

Friends Are Always in Need

So here I am out with my girlfriends for dinner, celebrating the holidays and enjoying the socializing. We obviously get into some heavy discussions. Some discussions are about work, some are about family, some are about health, some are about our personal goals for 2012, and some are just about our feelings.

Interestingly what is consistent among our discussions is the desire and need to share our ups and downs with each other. It's like we are retelling a detailed story that could actually one day become a bestseller!

But what I find unique about our girl chats is that we never, ever get enough of them. Time will go by and when we get together we will simply pick up where we left off. Our desire to listen to each other and really hear what is going on in each other's hearts is truly an uplifting experience.

Our friends really do teach us:

- how to be strong
- how to motivate us to work harder
- how to cherish what we have
- how to open our hearts for more love
- how to support us when we are down
- how to give us challenges to make us grow
- how to hold our hand when in pain
- how to encourage us to venture outside our comfort zones
- how to follow our values
- how to be mindful of time
- how to attain our goals

But most importantly, our friends help keep us sane!

A huge, heartfelt thank-you from the bottom of my heart to all my friends who have come into my life for a reason. Friends truly are a precious gift! Friends are worthy of the time in nurturing!

It's that time of year to reflect on what we have and appreciate all of the friends in our lives. It's time to assess what keeps us going.

Friends are dear to us since they are always there when we need them most. When life takes us down different stresses we need friends even more!

Are you ready to be a friend for someone in need? If so grab your friend and work together to start on a healthy lifestyle routine. Or grab your friend to keep you true to yourself on your fitness routine – it's so much more rewarding to be a friend!

And even more so if you are ready to have a NEW friend. Contact us at Fitness that Fits – your healthy lifestyle friend is awaiting your call!

Submitted by Nadia Bender

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