**Many Speed Bumps along the Road of Health**

 No one ever declared it would be easy. We all know that there are days when you don’t want to wake up early for that run; when you don’t want to spend that extra ten minutes to prepare your healthy salad for lunch, and just go to the local pizza shop instead. There are a lot of aspects of our health that are totally in our control. The amount of time we exercise, the food choices we make, the time in which we go to bed to ensure enough sleep. But heck, even a personal trainer will admit, there are some things that are just out of our control.

 Who can help it if you acquire an illness that is completely unexpected, or born with a genetic disorder out of your control? Life will continue to bring us surprises, both good and bad. And whether a workout is just unattainable that day or something comes up and you can’t sacrifice the time to do a healthy food shopping, sometimes things are out of your control.

 We at Fitness Together recently learned this valuable lesson. A couple weeks ago an SUV came crashing into our studio, leveling 4 of our training rooms, leaving a pile of rubble behind. It was a shock to our staff, clients, and members of our Fitness Together community. It seemed like a story book miracle that no one was injured, and it has put our studio out of commission since.

 As big of a blow as it has been, I have reminded everyone that this is our *speed bump*. Soon enough we will be back up and running stronger than ever. In our clients’ journeys, this is just something that interrupts their progress, but does not END their progress. It is simply a reminder that nothing as important as one’s health ever goes perfectly.

 But in all of these scenarios lies an important lesson and great sense of motivation. You need not worry about the things that are out of your control. Focusing on the matters that you can change and that you can act upon will push you through any speed bump that you may encounter. Just because you slip up one day and order that large ice cream, doesn’t mean you can’t get going the next day. Even if you’ve had a work emergency, it doesn’t mean you cannot get back to your routine once the matter is solved. And even if the place you have grown loyal to and has helped guide you to your results gets demolished, it doesn’t mean you can’t pick up from where you left off until it is back up and running again.

 I have had the pleasure in my years as a trainer to work with folks who have fought through genetic disorders such as muscular dystrophy, illnesses such as Lyme disease, and chronic conditions such as severe arthritis. What I admire most about these individuals is their desire to put 100% of their efforts into their health and control what they can control. They cannot help that they have come down with conditions such as these but they fight through and do what they can each and every day. And it brings me immense satisfaction to see them yield results that influence their energy levels, self-esteem, and numerous statistics of health.

 What I’ve come to believe is that when we encounter folks dealing with such difficult scenarios as these, it makes so many things seem incredibly minor. And the way a lot of these folks handle such dramatic situations puts a lot into perspective. So what if a place of business is temporarily down for the count? No one was injured, and there are so many more people dealing with things that are so far and beyond more difficult and important than fallen sheetrock, demolished treadmills, and shattered glass. This is something laughable compared to so much else.

 So no matter what situation arises in your journey, always keep in the front of your mind that you can still pursue your goals. No matter how tall a speed bump may be, determination can overcome anything. Physical and mental strength was never achieved through an easy ride where everything goes your way.

 During difficult times, remember: *A strong sailor was never made wise through a calm* *sea*.