

ARE YOU WILLING TO TAKE A CHANCE?

by: Nadia Bender



Okay. So I just finished watching Susan Boyle's singing performance on YouTube and tears rolled from my eyes watching her passion! What amazed me was obviously her performance, but even more moving to me was the change in reaction from when she first appeared on stage to how the audience and judges responded at the end.

Here's a 47-year-old woman who looked "average," who had a dream to sing professionally in front of an audience. And she not only achieved it, she wowed the audience and judges, too! This is someone who did not let fear and intimidation stop her from performing. She took a chance even though she was first faced with ridicule by the audience and judges.

What stops you from taking a chance? What stands in your way from getting to your healthy lifestyle goals? Are you embarrassed that you won't succeed? Or are you scared you will, and then fear what's next?

If you want something, give it your all to get it. You will never know unless you try. And once you try you will amaze yourself and be grateful you did!

Susan Boyle had to take the first step to get on the show Britain's Got Talent, and when she finally got her chance she sang with everything she had.

Are you looking for a chance to give it your all? We'd love to have you sing along during our classes ... if you think you'll have enough breath to spare! Get going and take a chance with us, Fitness that Fits ... your lifestyle, your goals, you!

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