

Weight Loss-Rx



At the risk of being a downer, I will admit that I had a hard time writing this month's newsletter. Given the awful events that have taken place around the globe this past month, I at times struggled to stay hopeful that everything was going to be ok. With so much ignorance, unimaginable evil and penetrating despair in the world, I found myself questioning whether or not it really even matters if we take care of ourselves. Focusing on fitness, health and personal development felt so superficial. It felt oddly selfish. It felt dumb.

But then I began to see reasons for hope all around me. I saw it in the

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but then I began to see reasons for hope all around me. I saw it in the kindness of strangers. In the scientists who's research and innovations will eradicate disease and save our planet. In a generation of boys and girls in developing countries that are going to school for the first time. In the beautiful music and art that surrounds us every day. In the warm smile of a neighbor. In the bonds we develop with our pets and the unconditional love they give us in return. In the inimitable fact that life will always, always find a way to go on. But most of all I see it in our children. And their parents, who are modeling for them how to be the loving, discerning, compassionate beings who will some day govern and nurture this world.

So, yes. Right now we've been knocked down, but we're not defeated. And it seems to me that this, more than ever, is the time to get up. Because against the backdrop of all the things we are powerless in the face of, there is one glorious thing we have utter and complete control over, and that is ourselves. Our minds, our bodies and our spirits. And if we stick together, that's all we need to take on any force in the universe. But get up we must. We must fight to protect and strengthen that one thing that is truly ours. Because it's our only weapon. And there are people that need us. Our children need us. The world needs us. And they are counting on us to be strong and healthy. So let's get going. We have a lot of work to do.









Sincerely,
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