



It's Not Too Late: How to Restart Your Health and Fitness the Right Way

By Michael A. Triglia, A.A.S., B.S., D.C.

Yes — the “three biggest days of exercise” (January 3rd, 4th, and 5th) have officially come and gone!

Back in early fall, many of us made that familiar declaration: *“This is the year. January 2nd — I’m starting fresh. I’m getting in shape!”* The motivation felt real. The plan felt solid.

But then... life happened.

Fast forward to mid-February. Valentine’s Day has passed. You started your new health and fitness routine with enthusiasm — but about three days in, the soreness set in. Suddenly, almost anything sounded better than another workout — dieting, cleaning out the garage, maybe even doing your taxes!

Sound familiar?



How do I know?

First, I’ve been there myself. Second, after decades in practice, I see this pattern play out again and again. Roughly 80% of people start strong — and stall just as quickly.

Of course, there are exceptions. Some individuals come out of the gate at full speed, completely transforming their fitness, nutrition, and wellness routines. But for most people, the challenge isn’t starting — it’s sustaining.

So what’s going wrong?

The “Too Much, Too Soon” Trap

The number one mistake people make is trying to do too much, too quickly. There’s a tendency to pick up right where you left off months — or even years — ago. Unfortunately, the body doesn’t work that way.

Instead, we need to establish a smarter, more realistic starting point.



Take something simple like a bicep curl. If you were lifting 35 pounds the last time you trained consistently, resist the urge to jump right back in at that level. A better approach would be to start at 10-15 pounds. Focus on proper form. Once you can perform 10 clean repetitions without recruiting other muscles, *then* you're ready to increase the weight gradually.

This same principle applies across all forms of strength training:

Start conservatively. Progress consistently.

Another common oversight? Neglecting flexibility.

In fact, as we age, flexibility should move *up* the priority list — not down. A strong muscle that lacks proper mobility is far more prone to injury. Flexibility enhances movement, improves recovery, and supports long-term performance.

A Balanced Fitness Blueprint

If you want a truly effective fitness program, it must be well-rounded. That means incorporating:



- Cardiovascular conditioning
- Flexibility and mobility
- Muscle balance
- Endurance
- Strength

If you've been inactive for a while, begin each of these at about **25% intensity**. Then, gradually increase week by week.

It may not feel exciting at first — but small, steady gains will always outperform dramatic starts followed by burnout or injury.

Consistency beats intensity every time.



Setting Realistic Weight Goals

Let's talk about weight loss — because this is where expectations often derail progress.

I frequently hear people say things like, *"I want to lose 50 pounds this month!"*

While I admire the ambition, it's simply not realistic — or sustainable.

My recommendation? Aim for **five pounds per month**.

You might be thinking, *"That's it?"*

But let me ask you this:

When was the last time you lost 5 pounds in a month (60 pounds in a year) — and actually kept it off long-term?

Sustainable progress may not be flashy, but it works. Over time, those steady results add up in a powerful and lasting way.

One Size Does Not Fit All



There is no universal fitness formula that works for everyone.

Over the years, I've worked with a wide range of individuals — from young children just beginning martial arts training (like my son at 4 years old) to seasoned adults well into their 60s. I've treated beginner athletes lifting their first weights and elite, drug-free powerlifters performing at extraordinary levels.

Every one of them started from a different place.

More importantly, whenever any of them took time

off, we *never* restarted them where they left off. We always began at a level that allowed for safe, steady progress.

That principle is key: **Meet your body where it is today — not where it used to be.**

Health: More Than the Absence of Pain

True health is not simply the absence of disease or discomfort.

Health is the ability of the body to function at 100% at the cellular, muscular, and systemic levels. It's not just about how you *feel* — it's about how well your body is truly performing.

That philosophy has guided me throughout my 40+ years in chiropractic care.



Supporting the Body from Within

We've talked about balancing the body externally through exercise — but what about internally?

This is where proper nutrition and supplementation play a vital role.



A strong foundation of nutrients helps support energy, recovery, metabolism, and overall wellness — enhancing the results you're working so hard to achieve.

Some foundational support options include:

- **X20** – Promotes proper hydration and cellular balance
- **LifeSource** – Provides comprehensive multivitamin and mineral support
- **Omega 3/76** – Supports cardiovascular health and helps manage inflammation
- **Berry Balance** – Delivers powerful antioxidants and supports healthy blood sugar levels
- **Assimilator** – Enhances digestion and nutrient absorption
- **MetaboWize System** – Supports metabolism, energy, fat burning, hormone balance, sleep quality, and lean muscle development

As always, it's wise to consult with your healthcare provider or wellness advisor to tailor a plan that best fits your individual needs.

The Bottom Line

If you've fallen off your "horse of health," don't get discouraged.

You're not alone—and more importantly, you're not starting over. You're starting *smarter*.

Dust yourself off. Begin slowly. Build momentum. Gain confidence.

Those "three biggest days of exercise" don't define your journey — and they certainly don't limit your future.

The truth is **you don't need a special date on the calendar to begin**.

Your health transformation starts with a single decision.

Make that decision today.

**God's Best,
Yours in health,
Michael A. Triglia, A.A.S., B.S., D.C.**



Dr. Michael A. Triglia has been in private practice for over 30 years. As an entrepreneur he knows the value of diversification. As a Doctor of Chiropractic for over 30 years he has also been involved for that long or longer in the health and wellness and motivation industry. As a Christian he attempts to look at all areas of life through the lens of the word of God. Dr. "T" states that is the most important center piece of his life that keeps him highly motivated to do his very best daily.

Dr. T is President/Founder/CEO of Peninsula Chiropractic Center, ISOROBIC Life Improvement Center, Fitness Motivation Institute of America, and Bushin Kai Martial Arts Academy where he holds a Sixth Degree Black belt as well as black belts in four other martial arts.

About 15 years ago, he had a friend who asked him to accompany him to Hampton, Virginia to take a close look at XOOMA Worldwide. After hearing people like President and CEO Ron Howell, and members of the Executive Team including Ken Marsh, Zack Howell, and Erick Stinger, he said, "I realized

I may be a Doctor but knew I had more to learn about water, pH, and the power of healing!" Xooma's mission was so appealing that he decided to join the team and is very happy he did. Xooma's many multifaceted products have been a part of his and his patient's daily life ever since.

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