

# Just Thinking

By

Alan Palmieri

Precious free time is something I don't really have. Even when still, my mind is constantly wondering, planning, and of course worrying. Worrying? Worrying about what? Heck, I don't need anything specific to worry about it just comes natural for me. I've always been that way and since I passed the half-century mark sometime back I don't see me changing now.

I rise every morning around three o'clock or so. I say a quick prayer, fix some coffee, brush my teeth, and meander to the office. Turn on the computer and as it warms up I begin thinking how to best tackle the day. I can't really put a game plan into place yet because once the computer comes up, I am certain some emails will be providing some tasks I'll have to handle as well as dictating the direction my day will have to take, at least part of it anyway. Of course a well-planned day won't go unchallenged by interruptions, problems and situations not thought of in the glorious peace and quite the three a.m. hour provides.

I've been on a two-week layoff recuperating from some additional problems with my heart. Seems for an unexplained reason my heart wants to start missing a beat here and there. Some doctors aren't sure what it is, others are not very concerned, and me... well, I wish it didn't happen as it causes some problems and of course I have to discontinue my workouts. Today I'm going back and have to adjust the routine I was on. I'm at the age I can no longer take a short two-week layoff and jump right back to where I was. Now I have to work back up to where I was gradually. Ahhh, one of the pleasures of maturity, I can take it slow not because I want to but because I have to. Still, I'm looking forward to this afternoon's appointment with the iron.

Well, business be hanged, no emails for anything this morning. Good! I'll start another article I so desperately need to get done for my Website. I'm not a writer by any stretch of the imagination. In fact I don't even like writing and I believe it is the hardest thing you can do. My friend and noted author Dennis Weis, who has written some top sellers such as Mass with Bob Kennedy, started me on this writing journey. If I could write like he does it would be fine but the way I do it, oh man, it's a real chore. For me to get two pages done can take me a week. I can't spell and maybe the only thing worse than my English on paper is when it flows from my mouth.

Although it's winter as I'm writing this, it may be spring or summer before it gets posted, if then. With age comes the understanding of the slowing process. Just responded to an email regarding a question as to why I don't write more about supplements and nutrition. I guess we all have our favorite aspects and for me it's training. The complexity, constant changes, scientific wording of supplements is getting pretty far fetched in my book. Don't get me wrong, I use and suggest supplements for not only bodybuilders but the general public as well. However, it's getting to the point I can't even pronounce most of the words in the advertisements let alone the product labels.

Today there is just too much hype and advertising garbage to go along with the supplements. As far as diet goes, heck, I've never thought that to be much of a headache at all. Good foods in balance and in proper portion size are the key, that's it! No need to make it so darn complicated and I don't know why so many people do. It's the same with training. People are looking for magic exercises that will give them a 20" arm and 28" waist. Some people are looking for that secret diet or supplement that will let them drop 30 pounds in 15 days. The problem for these people is they don't want to do anything different from what they are already doing. They want to continue to do three sets of curls for their biceps and three sets of crunches for their waist. Eat all kinds of junk food in huge quantities. Eat some healthy foods once per week in portion sizes that turn the healthy food into unhealthy due to the sheer amount they consume. It's a never-ending cycle for some people.

Look, if you want to lose weight all you have to do is reduce the amount of food and calories you ingest and be active enough to burn the excess calories, carbs, and fat from your body. If you want to gain weight you simply add additional foods and calories and train on a more basic weight program. I'm not trying to make light of it but after you clear away all the smoke and mirrors that's all you have to do. Of course the weight you gain in this fashion may be more fat than anything else unless you watch what you are doing.

For the average person it doesn't require anything special. A bodybuilder on the other hand does need to watch more closely what they put into their body but still, they don't need to make it such a task. Bodybuilders as well as other athletes need more nutritional input from foods and supplements than sedentary people because of the additional stress and strain they put on their bodies. A bodybuilder would suffer tremendously from consuming the regular diet of an office worker just as an office worker, if they ate like a bodybuilder, would most likely eventually fill to the point they would explode. Not really, just one of my exaggerated writing skills.

Anyway, it's never been a big secret what and how to eat regardless of a person's physical type. The problem is most people just eat too much of the wrong foods, their portion sizes are too big and, they don't get off the couch enough. That's it, mystery solved! Time to move on.

My first workout after a two-week layoff went well today. It wasn't much but it started the blood flowing again. After a nice warm-up I moved to the iron.

Incline Dumbbell Press 3 x 12

Incline Dumbbell Flyes 2 x 10

Close Grip Triceps Press 3 x 10

Dumbbell Kick Back 2 x 12

Calf Raises 3 x 12

1-mile walk at a brisk pace.

I managed to keep the poundage the same for all sets in each movement. I'll train back and biceps tomorrow, rest Wednesday. Hit legs on Thursday and finish the week with delts, calves again, and forearms on Friday. Three days I'll walk a mile or so, each time picking up the pace a little. After about two week like this I'll start to crank it up again.



Just finished my workout!

Late in the afternoon and things have gone really well. I haven't listed that much of my work because it's not been really anything to write about. I don't know how I would convey what I have done; it just seems to have happened today. Emails and projects have had me heading in a different direction throughout the day but not as bad as most days.

This afternoon has been especially great for me. Spoke with Mom and Dad for a while. I get a kick out of them and thank God they are still around for me to speak to. Spoke with both my sister and brother so that makes it an even better day. To top all this off, my grandkids Aaron, who I call Vito, and Shelby, who I call Charlene, will be coming over in a little bit. I'll be seeing my daughter and, my son is on the phone now. What a great day. You know what, my wife, Rhea, hasn't yelled at me one time so far. I think I'll remember this as one of the best days I've had in 2005, up to this point that is.

I've just responded to the last email I will do today. A regular visitor to my Website wanted to know if I ever met Don Howorth and if so did I know how he built his wide shoulders. I've met Don, talked with him and even interviewed him for my "Vince

Gironda Legend And Myth CD.” I’ve always liked Don and know he can be controversial but that ain’t so bad when you consider everything else a person could be.



Don Howorth Mr. Delts

The truth is, and Don has said this before himself many times, he is blessed with genetic shoulders second to none. It wouldn’t take much to build Don’s great shoulders. That’s not to say he didn’t work them hard because he did. He trained his shoulders just like his other body parts, wide open. This might make an interesting future article. Especially for those who remember Don. For those who don’t, just seeing a picture of him will encourage some to take up training.

Well, a good full day. Had fun, worked, ate, and the grandkids didn’t wear me out...completely. I’m thankful to God for another day and look forward to tomorrow.

Take care and blessings to everyone.

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