



UNBREAKABLE

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Most people don't understand, but you're ok with that. For you, training is not a hobby or a social activity; it is a way of life. Those around you say that you are obsessed, taking it too far and possibly insane. They can't understand why you won't eat birthday cake, why you bring Tupperware full of chicken to a party or why you go to sleep early on a Friday to rest up for a Saturday training session. But you don't care. Their accusatory tones, sarcastic remarks and insults are merely cotton bullets firing at a titanium wall of perseverance known as YOU.

You know, beyond a shadow of a doubt, that any negativity that surrounds you is fueled purely by jealousy. Jealous that you are capable of unconditionally committing to something that most cannot stick to for more than a few weeks as part of their yearly resolution. Jealous that you gladly embrace a level of pain, discomfort and fatigue that others cringe at the idea of suffering a fraction of. Jealous that you take time to count carbs, protein, fats and calories while they count their chicken nuggets to make damn sure their 10 piece isn't a 9 piece. In short, they're Jealous of YOU.

Ironically, all the comments, nagging and questioning that is meant to break you down a little, does just the opposite. Every negative word reminds you of how special and uncommon your mechanical allegiance to training really is, in turn, pushing you harder. So bring it on! Let them call you obsessed, crazy or insane and watch you get stronger with every word. The only one who can slow you down is yourself. As far as the rest of the world is concerned, you are both an immovable object and an unstoppable force.....

YOU ARE UNBREAKABLE

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