

Title:

Don't Take Any Time For Yourself!

Word Count:

761

Summary:

We live in a BUSY world, people! We do not live in an era where you can kick back and enjoy yo

There are many responsibilities that each of us has, and just to make sure that we have our pr

Keywords:

fitness, exercise, health, health and fitness, exercise modality, exercise modalities

Article Body:

We live in a BUSY world, people! We do not live in an era where you can kick back and enjoy yo

There are many responsibilities that each of us has, and just to make sure that we have our pr

- Your Job - You fill a position at work that couldn't possibly be filled by anyone else! The

Disregard the fact that work-related stress, commute time, and other job-related issues are th

- Your Family - You have a spouse or significant other, and responsibility for the children un

If you don't take care of these people, who will? Heaven forbid they should actually have to l

- Housework - Oh, here is a good one! I once heard that if you got out of bed in the morning a

I also heard that - when left unchecked - Dust Bunnies can grow to the size of small predatory

In fact, go ahead and hire a maid, but then follow the maid around to make sure the work gets

- Yard Work - Again, if you leave these types of tasks for too long without tending to them, i

Try cutting your lawn with a pair of scissors instead of a lawn mower. That way you will make

- Social Events - Everyone needs friends, right? You are no different, and you should feel 100

After all, if you don't attend every single social event that comes across your calendar, you

So, the moral of the story - DON'T YOU DARE TAKE TIME FOR YOURSELF! As you can see from the ab

Trust me, you don't want that kind of madness on your conscious...

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