



Internal Strength: Take Your Life Back

*Adam Konopelski, OT
Lifestyle Specialist*

Have you ever wanted to be someone else—to jump out of your own skin and into that ideal body with that awesome personality you have always desired? Would it help make your life more successful, more purposeful, and more fulfilled? Most people would have said “yes” to those questions. I believe this type of thinking can destroy your own internal potential.

Successful people tap into their own pre-existing potential and make the most of it. They refine what they already have instead of focusing on what they believe they lack. Having weight loss surgery is only the start of exploring your internal potential of a healthier you. You need to go beyond the external change and work on the internal strengths you already possess.

Exercise is not something everyone enjoys. You sweat, it’s uncomfortable and it takes time out of your schedule. But exercising can remove the dust that has built up on our hidden potential. It can strengthen you externally and, more importantly, it strengthens and renews you internally.

People ask me all the time, “What is the best exercise for me?” My reply is moving. Find some activity that you enjoy doing and before you realize it, you are exercising.

Exercising is personal commitment made daily for a better today and a healthier tomorrow. You need to fuel the drive that makes exercising less of a sacrifice and more of a desire.

Do not be afraid to start an exercise program just because it seems too overwhelming. Remember that every great journey begins with a single step.

No one can create your internal potential, but they can help you fuel it. Here are some quotes that can fuel your inspiration.

The only one who can tell you ‘you can’t’ is you.

Nike

*It’s lack of faith that makes people afraid of meeting challenges and
I believe in myself.*

Muhammad Ali

The man who removes a mountain begins by carrying away small stones.

Chinese Proverb.

It doesn’t matter how slowly you go so long as you don’t stop.

Confucius



It's not whether you get knocked down. It's whether you get up again.

Vince Lombardi.

Motivation is what gets you started. Habit is what keeps you going.

Jim Ryan

Goals are dreams with deadlines.

Diana Scharf Hunt.

The will to persevere is often the difference between failure and success.

David Sarnoff.

*To accomplish great things we must not only act, but also dream;
not only plan, but also believe.*

Anatole France

So remember, keep moving. Explore what you enjoy or could potentially enjoy; any activity that is fun. Exercise can be the key to unlock anyone's potential of achieving a healthier lifestyle and keeping it.