

EXERCISE; ESSENTIAL OR JUST A TIME PASSER?

MARCH 10, 2014: 3:35pm: LISTENING TO: "LIFE GOES ON" BY: 2PAC

HI, LET ME START WITH A QUESTION, I LIKE THIS GROUP LACUNA COIL, HAS ANYONE EVER HEARD OF THEM OR KNOW WHERE THEY'RE FROM? I AM TOLD THEY'RE FROM ITALY BUT I DON'T BELIEVE THAT. I DON'T HEAR IT IN THEIR SINGING, NO DISTINCT ACCENTS. DOES ANYONE KNOW? JUST CURIOUS. TODAY WAS MY FIRST REAL DAY BACK TO WORKING OUT. I WENT TO THE GYM THINKING WE WOULD DO ALOT OF CARDIO BUT NOPE, THEY TOLD US WE ARE DOING 1,500 PUSH UPS IN SETS OF 25. I HAVEN'T REALLY WORKED OUT IN 13 MONTHS SINCE I HURT MY LOWER BACK. I'M NOT 100% BUT ON A SCALE OF 1-10, MY PAIN IS A 2/3 AT BEST TODAY. SO I HAVE BEEN DYING TO GO. I DID 300 AND SAID I TAP OUT. I COULDN'T DO ANOTHER PUSH UP. SO ME AND A GUY WENT AND STARTED DOING CARDIO AND KETTLE BELL SWINGS WITH A VARIETY OF DUMB BELLS. I AM LEARNING TO STOP WHEN ENOUGH IS ENOUGH. I WCNT HURT MY SPINE AGAIN. I AM UNSURE IF I'LL EVER BE 100% AGAIN BUT I NEVER WANT TO GO BACK TO THE DAYS WHEN I COULDN'T SLEEP BECAUSE OF THE PAIN. I FEEL SELFISH PRAYING FOR MYSELF, PRAYING FOR MY BACK TO HEAL, FOR THE PAIN TO END SO I CAN RETURN TO WORKING OUT. GOD HAS GIVEN ME SO MUCH, I DON'T WANT TO SEEM GREEDY OR SELFISH SO I TRY NOT TO INCLUDE MYSELF IN MY PRAYERS. BUT IS EXERCISE ESSENTIAL OR IS THIS JUST MY WAY OF DOING MY LIFE SENTENCE? SURE THERE ARE MANY GOALS. AT MY BEST BEFORE I HURT MY SPINE I WAS 160 LBS, 5% BODY FAT AND I WAS ABLE TO DO HI-INTENSE CARDIO FOR ATLEAST 60 MINUTES WITH NO REST. I WAS RUNNING A MILE IN 5:18, I WAS STRONGER THEN EVER AND I WAS RIPPED FROM HEAD TO TOE. THEN I DID TO MUCH AND BAM, I THOUGHT OF HOW, I THINK IT IS EMRIL LAGASSE (I KNOW I BUTCHERED HIS NAME) SAYS IT, BAM! AND THERE GOES MY LOWER BACK, 13 MONTHS LATER THE DISC IS STILL NOT HEALED BUT IT'S BETTER. ANYWAY, IT'S A LEARNING PROCESS. BUT IS EXERCISE ESSENTIAL? I KNOW MANY PEOPLE WHO DON'T EXERCISE AND THEY LIVE TO BE 90. DO I WANT TO LIVE TO BE 90 IN A PLACE LIKE THIS? THE ELDERLY HAVE HARDER TIMES IN PRISON. AND IT DOESN'T HAVE TO BE OTHER PRISONERS, IT CAN BE MEDICAL PROBLEMS AND DESPITE THE IDEA THAT PEOPLE THINK WE GET FREE MEDICAL CARE, WE DON'T AND WHAT WE DO GET IS HORRIBLE. IF I HURT MY SPINE IN THE WORLD, THE DOCTOR WOULD HAVE DONE AN MRI, 13 MONTHS LATER I AM STILL UNABLE TO GET ONE. IT'S NOT JUST ME. THEY DON'T FIX PROBLEMS, THEY DON'T DO SURGERY, THEY MEDICATE. 2,000 PRISONERS HERE AND OVER 1,000 ARE ON SOME TYPE OF MEDICATION. IN THE LONG RUN, I THINK HAVING ACTUAL HELP WOULD BE BETTER AND CHEAPER FOR EVERYONE. DO I NEED TO EXERCISE, DOES MY HEALTH REALLY MATTER? I HAVEN'T MADE UP MY MIND YET. IT DOES HELP

PASS THE TIME BUT I'M GROWING AFRAID OF INJURY AND I DON'T TRULY UNDERSTAND YOGA YET. I'LL HAVE TO TRY TO FIND A BOOK ON IT. SUMMER TIME IS COMING AND I'M JUST AS SELF CONSCIOUS AS THE NEXT MAN, I WANT TO BE OUT THERE GETTING A TAN AND IN GOOD SHAPE. BUT WHY DO I FEEL THIS WAY? AM I VAIN? I DON'T THINK SO BUT I'M NOT SURE. I DO CARE, A LITTLE, ABOUT WHAT OTHERS SAY AND THINK, BUT IT DOESN'T MATTER TO ME ALL THAT MUCH. I'M STILL LEARNING ABOUT MYSELF AND WHO I AM. I'M ONLY 37 YEARS OLD SO I HAVE TIME BUT EACH DAY THAT GOES BY, I WANT TO TRY TO ACHIEVE NEW GOALS AND ACCOMPLISHMENTS. EVEN IF MY GOAL FOR TODAY IS JUST TO NOT USE ANY PROFANITY IN A PLACE THATS FILLED WITH IT, OR TO LEARN A NEW WORD FOR THE DAY. I'M PROUD OF SOME OF THE GOALS I HAVE MET IN MY LIFE THESE PAST FEW YEARS. BUT LIKE MOST PEOPLE, I STILL WANT TO IMPROVE MYSELF BECAUSE I KNOW I CAN DO BETTER & BE BETTER. THERE IS GOOD IN HERE. MORE THAN YOU WOULD IMAGINE. ALOT OF PEOPLE IN HERE JUST GIVE UP HOPE, THEY GIVE UP ON LIFE, I DON'T WANT TO BECOME ONE OF THEM. I WONT GIVE UP HOPE FOR A BETTER FUTURE. I WANT TO SOMETIMES, AND I'M JUST LIKE EVERYONE ELSE, I DO GET DISCOURAGED BUT WELL I GUESS I WILL LEAVE YOU WITH THAT FOR THIS WEEK. PRISON IS A DARK, GLOOMY, AND MISERABLE PLACE, EVERY NOW & THEN WE NEED SOMETHING, SOMEONE TO BRING SOME LIGHT BACK INTO OUR LIVES. MY BROTHER JJ IS BRINGING OUR MOM AND HIS GIRL RACHEL AND BABY LUCY UP ON APRIL 7th, I HAVEN'T SEEN MY MOM IN OVER A YEAR AND A HALF & I REALLY NEED THIS. THIS WILL BRIGHTEN MY DARKEST DAY IN HERE. TAKE CARE, STAY SAFE AND GOD BLESS. CIAO.