

Fitness Classes • Personal Training • Fitness Boot Camps

## Summer Fitness on the Go!



So here I am at my yearly summer weekend away with the girls! It's the first morning and my one friend is still asleep and the other two are relaxing and having coffee. I'm awake and debating whether to drag them all with me for a brisk walk or first I go for a run then take them for a casual walk! Yes this is just what I start thinking about when I'm away from my work of teaching my fitness classes or personal training my clients.

I'm sure that I was the only one who had the thought of setting a fitness goal when at a girls cottage weekend! I'm also the only one who travels in a car that is always equipped with exercise equipment....jump rope, bands, spin gym, and hand weights! I am also the kind of person who ponders what type of exercise to incorporate in my stay at a cottage before I even get there. This cottage was located down the road from Sauble beach. So once I saw the beach road that takes you into town I started setting my weekend fitness goal to run and walk that distance for my cardio.



Running the distance to the Sauble Beach Welcome Sign and then back to the cottage was a total of 6km. I haven't run that distance continuously since my heart attack in 2013 so setting my goal to get into town and back might of been a stretch for me! I started to get those little voices in my head that we all get that tells us we can't do it...or why bother going the full distance it's too hot...or my heart might not be able to tolerate the long distance anymore why risk it...or i am on vacation why not take a break!..but I kept on going cause I started to remember what my marathon running in 2012 was like before my heart attack. I remembered how important it was to keep setting small goals in front of you to motivate you to continue. So I set landmarks to reach along the beach road and then once I got to the landmark, I set a new one. Also I focused on my breathing to keep it slow and steady, in through the nose and out through the mouth to help keep my heart rate at a steady pace to avoid chest discomfort. Focusing on my breathe and picking continuous landmarks helped me to successfully reach the distance I preset and my goal destination.

So just remember when you are able to set mini fitness goals and distract yourself from your fears you will be able to achieve your healthy lifestyle goals! It just takes some pre-cottage planning. If you are booking a vacation and need some advice to organize your fitness schedule and workout plan then please give me a call!

~ **Nadia Bender,**

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