

## GLOBAL WHINING

Ernest Smith

So, it occurs to me that the real problem lately isn't Global Warming (isn't that what brought us out of the ice age?), but rather it is Global Whining.

Without getting too political or too off-topic, during WWII this country changed. As a result, we were largely considered the greatest country in the world by global standards. How did this happen? Sacrifice by all. A wise man once said, "You must be willing to give up what you are, to become what you could be." So, the country rationed out everyday items, put mothers to work, sacrificed many lives, and banded together in one common goal of victory.

In the sixty years since then, that victory has gone to our heads. Nobody wants to sacrifice anything anymore. Now, everybody wants to be coddled and taken care of and treated like they are something special, when most of the time, they are lacking any character whatsoever and therefore are anything BUT special.

Well, how does this relate to training Officers, or any trainee in the GYM you ask? It is for the same reason that McDonald's had to actually tell people that their hot coffee was hot. There is a common, misguided philosophy being perpetuated today, that some powerful entity owes us something. Each individual now expects to be taken care of, looked out for, RESPECTED, and kept away from anything that might take him or her out of their comfort zone. All this, and to what end? A weaker, more dependent, whining excuse for a life.

The GYM is a microcosm of this world. There are so many who want to be gently led down a tree lined dirt road to a place where merely walking through the door will transform their bodies into that of Arnold or a fitness model. Although I am slightly bias on the subject, I expect Officers to be dedicated, goal oriented, "Go Getters." However, I am often slapped back into reality when training my fellow "warriors?". After 11 years as an Officer, I may expect the average person to whine and complain about having to kick in the pain of discipline, but it should be different in the minds of Officers. Guess what, it's WWII all over again here in the GYM. Sacrifice, hardship, and determination are what are called for here.

The common whines are things like, "Why ...? Yeah, but I read... Do YOU do that?... I've been doing this for weeks (or months) now and I still have flabby arms... That hurts.." There are countless others, but you get the point. So, in response to all the whining excuses, I have this to say. It took you YEARS to let yourself lag into your current state. You are the only one who can pull yourself out of it, and it will take time. It will hurt and be difficult, and you will want to quit. You will receive no sympathy from me. What you will receive is a bit of tough love, some quality advice, and knowledge. If you choose to flip the switch in your

head and devote yourself to the change, you will realize a change. If you want to stay in your comfort zone, you are choosing to stay in your current form.

Quit Whining and Start Working should be your new motto.

*Ernest Smith has lived through the trials and tribulations of a powerlifter and a police officer. Along the way, he has collected trophies, championships, two torn pecs, several chronic pains and a boat load of character. Ernest is the DT and PT instructor for the Orlando Police Department.*