

TRAIN TO GAIN PART 2

SIZE DOES MATTER

IT'S TRUE. SIZE MATTERS. IF YOU HAVE A DESIRE TO GET 'BIG' THEN YOU'RE NOT ALONE. MOST MEN FEEL THIS WAY AND IT'S PERFECTLY NORMAL AND NATURAL. MINDSET MENTOR, JOANNE M PRIOR EXPLAINS.

SIZE IS IMPORTANT and most men would argue the point with anyone who disputes it.

Size means strength, it means you can protect yourself, it means you are capable and able. It sends a message saying 'don't mess with me'. It protects you. Size can give you confidence and make you feel and look good. So yeah, sometimes size really does matter!

So being 'big' is important. It does mean something. It communicates to the world, without having to say a word, that you mean business.

But what happens when you are not naturally big? What if you have a small frame or are seemingly lithe? What if you find it difficult to build muscle? Does this mean you are relegated to feeling and looking weaker than you want to? That you will feel unsafe or unprotected, or not capable of looking after yourself? Does it mean you are stuck feeling less confident than you want to?

Psychologically, feeling smaller than you want to be can take its toll. So, to avoid the feeling of perceived weakness, the drive to become big takes over. As a result, many people – and it is most often men – go to great lengths to create the image of size or 'bigness' in their bodies. Gym visits, protein powders, supplements and, for some, hormone intake are strategies that are commonly adopted.

But where does the drive to be big become something unhealthy? When does it become a goal that could hurt you, rather than provide the confidence you seek? This leads to the question, 'when would acceptance of self possibly work more favourably?'

The drive to get big becomes unhealthy when it takes a priority over all other life pursuits. When life outside of achieving this goal begins to suffer. For example, when:

- Time at the gym causes neglect of other responsibilities, such as in career and relationships.
- Behaviour becomes aggressive.

In these instances, your desire to get big has become a problem and it needs attention.

There is nothing wrong with wanting to feel safe, secure and protected in your world and building up your body as a means to provide this reassurance makes perfect sense. However, keeping a healthy perspective about it is the key to success.

So, what steps can you take to help yourself keep those big goals in perspective, while at the same time making sure your whole life thrives and becomes enriched?

Firstly, keep in mind that no matter what size your body is, it's the qualities within that count the most. You will gain more respect and honour



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from others by being a man (or person) of integrity, respect and honour than by having enormous biceps or giant pecs. The truth is, if you act from this place, then others will want to be part of your world.

Secondly, you can be strong, tough, capable and able of defending yourself even if you do not have a naturally large physique. Consider martial arts enthusiasts; this practice constantly attracts leaner and smaller sized men who have an amazing amount of strength and ability to defend and protect. They have learned these skills irrespective of their physicality. You can teach yourself to feel and believe these things of yourself by centering and focusing your mind; physical size is not the key. Instead, it is how you use your mind and your power that matters.

Thirdly, if in your quest to gain mass, you are using certain strategies that cause you to act unnaturally aggressive or cause distress to those around you, it is best you seek some help to drop these dependencies and find ways to reconcile your need to be big in healthier ways.

The truth is, being big is almost a natural drive for many men because it often provides them with the confidence to succeed in life. By being willing to understand this and incorporating a plan that allows for physical growth without jeopardising life overall, getting big can be a great goal to set for yourself.

Good luck!

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for the previously published 'Train to Gain' article.

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