



A Serious Threat

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If your life was suddenly threatened, would you take steps to protect it? Of course you would. Your life is important to you and you'd do what you could to protect it. If you're walking in the road and a car appears at speed, you rush out of the way. You don't stick around. You take action.

The case seems so obvious when put that way. It's obvious that when there's a sudden threat you take action to prolong your life. SO why is it when the threat is gradual that we take less notice?

Think of those habits of yours that constitute a gradual threat to your health. Each time you stand on the escalator instead of walking up it; each time you take the car when you know you could have walked; each time you postpone buying that exercise machine because it will clutter up your living room; each time you eat when you know you're not hungry.

I don't need to go on. Each tiny thing that works towards gradual weight gain is a step towards ill health and a threat to longer and healthier life. You don't need a diet, you need daily vigilance to ensure that you keep moving and you only eat when you're hungry, and only until you're satisfied - not stuffed.

Imagine it's a sudden threat if it spurs you to action – imagine it whichever way will get you to act.