



# Everyone Should Exercise

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By  
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Exercise is good for you, your body, and your body's health. But getting to much fitness can be bad for you. Thinking positive thoughts get you through your workout. I keep goals to keep me focused when working out. Being aware of my nutrition and knowing what I need to eat helps me stay energized when I swim.



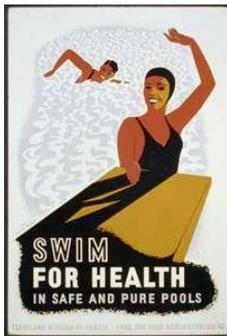
Keep your workout sessions the same amount of time, and around the same time each day. Not too long, not too short. Do exercises that feel comfortable and that work for you. I stretch before I twirl baton which keeps me loose and ready to twirl instead of being in sore and in pain when I tried to do a cartwheel. Ask a friend, someone in your family, or a personal trainer for some exercises and stretches you can do before you work out. Exercising keeps you active so you can do things, not sit on the couch like a potato. One of my favorite quotes is “If you’re at a point that you’re not progressing, then train smarter not harder” by Tyler Clary, who’s an NCAA (National Collegiate Athletic Association) champion for swimming.

Think positive and make goals. Believe in yourself and never give up. If you think you cannot make your goals become true, and then you can’t, if you believe you can, and then you can. Don’t get distracted by other things, thoughts, or people. Reading a book or a magazine or listening to music while working out will get your mind off things that worry you, “that’s what I do”. Once I achieve one of my goals I reward myself to a treat that includes going to the movies, hanging out with friends, or eating a piece of candy. Positive is the right way to think, not negatively, it’s the only way you will achieve what you want.



Eat a proper breakfast in the morning. I learned that you should eat the rainbow in a Splash magazine the 2011 January/February issue. This is not skittles, its lots of different natural colors of food. This means eat red, orange, yellow, green..., fruits and vegetables. Having an occasional sweet is good, but not too many. You can at least have two goodies a week.

Exercising, thinking positive, and staying healthy will help you not get sicknesses and diseases. Keeping you active and well exercised will help you lose weight, get stronger, and achieve your goals. Positively thinking will let you chase after your dreams. Staying healthy and eating the right foods will help you keep active. You won't ever be a couch potato again if you keep exercising.



My sources were: splash magazine 2011 January/February issue, "USA Swimming" web site at [www.usaswimming.org](http://www.usaswimming.org), and a Splash magazine November/December 2010 issue.

The IES Safety Committee thanks JaZee Griffith for her article on exercising