Eng 092W Group Essay

Have you ever given yourself a motivational talk? In the excerpt, “Keep Telling Yourself: This Workout Feels Good” by Gretchen Reynolds, the author believes the mind influences the body. The first main point that the author made was pep talks lead to longer exercise and make exercising easier. Another main point Reynolds made was physical exhaustion develops in the mind as well as the body. The final main point Reynolds made was regular self motivation can lead to feeling good. We agree that the “body is intertwined with the mind.”

The author states in paragraph two that pep talks lead to longer exercise, and the exercise feels easier. I believe verbal self motivation can inspire physical performance. This is proven to be true in Rocky III. In Rocky III, the main character is a professional boxer who gives himself verbal motivation before every fight. He wins the fight because the self motivation helped him perform better by increasing his stamina. Therefore during his final fight verbal self motivation paid off. This proves what the author says about pep talks and self motivation leading to better physical performance.

Secondly, the author explained that physical exhaustion develops in the mind as well as the body. The outcome of the experiment at Kent University proves that “physical exhaustion develops, to a considerable degree, in your head.” I agree with the author’s statement because if you start with a negative mindset, it leads to a negative physical response. For one thing, having to wake up in a warm bed during a cold day with your mind knowing that you have to go to school, your mind immediately desires for your body to sleep. If you thoughts are negative about school, physically your body will feel tired thus leading to an unproductive day. Therefore, this shows that the mind does have an influence on your physical capability.

According to Reynolds, “To be effective, though, self-talk probably has to be consistent and systematic.” Which in other words means, for self talk to be effective it has to be constantly used during your every day life to reach your goals. This reminds me of a show I used to watch called the Biggest Loser. It shows a group of overweight people trying to change their life by getting physically fit. For example they get help from professional fitness trainers to motivate them to lose weight and keep the weight off in the future. At the end of each season, the person who loses the most weight wins. The winners lose weight because they don’t give up, and they don’t give up because they constantly tell themselves they can lose the weight. In the same way Reynolds describes self talk needing to be consistent, this example shows that sticking to your goals requires constant self motivation and staying positive to fulfill your dreams.

After reading “Keep Telling Yourself: This Workout Feels Good” by Reynolds, I concur with Reynolds’s argument that the mind is the catalyst to change the body. Furthermore, I agree “the body and mind are intertwined.” I believe that physical exhaustion starts in your head. Therefore, the body is influenced by the mind. For example, now that I have read this article, when waking up in the morning I will speak to myself positively everyday to be motivated to reach my goals.