

## **Wiped Out by Killer Couches** (An excerpt from Fred's book)

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If we do not turn the tide of increasingly poor health and fitness, I am convinced that thousands of years from now, when the history of our current culture is written, it will be titled, “Wiped Out by Killer Couches”. As earlier mentioned, I really enjoyed learning about science and nature as a young child. Of particular interest to me at that time were the dinosaurs. Those great beasts that roamed the earth just astonished me. What especially fascinated me, however, was what had happened to them. That is, how and why did they become extinct? In those days, the reason that had the most credibility for their demise was the ice age. As I understood it, the ice age basically involved giant icebergs being formed at the North Pole. Then, due to their sheer weight, they began to slide south across the face of the earth, literally wiping out everything in their path.

I remember envisioning huge icebergs descending across the face of North America, while dinosaurs looked up helplessly, anticipating their oncoming doom. It always puzzled me that they just didn't move. Now remember, I was merely a child. But it did not make sense to me that the dinosaurs did not try to escape. It seemed to me that they could have saved themselves by simply getting out of the way of the icebergs. Run towards the equator, climb up a mountain, something, anything to escape the giant icebergs! I used to think to myself, they could have saved themselves, *if they had just moved.*

Flash forward with me 2000 years from now. The scientists and archaeologists of that time will be studying our current culture in order to learn more about us. As they dig up the remains of our time period, everywhere they dig, they will find couches. They will be in shock and awe as they continue to find couches heaped upon couches. The interesting thing about these couches, however, will be the fact that most of them had indentations in them, apparently formed by human beings sitting on them for extended periods of time. And, in some cases, the couches had skeletons still attached to them. The researchers will be greatly puzzled by these discoveries, trying to figure out how these couches apparently overtook these people.

The first theory they came up with is that these were killer couches. Apparently they must have had some evil power, some ability to lull these people into lethargy, thereby causing them to sit themselves to death. But after further research, they will uncover information that will point in a different direction. They will discover that the couches themselves had no special power and they will realize that these were a people of superior intelligence. In fact, they will learn that they were the most technologically advanced people that ever inhabited the earth. Apparently, they will conclude, they developed so many technologies that they required less and less use of their bodies. These intelligent creatures finally reached the point of not requiring the use of their bodies for much more

than what appeared to be their favorite activity and form of exercise, known as the “butt flop” -- the activity of dropping down into these couches.

Researchers will discover that this phenomenon of consistent couch sitting began to slowly take its toll. Disease and illness began to increase. The humans of that time used their superior intelligence to develop medications to deal with the increasing illnesses. At first, the medications seemed to work, but as time went on, it became apparent that the medications created their own problems, and only made the people sicker.

In their increasing frustration, the people turned on the manufacturers of the couches, blaming them for the ongoing poor health plague that was sweeping across the land. Lawsuits began to be filed in great number against the couch makers, specifically citing the irresistible comfort of the couches as a major factor in creating the desire to sit for such long periods of time. The lawsuits were so great in number, though, that they got held up in court for years. Alas, it was too late. The control of the couches and the accompanying fitness famine of that time had taken its toll with a grip the people could not shake. Their intelligence and technological superiority had backfired on them and caused their eventual demise. Their knowledge was not enough. They gave into the lure of the comfortable couch and, in the end, were wiped out by a piece of furniture. As the scientists and archaeologists of the time conclude their research, they will perhaps wonder about this strange people who could have saved themselves -- *if they had just moved.*

Now, I hope you realize that I am just having a little fun here. Sadly though, the picture I've painted is not too far from the truth. Inactivity and the resulting obesity it leads to are now the principal cause of poor health, premature disease and death in this country. On the other hand, purposeful activity – which is virtually free and available to everyone-- is the most underutilized solution known for physical & health improvement.

This is a great country. It was founded, as you know, by tough, courageous, adventuresome people. Their purpose was to establish a place in which people could pursue life, liberty and happiness. Without great health, though, it is difficult to pursue anything. I sometimes wonder what the early pioneers would think if they could see our lifestyle. The emotionally overstressed, physically under stressed, couch potato existence we endure would likely baffle them. I believe it often baffles us. This brings us to a final question: Are you ready to begin the lifetime adventure of becoming a lean, fat-incinerating, anti-aging wellness machine?