

WHY DO PEOPLE DO THINGS THAT ARE BAD FOR THEM?

by: Nadia Bender



I am guilty of this myself. Here I am wanting to get a sun tan while on vacation. Why do I want to take a chance with skin cancer?

When you know you are in the obese category and are told by a doctor that if you don't change your ways you will be diagnosed with diabetes, why do you not take action?

When you are told that if you don't start exercising now you will keep gaining weight, why do you just keep on sitting on the couch?

When you are told that by continuing to drink alcohol daily you are damaging your brain cells along with the rest of your body, why do you continue to drink?

When you are told that your smoking is hindering your exercise routine, why do you keep smoking after your workout?

Why do we keep doing the things that are unhealthy for our bodies?

I think we just want to have fun. I think that it gives us immediate pleasure and, in the moment, is relaxing and enjoyable. We don't think about how it is tied to the future of our lives. Part of this is a result of our habits - but who decides the start of the habit? We do! We are influenced by those around us. So why when we see healthy habits don't we want to jump on the bandwagon and be part of it? I think that it is not so easy to adopt healthy habits - otherwise everyone would do it!

Most people do not develop bad habits in isolation. It is usually through the "help" of friends - someone to offer you the first/next cigarette or another drink. Healthy habits can be developed the same way. Find some friends who have healthy habits and hang out with them.

We all have bad habits, and that is okay in very small doses. But having healthy habits is what will keep you alive!

Is it time for you to look at your bad habits and change them into healthy habits? If you can't find a friend to lead you then give us a call.

Nadia Bender, Personal Trainer/Fitness Instructor and owner of Fitness that Fits, the boutique fitness studio located in the Kingsway at 4214 Dundas Street West, 416-231-BFIT (2348)