

## Making Time to Be Healthy

It is that time again when everyone and their grandmother makes their New Year's resolutions. These "contracts" are done with all good intent, but there is one major thing missing when most people do this. Making time.

We will make reservations for dinner, make an appointment to get our hair cut and even make time to go get our oil changed in our cars, but we allow everything and everyone to take time to get in the way of being healthy. Just like these examples, we must make time to be healthy.

It takes time to lead a healthy lifestyle. We have to plan, and we have to make it a priority. Putting aside time in our busy schedules to be healthy and exercise and eat appropriately means you are committed. It means you are placing it on the top of your list and not as an afterthought that can be supplanted by just about anything else that comes up.

Whether a recreational athlete, weekend warrior, and elite athlete that is looking to make it to college or the pros or just looking to make life more fun and enjoyable making time and committing to a regime of health and performance has to be a priority for it to be successful. Contact us today and we can show you how!

