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Myth...No Pain No Gain Or The Truth?

Is the general truth that pain is necessary for gain true, or is it just a fitness fable? I have found that to be successful in any part of life means that we must be willing to endure some discomfort, although some people think they can be fit without any inconvenience at all. This is true even for those looking for [how to lose weight fast](#).

The truth is that in every aspect you are either growing or dying: there is no easy neutral ground. Because of this, you should regard your pursuit of success as a persistent effort to grow.

You must be willing to go beyond past success and limitations, meaning you have to risk the unfamiliar and uncomfortable to get what you want. Cavett Robert, founder of the National Speakers Association said this, "Most people are running around their whole lives with their umbilical cords in their hands and they're looking for some place to plug it back in." The security of the "womb" is preferred by most people because they are afraid of the uncertainty that comes with the unfamiliar and the unknown.

They quit and retreat to safety every time something gets hard. Those who are exceptional, however, understand that they must venture out into the unknown and experience discomfort else they will shrivel up and die.

A good example of this is Walt Disney's "Imagineering" where Disney always wanted to do something new. This is a saying that you should pay attention to: "Do what you have always done, get what you have always gotten."

You're not going to experience any growth if you want to make progress. Just like in diet, you have to get some healthy foods to eat if you're going to learn [how to lose weight fast](#).

Training is the same way: if you don't work hard, you will start going in reverse because of the natural tendency to deteriorate. Whether in their personal life, business, sports or fitness, people don't want to experience discomfort even if it means they will decline. The comfort zone is where you are at rest and have no pain.

To get out of that zone is going to require growing pain, no matter who says otherwise. My experience has shown that those who don't really achieve anything are the skeptics of the "no pain, no gain" philosophy. Those who want to achieve great things are willing to endure the pain for the rewards they know they will gain.

Those who are bodybuilders, Olympians, or pro sports players have to experience a lot of pain, but they are willing to make the sacrifice. For most people, the situation is not that extreme: they want to get fit or lose weight. These goals involve pushing yourself more than experiencing a lot of pain. The way trainers tell you to become flexible is to stretch to a level of discomfort just short of pain.

Although the discomfort goes away, you will experience some improvement in muscle performance. Every time you push yourself beyond previous limits, you become more flexible, but if you try to do too much too fast, you will get hurt. The successful athletes and high achievers are those who try their limits and push past boundaries, and the same approach will work for you. It's not bad pain like injury that we're looking for: it's moving forward in spite of discomfort. If you really want to be a better person and to have a better body, you're going to have to push yourself past your comfort level. Believe me, whatever you're doing is inside your comfort level if your body isn't changing. You need to work hard, experience the "pain" of pushing yourself just the way champions do. You'll see that the pain was worth it once you put in the work and get through the discomfort.

For information go to our

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For more information go to our [weight loss forum](#), or go to www.fatlossfactor.com for a free fat loss report.

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