

“Personal Fitness”

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“Personal Fitness” can be an important ingredient in the search for success in all of your endeavors. **“Personal Fitness”** is more than physical fitness alone. It also embodies mental toughness as in having a “Tough-minded Attitude”.

So, **“Personal Fitness”** = **“Physical Fitness”** + **“Tough-minded Attitude”**.

First, a point or two on “Physical Fitness”.

Experts tell us that people who are physically fit enjoy life more and live longer. They tire less easily and stay more alert during their working hours. They experience fewer illnesses and have an easier time looking good in their clothes. Achieving and maintaining physical fitness is a personal choice. It involves giving up something in exchange for what is received by becoming and remaining physically fit. Time and energy is expended in exchange for the above mentioned benefits. Most people are able to achieve the desired level of physical fitness by simple dietary adjustments and increased physical activity as outlined by professionals like the Weight Watchers organization. In addition, simple daily or thrice weekly exercises can be obtained from an M.D. or other qualified professional that will further advance physical fitness significantly.

Now, a thing or two about “Tough-mindedness”...acquiring and displaying a “Tough-minded Attitude”.

Tough-mindedness is a state of mind acquired by thoroughly researching a subject; forming an opinion as to the worthiness of the objective to be attained; determining all the reasonably workable courses of action; aligning all available assets in pursuit of the goal; and convincing yourself that nothing will stop your forward progress toward your goal attainment. In this state of mind you can still be sensitive, even gentle. You can care deeply about other people and things. But you can not be deterred from the pursuit of your goal.

So, as I’m sure you can clearly see, an individual who has acquired **“Personal Fitness”** is very likely to achieve whatever goals and objectives are accepted as worthy of pursuit.