SKIPPING - the good and the bad

A client of mine was terribly overweight, so I recommended her to a good doctor who put her on a diet. "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least 5 kilograms."

When my client returned, she'd lost nearly 10 kilograms. "Why, that's amazing!" the doctor says. "Did you follow my instructions?"
My client nods. "I'll tell you, though; I thought I was going to drop dead that third day."

*"From hunger, you mean?" asked the doctor. "**No, from skipping**" she replied!*

We can apply skipping into our lives in two ways – one will do our fitness and wellbeing a lot of good and the other will do our long term health and vitality immeasurable harm.

Skipping Rope – The Good
Skipping rope is a great exercise and if applied over a consistent period will help you to achieve your long term health and fitness goals. Why is it so good?

Here are my top 10 reasons why skipping rope is a great idea:

1. It is inexpensive
2. It can be done almost anywhere by almost anyone
3. You can do it on your own or you can do it with a group of people
4. It will burn fat – you will get leaner
5. It will improve cardiovascular fitness
6. It improves heart health
7. It improves balance and co-ordination
8. It increases muscular endurance
9. It is less stressful on the joints of the body
10. It is fun and doesn't require a huge time commitment!
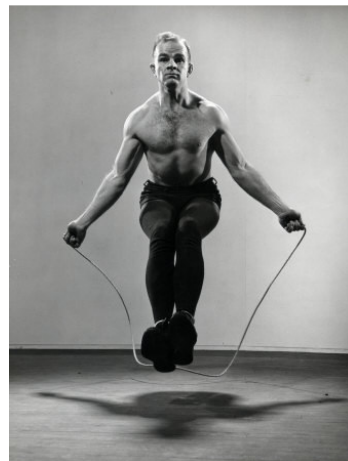
Skipping Meals – The Bad
It is unfortunate that this type of skipping seems to be the one that is most people readily utilise but the one that will take them further away from their goals. In fact if you Skip meals, then in many ways you will waste your time skipping rope! Why is it that we skip doing the thing that will give us the energy we need to do the things we want, the nutrients we need for good health and the metabolism we need to be lean and look great? Who knows!

Here are my top 10 reasons why skipping meals is a bad idea:

1. You will be hungry
2. You will crave and tend to eat the wrong foods at the wrong time of the day
3. You will slow down your metabolism and you will, not only be unable to burn fat, but you will store more fat.
4. You will be denying your body the nutrients it needs for good health, thus increasing the risk of disease
5. You will be tired and lethargic which will negatively affect everything you are trying to do
6. You will negate and even reverse any benefits you wish to get from exercise
7. You will likely be moody and tend to have a negative outlook on life
8. It will negatively impact your social life and relationships
9. You will miss out on the enormous joy that comes from eating good food regularly
10. You be continually frustrated in your attempts to achieve your wellbeing goals.

If I were to tell you that acting on this article could change your life for the better forever, would you do something about it? At the end of the day it will come down to what is most important to you.

You may have heard me say this before, but I am sure you would agree that skipping rope a few times per week for 15 minutes at a time is not that hard to do. I am sure you would also agree that getting into the habit of eating a healthy breakfast and snacking/grazing regularly each day is also not that hard to do.

The question is what is it that will motivate you to **Skip Rope regularly** and **NOT skip meals anymore**? Only you can answer that question.

Whatever the answer is I implore you to find it before it finds you!

SKIP TO IT and have an amazing life