

# Self-Talk Really Works!

So here I am at Blue Mountain Resort about to attempt the ropes course - not because I enjoy doing it but because my seven-year-old daughter Victoria couldn't go by herself and, of course, I was on to do it!

Okay, so I talked about fear once before but each time you experience fear it comes in a different context.

My daughter was scared at first but not as much as I was. She took on the challenge quite easily as she maneuvered through the ropes.

Fear can paralyze you from action and/or it can make you panic. For me, as I was about to venture out to the course, my first step onto the unstable platform was not as bad as the second step. It was an awful feeling for me standing there with the platform vibrating and having nothing but a harness attached to me!

At first I thought with my core strength it would not be a problem to get across because I could use my muscle strength to hold on and balance in order to move along the ropes. Well that is what I thought and believed but in reality my fear overwhelmed me!

My fear of falling was still so strong even though I was attached to a harness. So it became my self-talk that was the trigger to help me get through the panic that had settled in.

You can paralyze yourself with fear or you can talk your mind into just doing it. But it took quite a bit of self-confidence and self-talk for me to get over the hump of paralysis in order to make my feet move and push on through.

It sure did help to hear encouraging words from my daughter but it still took a lot of effort to talk myself into doing it and not giving up!

So how much self-talk do you do to get yourself in a healthy routine and keep you going? Do you need some encouraging words to increase your confidence? I can help you take that first or second step away from fear and towards a healthy lifestyle. The question now becomes, are you up for it?

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**Submitted by Nadia Bender**

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