

Mental Fitness

For motocross racers, mental health and well roundedness may be the most important part to mastering their sport. This principle holds true for all sports and really anything you wish to do in, or accomplish in life. Another unique aspect to this principle is that what a healthy, well-rounded mental outlook is, will be different to each individual. This simply means that the intentions of what you desire will dictate what you experience in life. If this in fact is true it makes every individual responsible for what happens to him or her in any given situation. This is because you made the decisions that have inevitably led to an experience. This simple yet extremely complex interaction is an easy way to understand existence, and just so happens to be a basic principle of quantum physics and quantum mechanics.

As a universal observer, knowing and understanding that you control what happens to you is the key to having perfect mental health, which will dictate perfect physical health. If you are not in good mental health your physical health will decline, however if you are in good mental health you will always be ready to adapt to and surpass any obstacle if you truly want to. One of the first steps in balancing your mind is to sit back, relax and think about where you are in life and what you want to accomplish by racing motocross. Then think about your skill level as compared to the skill levels of other riders; from the worst one you know, to the best one you know. This will give you a practical and logical marker of where you are and what you are trying to accomplish by racing motocross. (Unless your ego is delusional and disproportionate) From this point you can then create logical and sensible ways to improve or retain your motocross abilities throughout life depending on what you desire. The most important part about this is to remember to keep a balance between aspects of your life that you do not wish to decline because of excessive dedication to motocross. (unless that is what you want) An important thing to remember is sacrifices must be made to attain higher levels of skill and recognition in a field.

When it comes right down to it intention and attitude are what come together to dictate what you will experience and how you will react to it. If you realize this, and believe it, you will slowly understand how to dictate what you experience and how you react to the experience. This will ultimately lead to a greater understanding of existence and how this can be applied to make you happy and keep you healthy. True balance occurs when you stop riding over your head, but have absolute trust in yourself and your abilities, at this point anything is possible, and you will be amazed by what you are capable of.