

ARE YOU READY TO REALLY LIVE?

by: Nadia Bender



So here I am about to teach one of my scheduled fitness classes and I get devastating news that a client of mine has passed away from cancer. What a shock this was for me to hear. Angela Scauzillo was her name. She was the ideal 47-year-old woman – fit, strong and very muscular. She came daily to our studio and stood beside me every morning to participate in my classes. She so enjoyed working out that not only did she take my classes but she also developed friendships with others, especially with Kathleen who she started doing personal training with. She made other women envy her strength, abilities and courage to push beyond her limits. I even tried to convince her to get her instructor certification because she so enjoyed working out and it showed!

Now to learn that she has passed away brings tears to my eyes as I'm about to teach my class. So I begin the class in not so good spirits. I feel like I am struggling to hold it together. I try listening to the music to get motivated to push harder. So far it's not working for me. Then I look around at the women in the class and see the effort they are putting in to push themselves. I realize that it is really up to me to change where my thoughts are going. I knew that I was in control of my emotions and that I could either give up and waste the workout or blast through it with a bang!

So I pictured Angela working out beside me. I pretended she was still there on my right-hand side where she always stood. I decided to give it my all to push as hard as I could because I knew she would want to go hard in the class and I didn't want to ever disappoint.

Well to my amazement I was able to go beyond my emotions and push through, challenging myself and those in the class to a heck of a cardio workout! I was amazed at how I felt. It was as if my heart grew two sizes too big, just like the Grinch's, and the power I had that followed was incredible. I was really living! In the moment I wanted to fight against the pain I was feeling from Angela's death and I did!

Are you ready to really live? Do you want to be strong and be able to fight for your life? Need a push or a shove to get back into the living? Then feel free to give us a call. What are you waiting for?

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