

MOVE IT BEFORE YOU LOSE IT!

by: Nadia Bender



Why wait until you are diagnosed with illness before you take action?

I have been around 3 family members in the past month that don't have a choice "to be able to move around on their own."

Watching how illness takes over your ability to be active is not only frustrating for the person experiencing it but it should be a wake-up call to those watching it!

I get frustrated with people when they don't recognize the health risks in their life.

Just because your doctor says your test results are fine doesn't mean you're off the hook for getting sick. Don't ignore those visual signs when you are looking in the mirror. That belly roll or bulging spare tire does not make you a bad person - it is an early warning sign telling you to take action.

Just because you may weigh yourself and be somewhat happy with your weight doesn't mean you are fit.

Just because you may be a runner who's cardiovascular fitness level is above average doesn't mean your core or upper body is strong.

Appreciate what abilities you have and make them better, so that you ARE stronger, and you FEEL better.

Live your life actively - don't just let life happen to you.

Remember how good you feel after you do something active - if we could just bottle this feeling and put it on when we wake up in the morning we would have amazing moods and achieve so much more in the day!

Take advantage of your health - move it!

If you want to experience MORE than just 'EXERCISE' contact Fitness that Fits. We can help YOU take the right steps towards a healthy and active lifestyle.

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