



The Cheetah and You

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What does the Cheetah have to do with you? A lot, if you are on the African plain.

The Cheetah has a top speed of 71 miles per hour (maintainable for 200-300 yards) and can accelerate from 0 to 45 mph in 2 seconds. Good numbers for a car, but not for a cat that wants to eat you.

So what else do you have in common besides the Cheetah being hungry and bringing lunch? Just look at how the Cheetah handles stress and how you handle stress.

Stress is the number one killer; not Heart Disease, not Cancer, STRESS. The Cheetah has to handle more daily critical stress than us. But, we see no evidence of the Cheetah suffering from stress.

Every day of the Cheetah's adult life is faced with mortality. It must be able to hunt, chase, kill and eat or die. Hurt paw, it's dead. Getting a little too old, it's dead. It gets lost, it's dead, and so on. These are strictly life and death situations which are critical stress.

Every day you suffer from some stress. Stress is a natural part of life, but it can be fatal. Most of your stress in our lives is not critical stress (life and death situations). Typical stress comes from being unable to pay bills, noisy neighbors, an annoying spouse, a lousy boss, traffic jams, or a million other things that stress us every day.

If you look at slow-motion films of a cheetah running, it looks like fat is flopping up and down as each paw hits the ground. That is not fat, but muscles are flapping up and down. Huh?

Muscles are in pairs - as with all mammals. Muscles can only pull; they can not push – muscles come in pairs. If you lift your forearm, you are using your biceps. When you lower your forearm, you are using your triceps.

Stress causes your muscles to tense up. The Cheetah completely relaxes the muscles, not pulling, as it runs. Professional track coaches have their runners study the slow-motion pictures of the Cheetah to help them learn how to run faster.

If the Cheetah were stressed (muscles tense up), the Cheetah would not be able to run so fast, and the Cheetah would die (no kills). Tension is what happens to people; they tense up and die (oversimplification, but accurate).

Perspective. The Cheetah faces life and death situations every day; we do not. So when was the last time you saw a person run 70 mph? If someone got rid of all of the bad stress, they would not be able to run that fast (our bodies are not designed to run that fast), but they would be able to run faster.

Does the Cheetah know this? Our sun will die five billion years from now, and so will everything in the solar system. The next time you think you are in a highly stressful situation, compare it to what will happen in five-billion years.

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