

FEEL GREAT AND SUPPORT OTHERS AT THE SAME TIME

by: Nadia Bender



So here I am on a Sunday morning walking with my family at the Telus Walk to Cure Diabetes in support of the Juvenile Diabetes Research Foundation (www.walktocurediabetes.ca). It's a 5 km walk around the CNE grounds, with snacks, drinks, food and prizes. There are groups of people all geared up wearing team shirts supporting someone they know who has diabetes. We were walking for Peter Macintyre, my son Lucas's hockey friend who is 12 years old and living with diabetes.

As we started on the walk my other son, Daniel, asked, "Mom, why do you like doing this walk?" I thought, well that's a great question!

So I answered, "I love walking, doing anything that gets me physical. I also love being outside when the weather is great." He said, "You also love free food and drinks!" I replied, "You're right!" I also love knowing that we are here for a great cause: to support Peter, who has to be careful on a daily basis with his blood sugar levels ... and that's something that is quite a challenge!

I understand that challenge from experience with my clients at my fitness studio. I see when their blood sugar levels drop and they lose colour in their face, feel dizzy, lightheaded and ready to faint. Yes, I push them that hard in my fitness classes and in my personal training sessions!

I also know how to deal with the situation when my clients experience low blood sugar levels during exercise ... so we always have O.J. on hand! Going through that feeling once in a while in a controlled environment is not so bad, but having to deal with it on a daily basis is a completely different story. Learning about the signs and symptoms that indicate low blood sugar levels is so important to keeping your body healthy.

So do you need a reason to stay healthy, feel great, and support a great cause? Then don't hesitate to join any of the walk, bike or run events - it's an easy, fun event for you and your family and friends, so simple to keep you moving this year!

If you need some motivation to get you started, please call for a free initial consultation at Fitness that Fits and I would be happy to assist you with your path to a healthy lifestyle!

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348).