

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

~Henri Bergson

The morning air is crisp and gives way to a cool breeze that seems to last all day long. Leaves begin to move from green into reds, oranges and browns. The ground itself seems to harden a bit more than even a few weeks ago and even though it is inevitable that fall will come after summer I am always somewhat surprised when it does. There is wonder, intelligence and a bit of magic that occurs with this season change but also some loss and wish to want to hang on to the warmer, sunnier days of summer.



CHANGE



Change: Without it we remain stuck but change is difficult, uncomfortable and sometimes scary. Transition is inherent in change and we as individuals usually resist it. I am called to think about how important change is no matter how challenging transitions can be. As with most questions I have I look to the body for insight, information and answers about change.

The human body is ALWAYS changing. Even though we look the same as we did yesterday we are not. Some of the cells that made up our bodies even 24 hours ago are gone leaving fresh new cells brimming with life. Our muscles and bones are constantly in a state of growth and repair. Skin cells are turning over all the time, allowing new ones to take their place. The number of hairs on our head change from day to day, month to month and even season to season. In essence to achieve maintenance we must be in a state of constant change. When we don't maintain our bodies we are in a state of imbalance: either depletion or excess.

Another example of this is with nutrition. Without variety in our diet the body begins to work at less than its capacity. There is no one food or group of foods that if eaten on a daily basis will allow for optimal health. The only way to ensure this level of health is to vary our diet. Using all the food groups to create a balanced diet is

inevitably the only way to attain and maintain health.

For instance if you are a person (and I know you're out there) who gets up every morning and has a bowl of cereal or goes to the deli and orders the same egg and cheese on a roll then you are missing out on a huge opportunity to get in different types of nutrients. There's nothing wrong with eating eggs a few times a week or an occasional bowl of cereal but eating the same thing every day creates stagnation in the body. In order to get the various amino acids, sugars and fats we need to survive one must choose from a variety of different proteins, carbohydrates, fats, fruits and vegetables as often as possible. The person who eats a peanut butter and jelly sandwich and an apple one day for breakfast and then eats yogurt, granola and mixed berries the next and then eggs and toast and orange juice on another day will have a much better balance than someone that stuck to eating a bowl of Raisin Bran with 2% milk every day. This goes for any meal or snack.

The same is true for exercise. You've probably heard at least once that to maintain fitness levels you must change and vary your workouts. Some of the most useful types of training such as cross training and interval training work around this concept. If you're a runner then adding in some yoga or strength training is recommended. If you play tennis a lot, taking a dance class not only keeps things interesting but also provides better cardiovascular health and decreases risk for injury. You'll also notice in general a sense of balance from within. The bottom line is that when you keep doing the same thing over and over again expecting different results ultimately you will be disappointed because you won't get them.

And let's not forget rest in this equation. Rest is not only a part of change it ALLOWS for change to occur. The human body requires sleep in order to provide repair and recovery. For the most part, cell turnover occurs during this time. As for exercise, without rest days results will not happen. In fact, without proper rest, exercise becomes a waste of time because you are damaging muscular tissue and then not allowing it time to build and become strong.

The very wonderful part of this all is that the body is giving us messages all the time about how to take care of it. If you really

listen to your body you'll realize its capacity to inform you of what it needs and how much, when to change and when to keep things the same. Although we can make it an intellectual process of information gathering it is in fact a call to listen and then to respond. So although change can be difficult the real challenge becomes responding to message the body puts forth.

I join you in noticing not only the seasons of our earth but the seasons of our bodies and the seasons of our lives. We are always in a state of change. You will notice in the upcoming months many changes to this website as I too walk toward change in order to maintain growth. I hope you join in my excitement for all that is to come. Happy Autumn!

Body Connection, LLC

phone: 212-971-1089