

Dang, Wish I Had Done That!

*By CC Huffhines*

Every time I look inside the Sports Center at Windsor Gardens I am appalled at what's going on. One man is riding a bike, but doesn't go anywhere. Another man is straining (uuugh!) to lift heavy weights with both arms.

As I notice the strong physiques of both men, I sadly look at my own weak physique, a real Milquetoast among men. This is embarrassing when my eldest daughter has to unscrew a bottle-cap for me.

This situation did not have to develop. Had I merely set my goal to start a habit for regularly exercising on the fancy equipment in the gym, this weakness would be gone. Fact is, I worked a round on this equipment before I chose to completely abandon it ... I just never liked this type of exercise.

I see the wonderful results many people get from using the machines. I fully believe that I might have developed this habit ... and a great body, had I really wanted more strength.