

## Putting in the work

Written by Al McFarlane, Editor-in-Chief  
Thursday, 10 April 2014 12:59

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Last week I wrote about the private elation I held at the prospect of getting in my fitness workout as one of about 30 enrolled in the current Insight2Health Fitness Challenge. The challenge, the first of three this year, started March 15th and runs for 10 weeks into mid May.

I was gloating because I answered the call. I had declared my commitment to the work, the demanding work required if you are earnest about getting fit, losing weight, and lifestyle change. Commitment notwithstanding, I know that the spirit of the slackard also roosts comfortably in me. So I hoped for a degree of anonymity in the crowd of 30. I hoped for a break, an extra moment of rest, the occasional pass, the overlooking of lack of form and something akin to sympathy from the task masters, that acknowledge that I least I showed up.

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Paiffah A O & Mcgoss with new bands,

By the time you get to the end of the day, you'll be a little bit more fit and a little bit more healthy. 10