

My Two Cents--Did You Exercise Your Voting Muscle?

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**My Two Cents--Did You Exercise Your Voting Muscle?**

**By Matt McGovern**

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Whether or not you are pleased with the results of the 2004 election, the season of high intensity politicking has mercifully come and gone . . . for now.

This election day, tens of millions of Americans exercised their voting muscle--more than 120 million by some estimates, or 60-percent of eligible voters--and that's encouraging.

Kudos to you if you can count yourself a member of this group!

Still other tens of millions of Americans did not vote--many of them between the ages of 18 and 30, the same people who one day will become the future leaders for our country--and that's most disappointing.

It's clear that many Americans take their right to vote for granted, or simply don't care. They have become complacent, reciting the all-too-familiar, "My one vote won't make a difference." But tell that to Al Gore who, had 537 voters in Florida not turned out and voted for George W. Bush in 2000, would most likely have been this year's incumbent.

Luckily, not all of the sons and daughters of previous American generations took the right to vote for granted. Many fought and some even died to secure our ability to hold "free" elections. Starting in Revolutionary times, through the Civil War and the scandals and corruption of the mid- to late-19th century, through World Wars, and into present day, Americans have waged an ongoing battle to ensure that our system of voting and elections endures. They fought so women could vote; they fought so that all Americans, regardless of race, gender, or political leaning could vote. They won . . . and we and the entire world are their beneficiaries.

When we take time out of our otherwise busy lives to stop by our local polling places, we not only exercise our right--our duty--to vote, we also honor the sacrifices of these past generations.

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I just don't buy the refrain, "I'm too busy to vote." No one is too busy to vote--not with absentee ballots and the relative speed and efficiency of modern voting. It took my wife and me all of 25 minutes to vote: 10 minutes to the polling place, five minutes to vote, and 10 minutes back. That's not too much of a time commitment, not too much to ask to ensure that our system thrives and our way of life continues.

The desire to vote, however, is not a wholly American trait--it's a universal desire. For example, in Iraq, Afghanistan and other such troubled spots, many of their sons and daughters (along with some of our own) are right now fighting and dying for the ability to elect leaders and to control the destiny of their respective countries. It's the ultimate expression of free will on a national scale.

On one level voting seems such a tiny "thing," a relatively small and insignificant event--the stroke of a pen, the touch of a stylus to a computer screen, the punching of a chad--but when combined with

hundreds, thousands, and millions of other such singular acts, voting can be much more powerful than the spray of bullets.

By voting we can literally change the course of history, and virtually everyone--young or old, sick or healthy--can take up "arms" and vote. Only the desperate, disillusioned and disenfranchised resort to violence and intimidation. It's a simple fact--there are many more of us "voters" around than there are those who use fear and guns to gain or maintain power.

So here's hoping you got your "exercise" on election day by exercising your right to vote--a simple act that honors the hard work of those who came before us, as well as hard work yet to come. Remember, the world we create today is the world our children and their children will inherit. Voting is one way for us to rest easy that our voices have been heard and will continue to be heard.

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Matt McGovern combines a rare blend of creative and technical know-how with years of experience and a balanced and purposeful approach to life. He has authored and edited numerous books, e-books and e-zines. Get "Know-How" his free e-newsletter at [www.700acres.com/pages/ad\\_archive.html](http://www.700acres.com/pages/ad_archive.html) or explore life, death and beyond with his novel, "CURRENTS--Every Life Leaves an Imprint" at [www.MattMcGovern.com/books.html](http://www.MattMcGovern.com/books.html).

### **How Long Should You Rest Between Muscle Building Sessions?**

**By Rick Mitchell**

### **How Long Should You Rest Between Muscle Building Sessions? by Rick Mitchell**

In an earlier article we concluded that muscles must be worked to failure if an adequate hypertrophic

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response is to occur. Whether this involves one or more sets is irrelevant as in either scenario the muscles must be worked to failure and beyond. This causes significant microscopic damage to the muscle tissues and it is during the period of recovery that protein synthesis undertakes the repair process that results in bigger muscle fibers.

But how long does this process take and when is it safe to expose those same muscles to further intensive exercise? Scientific studies suggest that muscle fiber degradation takes approximately five to seven days to repair and recover. Any further exposure of the affected muscle to intensive activity will interfere with the recovery process and actually prevent it from achieving maximum growth. However, using the muscle to assist in exercising other body parts or even taking part in low intensity aerobic exercise will not prevent recovery.

It follows therefore that each muscle group should be trained intensively only once each week in order to allow full recovery. This can be achieved by incorporating a split training regime that allows you to work out several times each week but still exercise each muscle group intensively only once every seven days.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.



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