

TAKING A PEEK AT AN EMOTIONAL FITNESS ROLLERCOASTER RIDE

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Starting an exercise program or fitness boot camp is filled with different emotions and lessons. Here is a taste of what you are in for on your fitness ride, starting at day 1 until the end... day 28:

I feel..... And I learned.....

Day 1

I feel, "what have I gotten myself into? I actually paid for this!"

I learned, "I have taken the first step to achieving my fitness goal"

Day 3

I feel, "exhausted!"

I learned, "this is harder than I thought!"

Day 5

I feel, "stressed!"

I learned, "if I don't commit to doing my exercise homework I won't see results!"

Day 8

I feel, "muscle soreness all the time"

I learned, "stretching, ice and Advil® are my new best friends!"

Day 10

I feel, "energized"

I learned, "getting into an exercise routine gives me more energy"

Day 12

I feel, "proud of my accomplishments"

I learned, "it's only the halfway point - I have to push harder to see better results in 2 more weeks!"

Day 15

I feel, "pumped to work harder"

I learned, "that there are muscles I never knew I had"

Day 17

I feel, "doesn't it get any easier!?"

I learned, "the more you push yourself the more you actually can do"

Day 19

I feel, "tired and overwhelmed!"

I learned, "I need to take a small break and reward my efforts so far"

Day 22

I feel, "rejuvenated!"

I learned, "I want to exercise now instead of dreading it!"

Day 24

I feel, "powerful"

I learned, "it takes courage to take on fitness challenges and I should feel proud of my dedication"

Day 26

I feel, "successful, having achieved my fitness goals!"

I learned, "it was an extremely grueling boot camp that was well worth it!"

Day 27

I feel, "AWESOME!"

I learned, "this is happiness/joy!"

Day 28

I feel, "being fit never ends!"

I learned, "keep at it if I want to continue seeing results!"

Come experience the emotional fitness rollercoaster ride with Fitness that Fits! Contact Nadia Bender, Personal Trainer/Fitness Instructor and owner of Fitness that Fits, a newly opened boutique fitness studio located in the Kingsway at 4214 Dundas Street W, Suite104, 416-231-BFIT (2348).