



KINGSWAY STUDIO
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Fitness Classes • Personal Training • Fitness Boot Camps

Life is here one day and then it is gone!



So here I am at a funeral for a client of mine. Shelagh unexpectedly passed away from a tragic accident while away on vacation. She always had a smile on her face and enjoyed working out at my studio. She attended my fitness classes and many bootcamps as well. She was always eager to be challenged and welcomed the friendships of the class participants as well. Shelagh brought laughter into the class whenever the exercises got difficult. She loved keeping herself strong and fit that she even enlisted her two sisters, Maureen, Mary-Eileen, and her sister-in-law, Loretta, and daughter Kathleen and her dearest friends too! She wanted all of the people she cared for and loved to be healthy, strong and fit like she was.

Life really gives us challenges and it also provides us with outstanding rewards. We often hear how important it is to live each day to our fullest potential. And yet some days take more effort than planned. Focusing on “stopping to smell the roses” during the day and enjoying those little moments can really bring peace, happiness and strength.

So please don't forget today to take time in your day for you and don't feel guilty for doing it either! You deserve to feel good too!

~ Nadia Bender,

Personal Trainer/Fitness Instructor, Owner of Fitness that Fits Studio