

# Have You Ever Had a Challenge Change Your Life?

So here we are celebrating another family member's birthday with our usual get-together over pizza. This time what started as an innocent jab between me and my cousin Chris became a challenge to him to make a drastic change in his health.

Yes, I do eat pizza – you may be surprised and my bootcamp clients are definitely cursing me now like I do them when they tell me they ate pizza. Well the point is that you can indulge in pizza in moderation when you are in maintenance mode of your fitness and health.

Chris, on the other hand, has always struggled with his weight fluctuating up and down and he really enjoys his food. Nothing different from the rest of us with life's challenges. But for Chris he was always a "BIG" guy and was known for his size, which was a bonus for his security position. So Chris had more of a challenge to overcome since he wanted to keep the authority attached to being "BIG" but wasn't happy with how he felt. The challenge was about staying "BIG" but in a healthy way.

Chris is engaged now and has a new goal of marriage in a year which is motivating him to be fit and healthy so he can enjoy married life in a whole new way.

So I decided to give Chris a different kind of wedding present, one that is not your usual gift – the opportunity to gain strength, increase muscle mass, reduce body fat and shed pounds. Not to mention the opportunity to feel and look like a million bucks from the inside out!

So Chris accepted the wedding present and is actively training with one of my trainers, Christine. Because, of course, family never listens, I had to back off and have another trainer torture/challenge him for me ... in a good way! Chris will never be looked at as tiny, but he is well on his way to being a healthy "BIG."

The question I pose to you is, what event in your life is the turning point for making YOU healthy and fit and feeling like a million bucks?

Please take the opportunity to meet with me so we can identify YOUR next challenge, because really that's what living a healthy life is all about!

---

**Submitted by Nadia Bender**

*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).*

