

Turning a Negative Into a Positive!



So here I am at a photoshoot with my daughter Victoria for the Heart and Stroke Foundation of Canada. I have been selected as a National Spokesperson for the Heart and Stroke and I have been asked to be in a photoshoot to promote the new campaign for February which is Heart Month!

It is now a year and a half since I had my heart attack in June 2013. Not only have I survived the odds but I continue to try to inspire others to fight for their health and for their lives!

What an experience being involved in the Heart and Stroke campaign to share with the world the importance the role of research has in saving lives! My life was saved by my fitness. I wouldn't have made it if my heart wasn't as strong as it was!

My goal for 2015 is to inspire everyone to take their health into their own hands and make changes now. Why wait until you are forced to make a change. Its much easier to do it now when your health is not comprised. Take it from me that's a life's lesson that I'm not afraid to share.

Being at the photoshoot and having the Artistic Director ask me to think of something that makes me smile, all I can think about is that I got a second chance and I'm back in the drivers seat! It became so easy to really smile and laugh in the photoshoot and hug my daughter Victoria very tight which made for awesome heartfelt shots!

Looking forward to meeting you at my studio and talking to you about what your inspiration is for 2015!

~ **Nadia Bender**

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348). Visit www.fitnessthatfits.ca for more info

