

MY BIGGEST FEAR

by: Nadia Bender, PTS FIS



Surveys show that the two things people fear most are speaking in front of a group and dying... in that order!

I'm a little different. I love being in front of a group, where I'm leading a fitness class or facilitating a discussion around healthy living. In fact, it's tough to get me to shut up. And while I do have fears about dying, it is not my biggest fear.

There is one fear that scares me more than any other - that is being unhealthy and not able to do the basics in life. It scares me to imagine...

- ... not being able to open a jar of jam because I don't have the strength.
- ... not being able to climb a flight of stairs without getting winded.
- ... not being able to get out of the car without struggling.
- ... not being able to run away from a stranger.
- ... not being able to carry my own groceries.
- ... not being able to lift my future grandchildren without tipping over.
- ... not being able to plant flowers because of a sore back.
- ... not being able to do the laundry and make the beds.

As a fitness instructor, when I get sick I feel like I've lost who I am. I feel defeated and lousy. I think to myself, "I can't imagine what an unhealthy person thinks or feels, or how they cope with this."

Every little bit of exercise really does add up and being active becomes more manageable if it's done in small amounts. Being fit gives me strength to handle stress and everything just doesn't seem as bad. With exercise I feel I can cope better with life.

I do realize that when I age I will lose some of what I have. But I plan to still be teaching fitness classes when I get to be 100 years old (another 60 years, at least!). And, if you want to join me in those classes, you'd better be doing something now to keep up your strength and fitness levels too!

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