

# Storing Fat

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Every morning when I get up bright and early, I know that I need to exercise before I go to work; but my brain wants to do something else. For instance, I suddenly get an urge to do the dishes I hadn't done the night before, or throw in a load of laundry, or spend some time on the Internet.

Then, when I finally get to the gym and start my cardio, there is a little voice in my head telling me how boring this is and how I might be late for work, and I really should get off this cardio machine.

One day it occurred to me that perhaps that little voice in my head is the voice of my fat cells. Our fat cells have the most to lose if we start to exercise. They are called into action to provide energy for working muscles and to help with metabolism after exercise. I really don't need to have extra fat storage in preparation for some unforeseen food shortage, but the voice in my head feels otherwise.

Our bodies don't like to store fitness. Strong muscles and bones require extra maintenance. Muscle needs to be built up and fed; and as soon as we stop weight training, our bodies go right to work breaking down that extra muscle tissue. As women pass the age of 30, their bodies are thinking, "Why are we keeping these bones so strong, when we're less active now?"

Exercise is a way of telling our body that we're not done using it. We need our muscles to lift those bags of groceries and to protect our bones if we should fall. We need bone density so that we can maintain good structure, posture and activity. We need our heart and lungs so that our oxygen delivery system can provide for the cells of our bodies. We need a flexible body when we're called upon to be active in our daily lives.

An inactive body becomes a weak body. An active body becomes a strong body. What message do you want to send to your body?