

# Maybe Someday is NOW... No More Procrastinating!

So here I am at the Kingsway Running Room doing a presentation to marathon runners on core strengthening and cross-training. I often do these talks to half/full marathon clinics and the walking clinics and have inspired these runners to challenge their muscles in more ways than one.

I demonstrated to the runners why it's important to strengthen the entire body and not just the heart or the cardiovascular system. I also focused on giving them the opportunity to challenge their core as we talked about how building muscle will help to improve their endurance, stamina, speed, distance, posture and reduce the potential for injuries.

What I realized this time when I finished the presentation was that I couldn't really classify myself as a "runner." I never just go out for a "run" since I am more comfortable with teaching a fitness/bootcamp class or personal training. As a fitness instructor and personal trainer, my expertise is in muscle development, core strengthening and the cardiovascular system but not in the form of running.

So I realized in adding to my skill set by truly appreciating what runners go through that they in return would validate my point of view when I spoke about core strengthening/cross-training. We all have things that we do well and we are comfortable doing but we also have things that we could do to improve our health and wellness.

But what I noticed was that the biggest challenge is often the fear of failure. For me, running a marathon was always a fear of mine and yet was always on my list of "maybe someday." We all have a list like this. Some call it their bucket list. I've decided that I'm going to tackle my fear; I'm going to run a marathon and cross this off my bucket list.

Those who know me are probably surprised that I have a fear of running, taking into account my style with personal training and fitness instructing.

So if I'm ready to take on my fear and the challenge of running a marathon, what are you waiting for?

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## **Submitted by Nadia Bender**

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