

Get Your Mind Right: Live Like an Athlete

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"I have to lose weight."

"I wish I was faster and stronger."

"I'm too old for that."

I often hear those statements from friends, family, and club members. They always make me cringe. In most cases, you can reach your health and fitness goals by simply getting your mind right. What does that mean? It means if you really want to feel better, lose weight, get stronger, be faster, or feel more confident, you must be 100% focused on meeting your objective. Elite and recreational athletes do it. Why can't we?

I saw this quote the other day: "A 60-minute workout is four percent of your day." Four percent? That's nothing. What would your life look like if you took care of yourself by just giving yourself a simple 30-minute workout on a consistent basis? That's only two percent of your day! You'd feel a sense of accomplishment, be more productive on the job, and have more energy to take care of your family. Heck, you might even lose those pounds you were complaining about, feel younger, and try some activities you wrote off in the past.



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Jarod on Mount Hood



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Snowboarding below Illumination Rock on Mt. Hood

the two is simple: Those who succeed make taking care of themselves a priority and do everything possible to overcome and work around obstacles. Those who fail must endure the frustrating process of starting over and over again. So if you're tired of feeling, looking, or performing the way you do, write down some realistic, measurable goals, get truly committed, and get your mind right. Treat life like a sport. Live like an athlete.



Jarod Cogswell is the General Manager/ Fitness Director of ClubSport Oregon and The Edge Performance Training Center. He is an active presenter and speaker for the International, Health, Racquet and Sports Association. Cogswell has climbed Mount Hood more than 70 times and is a member of the Portland Mountain Rescue Team.

After more than 20 years in the fitness industry, I have personally witnessed plenty of failure and success. The difference between