have been properly acclimated to the altitude and conditions."

I guess that little passage just reminds me of people looking for quick fixes to their health and fitness issues. They might get to the top very quickly, but it will most likely be short lived.

The people who have climbed Everest talk very little about their time at the summit. The majority of the stories and tales take place during the climb. They experience pain and suffering along the way, but learn from those experiences and realize they are capable of things they never thought possible.

I don't want to get too philosophical or spiritual in this newsletter, I guess I'm just trying to say sometimes the journey is much more important than the final destination.

We all know people who have had tremendous success losing weight with quick fix diets.

"Just drink some lemon juice and cayenne pepper 6 times a day and you can lose 30 pounds in 2 weeks."

But then what? I'm sure it will get you to the top quick, but how long will it last? Are they just getting dropped off at the top?

Don't get me wrong, we want our clients to get results and get them quickly, but there are good ways to get there.

There are ways that help develop realistic habits and practices, that will not only guide you up the mountain, but let you enjoy the view for quite a while. The personal strength and discipline you learn when pushing towards your goals is far more valuable than a number on scale or a body fat measure.

Think about the last time you set a weight loss or fat loss goal. Lets just say you didn't hit your target. Were you more disappointed in the number on the scale or that you didn't have the strength and discipline to overcome some obstacles in order to reach your goals?

Have you ever noticed than anytime someone announces a massive amount of weight loss, everyone congratulates them, sometimes they even get a round of applause. Are we clapping for them because of the weight or because we can only imagine the struggle, pain and level of discipline it must have taken to make such a drastic change.

I guess my point is that sometimes you need to embrace the journey. Wake up in the morning and know that it might not be easy to get what you want, but you will learn from your struggles and your pain.

The path of least resistance is not always to best way. It might get you to the top quick, but be careful, because the air is pretty thin.

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