

# DO YOU NEED TO BE HELD ACCOUNTABLE BEFORE YOU TAKE ACTION?

by: Nadia Bender



What keeps you going? Is it a routine? Is it a challenge? Is it a sudden change in your life? Is it something that excites you? Is it something that "moves you"? Or is it all of the above?

What has kept me going recently is seeing how my boot camp clients experience positive change in their lifestyles. First they start out thinking about just beginning a fitness routine. Then they realize it is not just about exercise - the goals are much broader. Next they notice that food is fuel and when they eat right they have more energy. They then experience a change in their moods, and they feel their bodies altering in shape. Progression in their mini successes keeps them going. But what seems to be key in keeping them going is when they are held accountable for their action or inaction. When I see this it makes me want to push them harder with the exercise and challenge them with their food choices so that they are held accountable for reaching their healthy lifestyle goals.

Do you need someone to be held accountable to for your healthy lifestyle goals? If so, just give us a call.



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