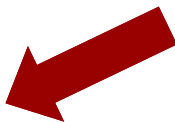


TRUTH OR CONSEQUENCES?

*Tapping into your motives and desires
towards exercise and eating healthier!*

GREG RYAN

*SAVE a life,
share this!*





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Truth or Consequences
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Acknowledgement

This book is dedicated to people who have not been afraid to, tell me the truth, hold me to my goals, and encourage me when I needed it the most. Thank you for the honesty and support. Special thanks to God for the timing of it all.

For twenty years I have consistently sustained a high degree of motivation. I miss exercising when I don't do it and more importantly, I don't feel as healthy or as good about myself emotionally.

Greg Ryan

FROM THE AUTHOR

Whether coming from a close friend, the nightly news or a letter in the mail, it's difficult to face the truth. Hearing it can really cut to the core and test the very existence of our being.

Today, fitness books are filled with advertisements, pill pushers and unrealistic programs that give people false hope. My intention in this book is to give you real hope and with that you'll get straight talk.

It is not my goal to come across in a harsh way, but understand I don't know how else to say what I've observed over the last twenty years. Americans have been HAD because you have not received the truth about what it really takes to be fit and to stay healthy.

Quick fixes abound, but the truth is **there are no quick fixes** that really work...or that last.

It is my responsibility as a fitness professional to provide you with the facts. It is my hope that you read this book with an

open mind and that you comprehend that if you don't do something about your health today, tomorrow you may say,

“If only I had known.”

Live, Love and Laugh

While these words may be hard to swallow, remember life is still a playground. Inside we are kids who want to play with the toys, enjoy close friendships, and leave some kind of mark before we part this world.

My advice is to take your health seriously, but don't forget to; **LIVE** like there's no tomorrow, **LOVE** people for whom they are and **LAUGH** all the way to heaven's gates.

FORWARD

Years ago there was a game show called, “*Truth or Consequences*.” The contestants were asked silly questions and had to answer correctly before the buzzer sounded. If they did not give the “Truth,” they had to face the “Consequences”— usually a funny and embarrassing stunt.

In reality, sometimes it is hard to face the truth, especially when it has to do with your health. You can either choose to face the situation on your terms or inevitably face the consequences on life’s terms. If you choose, then you have home field advantage; the choices may not be any easier, but they are more manageable since you’re in control of the decisions.

Truth or Consequences is not about fantasy fitness programs. It is about your attitude toward exercise and eating. It’s about whether you are going to pay a price ultimately—in your wallet or in your body.

In *Truth or Consequences* you must: 1) face the seriousness of your health and the consequences of your actions, 2) learn what

your motives are, and 3) decide how to direct your long-range desires toward better fitness.

This book helps you face the reality before life deals out the consequences. If you don't exercise at all or are motivated on your current program, you need to figure out why.

This book does not offer pipe dreams and "get fit quick," answers to common questions. However, it will help you realize what those answers are and point you in the right direction.

*SAVE a life,
share this!*



For twenty years I have consistently sustained a high degree of motivation because I miss exercising when I don't do it and most importantly, I recognize that I don't feel as healthy physically and as good about myself emotionally when I don't exercise.

Greg Ryan

PART ONE

WHAT IF?

*Pride fuels the engine of denial which runs
the car of laziness!*

Greg Ryan

INTRODUCTION

Dad, we need to talk. I know you don't want to talk about it, nor do I think you'll listen, but in all fairness to mom, you need to decide what you want her (us) to do. If it were just all that simple!

By far the most stubborn person I have ever met. Only twice have I ever seen him in this state and I'm not sure it will be the same way again; humbled. This is the third time in as many years he's been in the hospital for the same reason; failing to take the blood pressure medication.

Why dad, why haven't you taken your medication like the doctor said? "If I'm feeling ok why do I need it?" Old school thinking I guess, but the dumbest thing I've every heard. If he won't take his BP medication how in the world will mom and I get him to sign the papers?

The man is as prideful as he is full of fear. Oh, he'll never ever admit it, but losing control or hearing the truth is more of a death wish than missing a few pills here and there.

Dad we need to talk. It's not fair for mom to not know what you would want her to do in case an emergency decision needs to be made. It's not fair for her to go at it alone.

If I were you I would be scared too, I would be terrified of the sight and chance that my life slowly coming to an end, but for once, for just this time dad allow her to do the right thing. Please, I beg of you, don't be stubborn sign the papers. It doesn't mean you're giving up it just allows others to make hard decisions when you may not be capable of making them. The consequences are just too great, dad.

Maybe he's thinking he's got more time.

1

MORE MONEY THAN TIME

Yesterday I had all the time in the world, today I'm not so sure. Growing up, I thought life would go on forever – today every moment passes by in the blink of an eye and tomorrow is only a wish away.

I'm a "*Baby Boomer*," don't much like the label, but I am getting older and it's just a fact. The question I keep asking myself is, "*Am I doing enough for my health?*" Like many, I think tomorrow will always be there. My heart tells me to do *something*, yet I do nothing.

I have lived most of my life trying to make enough *money* to live comfortably in the confines of my home, lifestyle and family. It never dawned on me to make enough *time* to take care of my health.

I'm better off financially today, yet time is growing shorter, and I can't leverage days or minutes. In my youth I felt invincible; today I'm feeling the inevitable.

Close to Home

I look at my father and see that he's losing the fight. Now in his eighty's, everyday is a struggle of what was, what might have been and now what has become of him. Dad has more money than time and whether he likes it or not life is closing in on him. I wish he would realize that his struggles lie more in the head than in the body.

I admire, but I don't want to experience his regrets. Being my dad and seeing him struggle hits home a lot more. Unfortunately, sometimes the closer to the heart the situation occurs the more you will take it too heart.

I find myself asking, *"If I don't take the time too take care of me now, then will my money out last my time?"*

2

IF ONLY

If only you knew when you were going to die, would you really want to know? Would you do anything differently when you found out? If you had a choice of living longer or living a better quality of life, which would you choose, longer or better?

People often think, “*if only*” they had known they were going to die, or had to have the surgery they would have done things much different.

IF ONLY...I had known this was going to happen; maybe I would have stopped smoking, laid off a few hamburgers and fries. IF ONLY...I would have taken the stairs, rode my bike, had a medical check up more often; just not stressed so much about life.

What if you could actively change the outcome of your life by eating better and getting daily exercise?

What if had more energy, less pain, and a better attitude toward aging?

What if you approached life with more confidence, rather than dreading the day?

“If only you had known.”

I didn't have much time to pack; matter of fact, I'm still wearing the same clothes I put on that morning. I met all three of them on the way up. They said they would hitch a ride, but they weren't sure they would be welcome where I was going.

It was scary to learn how much they knew. Had I met them at some restaurant? Did I see them at the doctor's office? I know, maybe it was the golf course or at a party? I just couldn't put my finger on how I knew these guys until now.

It's pretty nice here —peaceful, always something to do, good conversation. However, I sure miss my family. I wish I hadn't bailed on them, but how would I have known?

The three of them said they warned me many times. How? When? Where? I wondered. I thought I read all the right stuff and sought advice from the right people. I even participated at times.

***Lazy** was probably the one I got along with the best. He was the only transparent one of the three. Seeing us together you might have thought we were twins; we were so much alike.*

*The other two were more reserved, but I realized quickly they were stubborn old souls with rough edges—two of the biggest know-it-alls I had ever met. They called themselves **Denial and Pride**.*

As I crossed that line, I will never forget what they said, “If only you had known.”

The truth is you'll leave anytime, for any reason; how you decide to live those days before you do is up to you. You can choose a path with achy joints, low energy levels, high stress, and poor eating habits or choose a different one.



Meet Coach Greg!

*SAVE a life,
share this!*



3

REALITY BITES

The Silent Treatment

The health of America is going to get worse before it gets better. Diabetes, obesity, osteoporosis, heart disease—are all at epidemic levels. Today there are more obese people than those just over weight. And for the first time in history kids today are projected not to live as long as their parents will.

The *only* way for America to get better is for YOU to be personally responsible, change the attitude you have toward exercise and be held accountable.

The silent threesome of **denial, pride, and lazy** has been muted by the fantasy fitness land programs promises immediate results. This silent treatment is killing you from the INSIDE OUT.

Most of you think that by ignoring the problem the body will miraculously get better. Oh, if only you knew?

The Buck Stops Where?

In the “*good years*,” more money, more marketing and *more-for-me* attitudes enabled us to focus on making the big bucks. It allowed us to put off worrying about the long term; the accent is on NOW. Unfortunately the fiscal wealth we accumulated in the past is now being drained by our physical healthcare costs.

Obesity alone cost our country more than any of our military costs around the world in a single year?

The responsibility falls with some of the big corporations, insurance companies and hospital groups, but at the end of the day the truth of the matter is, **the buck stops with YOU.**

The reality of the situation bites; however the solution is not to ignore it, but address it head on. Many of you have either given up on yourself or just flat out are living in denial; either way the choice is still yours. The fact of the matter is there is still hope for America and there is still hope for you, too.



You will only start changing your attitude toward exercise when the consequences start to become the reality.

Coach Greg

4

ANSWERING THE CALL

What if you knew that you would face some sort of health problem sooner rather than later if you didn't get some exercise?

What if your kids end up in the same shape you're in right now? Is that fair to them?

What if tomorrow a stroke, heart attack, or cancer struck your life or one you love?

Our country is now *facing the music* for past actions; the problem is it's not on your terms. It is expected that millions will have weak bones, get diabetes, become obese, and die of heart disease in the next ten years. Will you be one of them? Will your children be apart of the crisis?

There are no guarantees that healthy living will add one more day to your life, but *what if* it could? At the very least, *what if* the quality of your life was better?

First thing, face the music by embracing the reality. Accepting the facts does not mean

you're admitting defeat, it means you are starting a foundation to build off of.

If you need a health check up, get it. Not knowing is worse than getting the truth. If you need help, then ask. Two good heads work better together than one bad heart.

In my father's eyes

"If only I had known this was going to happen?" That's what my father said last year after suffering a heart attack. A man who showed no fear, never sweated under pressure or complained about anything, laid in a hospital bed acting as a scared little boy who had just lost his mother in a grocery store.

"If only I had known, I would have taken my blood pressure medicine, eaten less fried stuff, and maybe I would have walked a little more," he whispered.

Denying the situation, being prideful by not taking his medication and even being lazy at times almost got the best of my father that day; the next time he may not be so blessed. Next time YOU may not be either!



In a Nut Shell:

Life sometimes has a way of giving us slight hints or sometimes shocking wake-up calls. The question is, “*Will you answer the call?*”

You may not be able to change the ultimate outcome, but you sure can change how you feel by getting daily exercise and betting foods than you are now. What would your life be like if you felt better, had more energy and lowered your stress levels? Can you imagine?

There are no guarantees that exercise and eating will prolong death or ward off a disease. The bottom line; *denying* your health is a losing cause, entertaining *pride* is a waste of energy and being *lazy* is no excuse for anything. In the end, you and you alone will decide to accept the truth or deal with the consequences. Why take that chance, why not start now?



From the coach's box:

- Realize you are not an exception. Bad health can affect anyone at anytime.
- Recognize that denial, pride and laziness are just fictional characters in your head. And they all are born out of FEAR.
- Facing the consequences on your terms is a lot more rewarding than facing the unexpected. A good offense is the best attitude to have.
- Exercise and eating right can be a positive, rewarding and fun thing in anyone's life. It comes down to your attitude.

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