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# THE CHRONICLES OF FITNESS MANIFESTO

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Chronicles of Fitness came about with frustration.

It is a frustration with those who only train without using the tools and emancipation that comes from physical fitness to seek out more growth in other aspects of life.

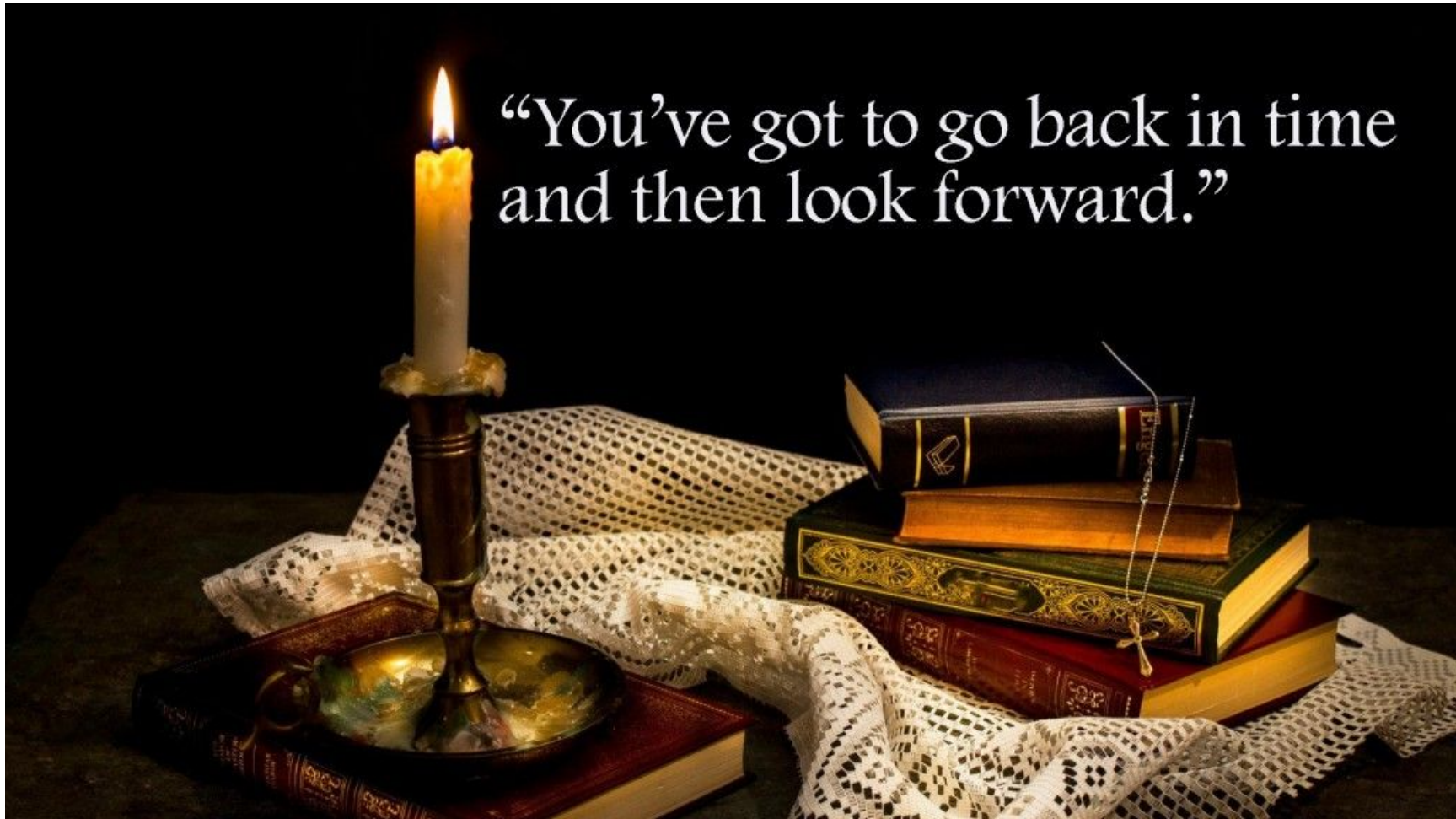
United States President, Teddy Roosevelt, had an epic experience like this - he was a sick young boy who loved the outdoors.

His father told him one day that the only way that he was going to create something in his life was through becoming stronger and building the vehicle (his body to a level that would facilitate him reaching his goals.

**Your body is a vehicle through which your spirit operates out of.**

## AND WHERE ARE WE SAYING TO GO?

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“You’ve got to go back in time  
and then look forward.”

Go learn history and see how so many of the problems that manifest themselves today are not just laws that are unchangeable.

They are plastic.

Yes, that plasticity is over several generations. But it is still...PLASTIC. Acknowledging that, should make you realize how insignificant your one life is.

And yet, how important it is that you make the most out of it.

There is a saying by the 7th Century, Persian polymath, Abu Zayd Al-Balkhi, and that is that the pain we feel in the present is over sadness of the past and fear of the future.

This leads to mental illness or at least it can.

Yet by learning from the past we can see how the world has manifested itself today, draw connections to modern issues, and have a greater sense of patience in going about OUR goals.

*“I fear the society that separates the scholars from its warriors, for it will have its thinking done by cowards and its fighting done by fools.” ---Thucydides*

# Learn History

History is both humbling and empowering.

Let it be your teacher and you will see how far the human race has come.

You will see the mistakes we've made.

And you will see inspiration for solutions to the problems of today.

It helps us realize the breadth of human existence and to see that things that seem really messed up today are actually not that bad.

History does a lot to adjust our frame of thinking.

It shows the grief that is destructive to society does not happen in ONE lifetime.

It happens over centuries.

**So suck it up.**

Train your body to realize your goals.

And learn history to improve your ability to be FIT TO PERFORM.

That's what fitness is.

It is the ability to be fit to perform and being fit for function.

Here at Chronicles of Fitness, we strive to use fitness as a means for an improved foundation.

We've all had our fitness journey.

Many of us have played team sports.

We understand the power of doing what's best for the team.



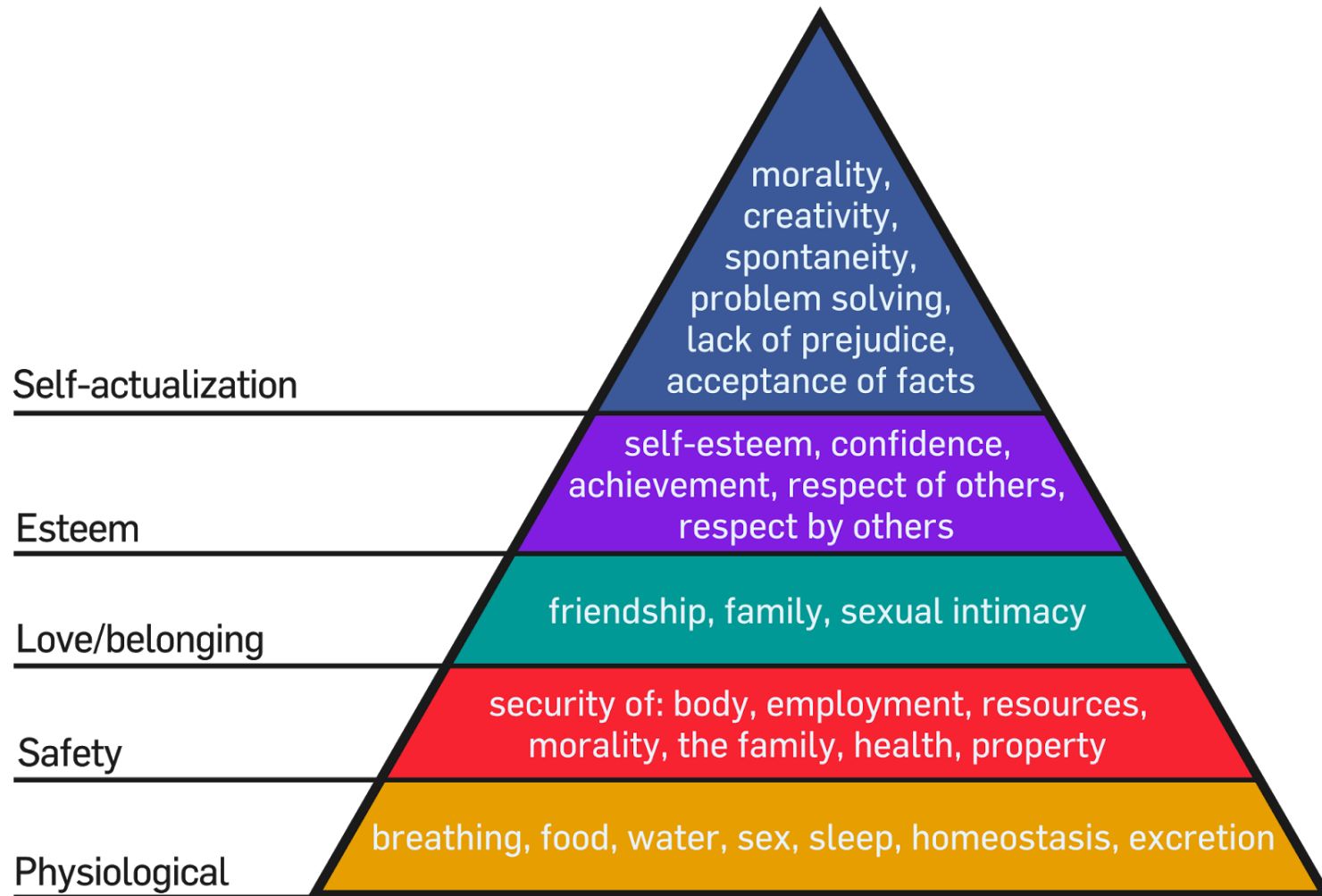
Even self-improvement is a journey we go through, so that it translates over to the BENEFIT of the team.

WE know that just because you compete individually, that you still need and owe it to a TEAM to actualize your best self.

*“If you are irritated by every rub, how will your mirror be polished?”-- Rumi*

Fitness of the body is a foundation to our higher abilities.

Becoming better fit to perform, to self-actualize, like Abraham Maslow says, you've got to build that foundation.



We're constantly exploring new means of training and building our [General Physical Preparedness](#) to increase our specific abilities.

We know that through HISTORY we can learn any skill and find the means to connect with real-life experts/teachers/gatekeepers.

It is through history that we can understand diverse groups of people, both directly and indirectly.

For to understand someone, how they acted, and what they did, you have to disassociate yourself from your own ideals and values, and life experiences.

You have to try and see things through the OTHERS' views.

What social stresses, mental stresses, health, environment affected them.

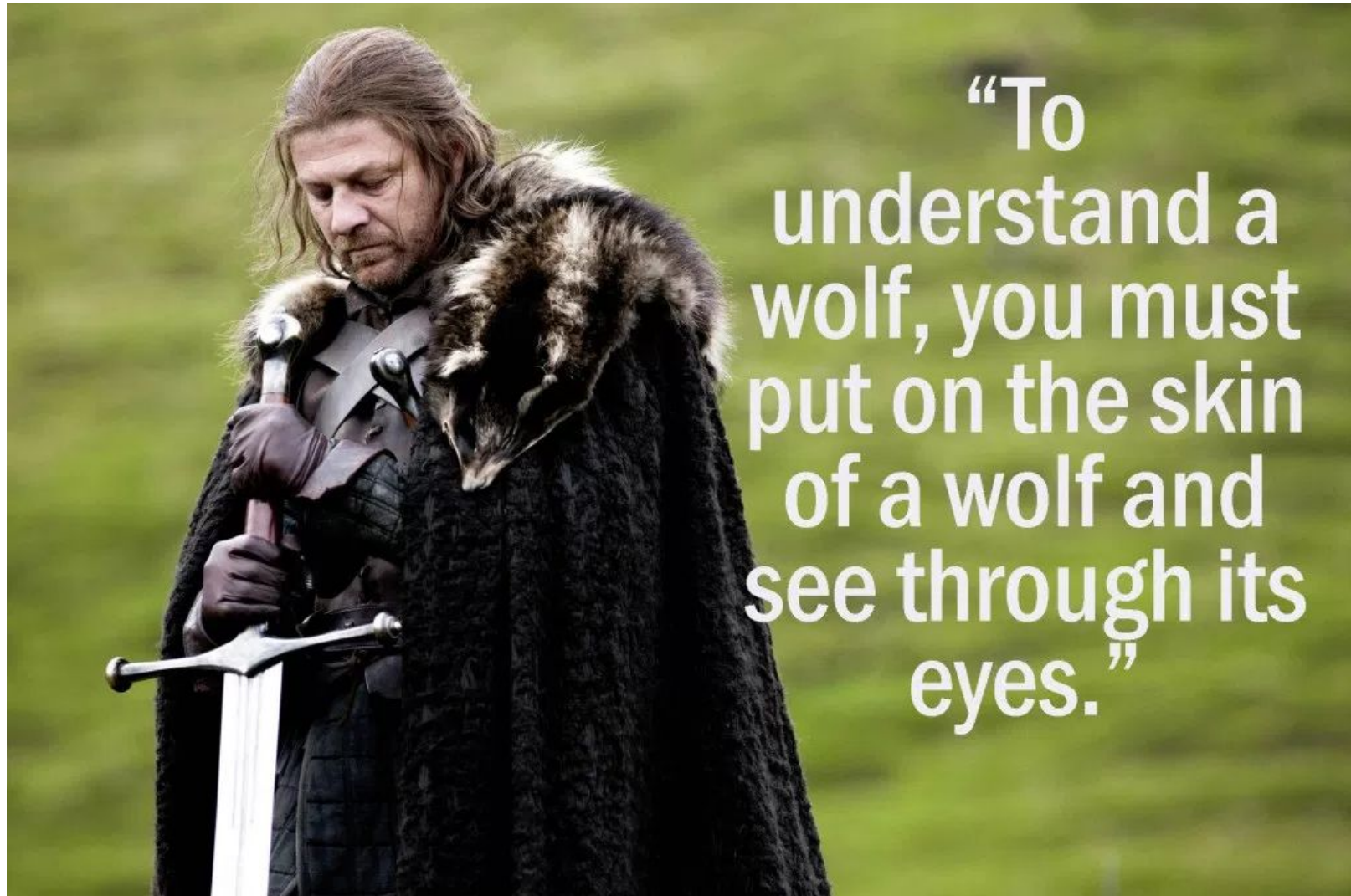
# Don't get it twisted.

We're not saying this means to learn how to just be more agreeable.

Empire's have been brought down by 'Yes-men.'

We're saying that even from a tactical point of view, it will serve you better to hone the ability to understand diverse peoples with values other

than your own, and be able to debate with that understanding.



It's one thing to disagree without even acknowledging others point of view.

It's another to show that you have acknowledged how they came to their conclusion and to STILL show why you believe you are right.

## **On Chronicles of Fitness we promote all kinds of PHYSICAL**

The sedentary lifestyle is killing us.

Its keeping us physically disengaged from the world around us.

We're stuck in our heads, having even less reason to fully act through our bodies.

Compare that to our ancestors, from a hundred years ago.

They worked farms from sunrise to sunset.

Where today, food is simply a pleasure, THEY needed it just to push through the day, often not getting enough.

Chronicles of Fitness strives to find a medium.

We share recipes of foods from around the world and history.

We write about foods that fuelled [Roman Legionnaire's](#) through week-long ruck marches and gargantuan battles in the arid desert.

We write about [foods that changed](#) the course of history, that impacted social infrastructure.

And we'll

deliver it in the most [nutritious way](#) possible, holding true to the





tradition of its origin while imbuing it with a contemporary sense of practicality.

You'll get tips on training while also improving your knowledge of the world.

We'll share the experiences of people using their fitness to DO MORE, whether that's more work, drawing deeper relationships, or just being a Badass.

Performance. Information. Then, aesthetics.

We also promote the [trades](#) here.

Why?

Because the trades are physicality in motion.

By living them, we actively reconnect with traditions that spanned centuries, if not millenia.

We pass the torch on.

**“Tradition is not the worship of ashes. It is the fanning of a flame.” -- Gustav Mahler**

# JOIN US ON A JOURNEY OF STRENGTH AND FITNESS.

