

By Lee Haney

BEYOND THE PUMP

New Beginnings



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Every Day is a New Beginning

Think of that statement for a second. How does it sound to you? *Overused? Same old, same old?* Do I hear you saying, “Thanks Lee, but I’ve heard that before...this time last year.”

Every new year generates talk of new beginnings. And new beginnings get a bad rap because they rarely lead to lasting change. Across the country, fitness center file cabinets are fat with membership applications of people who made a choice—a commitment to participate in their new beginning. But the choice to participate usually doesn’t go past agreeing to an automatic debit. As the bank account dwindles, so does attendance after the first couple of months.

Do you want to make 2009 different? Really? Then read on...

Seek Divine Health

Comedian and radio talk show host, Steve Harvey, is one of my clients. Steve once told me during one of our sessions that he prayed to God for “divine health”—a complete health that has Steve fully functional in every aspect of his life: body, mind and spirit.

Most people go to the gym only



with their best physical appearance in mind—how they look to friends, to co-workers or to that guy or girl down the hall. Many of these well-intentioned folks are Christians, but they’re only 33% complete at best! That might be a good average for hitting a baseball, but not for living the Christian life.

Before I lift a dumbbell, I lift my life up to the Lord. When I wake up, I want to have a great day and be productive. Beginning the day with prayer focuses my mind and my motivation on God. It clears out the cobwebs—cobwebs of conceit, of worry, of negativity.

Sometimes I’m on my knees at my bed, and sometimes I’m commuting in my car with the radio tuned off and God tuned in. Whatever environment works for you, find it and give God your day at the beginning. Let Him set the tone for the rest of it. Pray at the beginning of the day, and thank Him at the end.

Choose Wisely...And Slowly

What’s the upside to inviting the Lord in at your daily beginning? His influence will be in the practical beginnings too. God has made us to be steward’s over our bodies. We have to take care of our temples (1 Corinthians 6:19). If you are eating something that weakens the temple walls, like fat or high cholesterol foods, it will affect your energy to perform at work, at

home and in the gym.

Good nutrition is a non-negotiable of divine health. There’s plenty of education to inform you what’s good for your body, like my article on “Eating for The Holidays” at www.leehaney.com, so don’t look for too many suggestions here. But a word of warning: don’t set yourself up for defeat by becoming a nutritional monk overnight. Make small, healthy changes that accumulate over time. We’re talking about new beginnings, right? So start your next morning with oatmeal containing nuts high in Omega 3 fatty acids and zinc. Wash the daily multivitamin down with a glass of OJ for extra vitamin C. It will give your body the fuel that prayer gives the spirit.

And don’t set yourself up for disappointment in the gym. When I train people for the first time, they want to jump in faster than Michael Phelps on a springboard. I tell them *train to stimulate, not annihilate*, or you will be out of the game real quick. When the starting gun fires at *your* new beginning, find a consistent pace. Any horse can sprint out of the gate for one lap around the track, but when it comes to lifestyle, subtle changes precede lasting changes.

Make your 2009 a new beginning that lasts. ~Lee



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