

Are you looking for some “Me time” to keep you strong and healthy?!



So here I am at the beach in Naples Florida on a girls getaway!... soaking up the sun, heat and listening to the waves!... and of course a starbucks in my one hand and a magazine in the other... now that's relaxing for me! This is what you call my “me time” that I learned is so important to have in your life especially for stress relief! ..it came to me truly as my "ah ha" moment after having my heart attack almost 2 years ago in June. My lesson learned was that I really needed to be good to myself by looking after my needs and not just the needs of others ...such as being a wife, mother, business owner and friend! ...life really is too short to sweat the small stuff you always hear about and I can honestly agree with this fully! Enjoying the small stuff can make life truly sweet!

Spending quality time with special girlfriends is one way to enjoy some “me time”! Working out was on my to do list for the small stuff ...I was so impressed that my girlfriend had weights in her condo which meant she was looking after her health too! ...so I grabbed them every day to make my heart smile as I lifted to continue maintaining my muscle mass!

I focused my meals on staying away from anything fried or greasy and enjoyed the fresh fish daily at all the amazing restaurants! ...we portion controlled our meals so that sharing food was an easy way to limit the calorie intake!

At the beach we ate healthy with items such as cheese, crackers, hummus, sugar snap peas and eggs which kept us pleasantly full.

I made sure I was walking at the beach daily and walking the condo complex to get to the pool too to help keep my heart pumping!

We enjoyed shopping and never took advantage of the valet service at the mall so that we could walk extra every afternoon as we shopped!

It's the little things you do that add up to making you feel good and strong! So what is your plan for your “Me time” that's going to give you the benefits of keeping you strong and healthy??

Please give me a call so I can help you attain some “Me time” for making you feel great too!

~ **Nadia Bender**

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