

Food for Physical Thought

By Christopher Tetro

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The dinner plate is filled with well intentioned, carefully prepared foods that offer a nutritiously balanced meal. The only problem is your child thinks otherwise. “I don’t like this. Can I have macaroni and cheese?” The parent’s frustration ensues, but the honest truth is adults possess the same fickle nature when it comes to setting health related goals. The belief is that we know what we want. But if we took the time to carefully assess our needs; our approach to improving our physical and mental being is not much different than that unsatisfied child at dinner time.

To understand what is necessary in order to reach our goal, we must first consider what that goal may be and whether or not it is realistic. Often this is where the goal dies, simply because we haven’t taken into account exactly what is necessary – patience, time, frequency, genetic potential, and age. It’s always recommended that we dream big, but sometimes that approach, without careful consideration of your limiters will sabotage the plan. Ultimately, it is important to determine *what we need over what we want*. Once this is accomplished, the goal becomes much more obtainable.

Set your goal with meticulous thought and conviction because ultimately, it is *your* goal and no one else is responsible. It’s the pursuit of goals which is often overlooked. If you embrace all that a goal can offer, you will become enriched in ways that may greater than the end result. Aggressively approaching your objective, whatever it may be, becomes obtainable with careful thought, which ultimately leads to your inner child being well fed.

Christopher Tetro, Founder of Tetro Performance, is a certified personal trainer with more than 15 years of experience in post-rehabilitation and personal training. For more information call 303-870-8472.