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We talk a lot about intuitive eating, but intuitive exercise is a thing too. Just as eating intuitively is challenging in a culture that teaches us that our internal eating cues are untrustworthy, exercising intuitively is made more difficult by a society that glorifies pushing limits and disregarding physical indications of distress. In my eyes, quitting can be more impressive than continuing while hurt.

Thanks,
Jonah

The Pride of Quitting

And sure, sometimes we get away with it. We play through an injury that eventually heals. We show up to the office all week hopped up on DayQuil and then recover over the weekend. We get away with such choices until, well, eventually maybe we don't.

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