MUSCLES IN MOTION

by:
Lenie V. Gutierrez
Administrative Assistant II, Mabatang National High School

Stop complaining about your problems. Think you are a muscle, Muscle cells contain protein filaments of actin and myosin that slide past one another, producing a contraction that changes both the length and the shape of the cell.

Muscles function to produce force and motion it is created by repeatedly lifting things that have been designed to help us down, so when your shoulders feel heavy, stand up straight, chin up hold your head up high, call it “exercise”. Life is a lifetime gym membership, a never ending process and has no expiration with very complicated cancellation policy. Remember that you will end up struggle. Remember things can be worse, remember we are never ever given anything that we can’t handle. When the worlds rejects around you. You have to look the wreckage and build a new one, out of all the pieces that is still here. We are still alive and healthy.

This “race” the so called life is difficult but with the help of GOD and a positive mind full of spirit and strength will help me make this possible. I am Ms. Lenie V. Gutierrez from Mabatang National High School, Abucay Bataan this challenge is accepted. I am fully pledge of taking the risk to reach every goal I set…so cheer me as I am ready for this life endurance challenge until my last deep breath.

References:

Harvard Health Publicly Harvard Medical School, (August 2013). Exercise is one all Natural Treatment to fight depression retrieved from www.health.harvard.edu.