



# Just Show Up

Why Movement Matters

100 pounds in 1 year

[www.100poundsin1year.wordpress.com](http://www.100poundsin1year.wordpress.com)

## Well, hello. Have you been there all along?

I see you. I imagine you cautious but hopeful about embarking on the challenge of your life. You've already taken the first step – you showed up! Would you believe me if I said the rest is easy, compared to what it took for you to get this far? That's how it was for me, anyway.



Shelby Humphreys  
Author

In this eGuide, I want to share my struggles and victories in my ongoing quest to just show up, too. I like to say “movement matters” because moving is the most important thing I've had to remember along my journey to lose 100 pounds in 1 year. As long as I keep moving, I have momentum which can steer me up, over, under, or around any obstacle. **It's as if the only way to fail is to stop moving.** Everything else counts.

I'm most excited, however, about the fact that you're reading this right now. That means you've done a very brave thing. You've dared to imagine feeling better. I can remember being afraid to imagine that. I stayed disconnected from my body, numb from the neck down. My biggest fear about starting to exercise was inhabiting my body again and how ashamed or sore I would feel. I won't lie; that did happen, but it didn't last long. The pain dissipated. My muscles came alive. I became strong, inside and out.

The hardest part was showing up.

The next step is yours to create and yours to take. I am smiling as I write this, knowing all the goodness you're headed for.

In Montana, where I live and hike, I'll encounter the occasional sign in the forest which reads "No Hunting." They're sometimes punched out with holes, shot through by ignorant, careless hunters who think it's funnier to destroy property with their guns than practice the sport with integrity and wisdom.

Because I'm not a trained professional, if you approach this eGuide like those hunters, then your journey will be full of holes, too. **That's why I'm asking you to use common sense. Consult your own doctor before beginning any diet or exercise program. The bears thank you.**





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