

GABRIELE

FITNESS & PERFORMANCE



Is your glass overflowing?

Vince Gabriele, RKC

I have this weird habit. We have a drinking water tap on the door of our refrigerator and while preparing food in our kitchen, whether it be breakfast or dinner, I do something that drives my wife crazy.

I put a water glass under the tap to fill it and leave it. Instead of waiting for the glass to fill, I continue to prepare the food I am about to eat.

About once per week I forget about the water glass being filled and it overflows. All of sudden I feel cold water on my feet and find myself standing in a puddle of water.



Sometimes it is only a small puddle but other times I have left it for several minutes and there was a small pool on the floor of our kitchen. The longer I leave the glass, the bigger the mess and the longer it takes to clean up.

Now lets take our health and turn it into the water glass. If we do it right, meaning eat well, exercise and live a low stress healthy life, then we will be like the water glass that is filled just to the top, no over flow and no mess and best of all no mop up time.

Now view your health as the water glass that just keeps overflowing. This is ignoring your health and waiting for some big puddle to tell you that something is wrong.

A small puddle could be that your pants do not fit anymore; you get tired walking up a flight of stairs, low back pain, very poor mobility and posture or high blood pressure. These issues are reversible but it will take clean up time. When we get a new client that is in this situation (high stress life, sedentary, overweight, poor mobility and in chronic pain) it is very hard and takes a long time to get them right. A big puddle could be something much worse.

Your health and how your body feels is vital to having a good quality of life. Do not ignore it like I ignore the water glass because you may have to deal with a big clean-up that will take much more time and money.

My good friend and former pro bodybuilder, Tom Platz (pictured below), always told me that people spend the first part of their lives striving to make a good living and ignoring their health -- and then the second part of their lives using all the time they have and money they've made to get healthy.



You can do both and it is much easier to be healthy when you are not standing in a huge puddle.

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