Break the Cycle

A *cycle* is a pattern that is repeated over and over. Cycles work in two ways. They can have positive results or they can have negative ones. An example of a cycle with positive results is physical exercise. When you exercise, you feel healthier and get stronger. The next time you exercise, you build on those positive effects. As exercise becomes a regular habit, you are able to do it for a longer time. You have more energy and you feel mentally better about yourself.

An example of a cycle with negative results is not studying. Because you fail to study, you create a poor foundation on which to build the next time you study. Your knowledge base becomes thin and incomplete. It seems that you will never be able to learn what you want.

Another example of a cycle with negative results affects your health. When you do not exercise your muscles each day, they become weaker and weaker. Each hour you spend sitting in front of a monitor, computer, or television is an hour your muscles are not used as they should be.

You may eventually decide to get more active. But it will be difficult. You have allowed your body to become weak.

It is not hard to turn these cycles around, though. The key is to do a little each day. Study a little each day. Exercise for a short period of time each day. Your mind and body will benefit greatly from regular activity.

1. What is a cycle?
2. How can you turn around a negative cycle?