

Is Your Body Weight Like a Kangaroo?

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It sucks when you lose the motivation to exercise!

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## Is Your Body Weight Like a Kangaroo?

Is your body weight like a kangaroo â always jumping up and down? Mine is. Every summer I seem to have no problem getting into shape. I feel strong, sexy and toned. And I look it too. But every winter, I get lazy. I exercise a lot less and I eat a lot more junk food. I end up feeling tired and lethargic and not very enthusiastic at work.

Getting into shape is only hard if you donât have the motivation. Right now, Iâm not at my goal weight. 52kg is my goal weight. 54kg is acceptable for me. But what I actually weigh right now is: 57.8kg (last time I checked, which was just the other day).

I eat too much junk food everyday and I havenât been exercising much at all lately. And summer is almost here. So I should really do something about it. But then, once Iâve gotten into shape for the, say, fourth time in my life, will I put it all back on and go back to being fat and out-of-shape again? Why canât I stay motivated? Do I really lack the persistence, to stay motivated? It seems that I do.

Many times now, Iâve thought to myself: Iâm fat, I know. Iâll do something about it soon. And then I go back to watching DVDs. My current addiction is Veronica Mars â itâs an awesome show. What usually motivates me is the holiday season, because itâs that time of year when the whole family gets together â even family from afar. So, I usually havenât seen them for a while and I donât want them to see me fat. Plus, a LOT of photos will be taken and I donât want to look at fat holiday pictures of myself.

The thing that boosts my motivation is the fact that itâs hotter around Christmas time (here in Australia anyway) and so I will no longer be able to cover my body from neck to toe with layers of clothing. It just gets too hot to wear stuff like that. I need â and also want â to wear shorts and dresses. I want to feel confident when I wear such things, and the best way for me to attain such confidence is to get my body in, well, the best shape I can.

I love my body when itâs in good shape. I treat my body so much better when itâs in good shape. And you know what I now realise? I need to change my motivation. I need a new reason/reasons to get in shape. A more permanent one. Christmas comes only once a year, as they say, and as we all know. So, I now see the pattern â where the kangaroo comes from. Once a year, I get into shape for Christmas, New Yearâs Eve, and most of the summer. After that, I slow down. I exercise less and I eat more. And, ultimately, I get back to my same old habit.

Every year, my weight drops at the end of the year and rises again about a quarter of the way through the new year. A repetitive pattern of kangaroo-bouncing that must be stopped. So, I now know that I need to find a new form of motivation. A long-term one is what I need to look for. So, what will it be?

As Iâm writing this right now, Iâm eating m and mâs. And you know what? I realise something. I realise that I have to ask myself one simple question: Is that bag of m and ms really tougher than me? I mean, I feel like eating barramundi, but the the force of the m and ms just pulled me right in. And they were just sitting there, in my my junk box.

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