



Gul Mohamed

## The Relationship Between Emotions and Workouts. *By Gul Mohamed.*

Emotions are an essential part of life. And when it comes to workouts too, the situation is no different. Where we propel ourselves on the fitness scale depends on how we take charge of our mental state, implement plans and routines for self development.

Let us take a look at my favorite example from the silver screen to emphasize the connection between emotions and workouts.

The master stands up, extends his hand and asks the young martial art student to kick his extended right hand. The student hesitates, the master commands him to kick, and the student executes a sidekick. The master shakes his head in disappointment and asks him to kick again. He is disappointed again. He analyses the boy's mistake. "Your technique lacks 'emotional content'", he emphasizes, as he taps the boys head. The lad goes back, braces himself and loops in with anger, determination and focus showing on his face and kicks. The master smiles. " See, without emotional content the kick lacked the power and penetration, therefore, the technique was incomplete". The master, the legendary Bruce Lee, the movie, Enter the dragon. As far as emotions and workouts go, the relationship is an eye opener.



For many, it's the emotions that drive to perform to greater heights. For example, the marathon, a grueling 42.195 kms run. Quite often it's an expression to over come personal grief of the participant, or a point that they wish to express to themselves and the world. In the process they rise above the ordinary.

It's no secret that in the United States, hundred's of CEO's from multi national companies are regular participants. And in the end it's the mind that carries them through, not just the body. And participating in a marathon is seen as a leadership trait essential for people who lead by example. It means that they can go beyond the boundaries set by the common man. To attain greater heights in physical fitness, it's ultimately the mind over body. Overcome negative emotions.

Now lets examine the negative emotions or internal obstacles that one may have to overcome. While your working out, if you just focus on your work out and leave the negativity aside, you're getting there.

Lets put aside the stress of having to cope with:

- An unreasonable boss
- Unreasonable work pressure
- Domestic issues
- The minor tiffs in relationships.
- The feeling of being abandoned by loved ones.
- The criticism and negativity during formative years.
- The problems of being raised in an emotional dysfunctional family
- The anger, pain and hurt from childhood experiences of being abused emotionally and verbally.

*Do not look for immediate results. As you keep at it, you will see the improve-ments, physically, mentally and emotionally. This will lead to higher self-esteem, increased confidence & happiness.*

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Focus on the fact that you're working out to look and feel better. By doing this we are taking charge of our body and working towards a healthier self. Therefore set your positive influences at play.

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**Plan your work out and watch your diet. Vary your work out plan.**

If you follow any single sport, you will succumb to the injury of a single sport. As day in and day out you will be targeting the same sets of muscles and joints. For example, if your running every day, God save your knees, shin, heels, back and ... And after a period of time, your body will refuse to respond to the work out.

**Please cross train, vary your exercise program for maximum effect.**

- For a few months in a year work out at a gym
- The next few months at an aerobic class
- Then a yoga class and a dance class.
- All through, the year run at least twice and swim once a week.
- One to two days in a week, rest.

**Each one of the above mentioned fitness activities contribute firmly in different ways to the development of the different areas of the brain.**

- For example the music in the dance and aerobic class makes you feel peppy and elated.
- Yoga has a calming effect on your mind.
- Gyiming gives you a toned look and increased self-esteem.
- The cardiovascular exercises releases endorphins, which are soothing to the brain.

Do not look for immediate results. As you keep at it, you will see the improvements, physically, mentally and emotionally. This will lead to higher self-esteem, increased confidence and happiness.