

# IT IS NEVER TOO LATE

by: Nadia Bender, PTS FIS



**Y**ou have heard many times about the benefits of exercise and know it is good for you but procrastination still stands in your way.

**Just remember that it's never too late to...**

... change your "attitude" toward exercise - it's not as bad as going to the dentist's office (sorry, Sue).

- ... change your life path so that you can live longer by incorporating fitness into your lifestyle.
- ... build muscle mass to help keep your bones strong and reduce your chances of injury as you age.
- ... take control of your eating habits and add healthy snacks into your day.
- ... exercise while brushing your teeth (try calf raises or squats).
- ... drop a deck of cards on the floor on purpose and do lunges/squats to pick them up for exercise.
- ... improve your immune system by establishing a "regular" exercise routine to reduce your chances of severe illnesses.
- ... improve your posture by looking at yourself in the mirror and standing up tall, shoulders back, sucking it in and breathing.
- ... be a role model for others and show them how important exercise is by scheduling it into your daily agenda.
- ... be motivated by others older than you are who are more fit than you are.
- ... improve your self-esteem by making yourself feel good with exercise endorphins.
- ... get off the couch, out of the rut, and do something active!!!

**So, what are you waiting for???**

*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 West, Suite 104, 416-231-BFIT(2348).*