

## Why You Never See Obese Squirrels...

Fred W Schafer, MS, CFT

People who stay in great shape year in and year out have one key thing in common.

They consistently train.

They don't "take a little time off" for every possible reason they can think of.

This is even more so the older you get.

Having said that, you don't have to train everyday OK:-). It is just what I am proposing as the best lifelong fitness/health approach.

And, you don't need to train like you're insane and follow some hour long "fire-breather" fitness program that practically kills you either.

At the same time, you can do better than a lot of the "old fart" fitness/exercise programs that treat you like you already were so frail you can't walk across your living room.

My suggestion is to find a method that trains your whole body, helps you to practice movements that mimic your body's natural design, builds strength and muscle and directs your energy to the 20% essential movements that make the most difference.

And, by the way, even if you just train for 5 minutes each day, it can pay off for you big time if you are consistent and do the best moves for your body till you have mastered them. And then consistently do them.

Watch wildlife as a model.

In my backyard we have pecan trees and thus a lot of squirrels.

Guess what I see EVERYDAY? That's right, lots of squirrels.

And what are those squirrels doing? Climbing trees, jumping branch to branch. Scurrying across the yard and burying pecans. Doing fundamental squirrel stuff.

They never take a day off.

Every day, without fail they are doing natural squirrel scampering movements.

There is even a three legged squirrel we see throughout the week. Not sure how he lost the leg? Must have ignored a squirrel safety rule somehow...

We have nicknamed this three legged squirrel , "Felix". Not sure how we came up with that name?

Anyhow, I suppose Felix could make an excuse for himself to take some days off from moving/training and rest more because he cannot move himself as

effectively since he somehow lost a limb.

But no, Felix the squirrel finds a way to move each day, any way that he can.

Why? Because his survival depends upon it.

We would do well to mimic Felix and his squirrel friends and move more consistently.

In other words, train regularly as if your survival depended on it.

It is the same with the deer, robins, hummingbirds and lizards that inhabit my yard on a daily basis. All of them consistently doing what they were created for.

Moving with purpose, to survive and thrive.

And, not surprisingly, I have yet to see an overweight, sluggish, unhealthy wildlife critter yet.

Nope, these members of the animal kingdom move their furry, feathery and leathery physiques with purpose each day and train their bodies for survival and to thrive.

They are, in a nutshell (ha ha), "professional" squirrels who do what they were created for each day.

We should stop acting like amateur human beings who have no purpose and let our bodies deteriorate a little more each day due to substandard levels of physical challenge.

You are incredibly valuable and fully capable of rocking yourself and this planet. No matter where you are on the health and fitness spectrum now...

But to do that means getting more focus and fire about your physicality.

No more dabbling, no more inconsistency.

You were born for such a time as this.

Make it your new goal to move consistently, effectively and wisely towards your destiny every day for the rest of your life.

But start building momentum now.

Mimic the squirrels and all of the "wild"-life and train/move...**CONSISTENTLY.**

Do you need a push out of your tree?

If so then scamper on over to [www.wisemethod.co](http://www.wisemethod.co) and pick up my simple, affordable and highly effective "W.I.S.E Method" program.

If you do you will be on your way to a more "Fully Alive" future!

Stay strong, Fred - Fred Schafer, MS, CFT - [The W.I.S.E Method](http://www.wisemethod.co)