

# How Determined Are You?

So here I am at my cardiac rehab program, which I attend each week at the Trillium Cardiac Wellness and Rehab Centre at the University of Toronto Mississauga. My program started two months after my heart attack in June 2013 and runs for four months. Each week I progress with my fitness and focus on pushing myself a little more so that I can recover from my operation to have stents put in, opening my clogged arteries. What I find interesting is that I'm in a group of approximately 50 heart attack survivors and the majority are male and over the age of 55! There are three females in my group and that's because according to the stats, females usually don't survive heart attacks because they are more likely to be in denial when having a heart attack (similar to how I reacted).

So as I'm walking the track increasing my speed, I am watching the male heart attack survivors walk their laps. What I find interesting is that we are given beads to track how many times we do a lap so that we can progress to a mile, which is nine laps around the track. I notice that the other survivors are slower in their walking speed and are enjoying the social aspect of chit chatting while they walk the track. I, on the other hand, am on a mission to get around the track as fast as I can so that I can double the distance in the time that is allotted for exercise. Why is this so weird compared to what I am observing? Why do I see the others leaving earlier than me because they finished their time but not necessarily their distance? Why are they in a hurry to leave the exercise session when I just want to stay and push my physical limits to the max?

I ask myself, is it because I'm younger than the rest? Is it because I have always done some form of fitness in the past and walking is easy for me? Is it because I have a desire to never give up and to prove I can gain back the strength I once had? Is it because I want to improve my fitness level, stamina and endurance each week and I am determined to make it happen? I want my fitness habit back!

Whatever the case, when you have determination and a specific goal in mind, then there is also a will that moves you toward success. What is standing in the way of improving your fitness? Are you ready to get out of your comfort zone and be challenged to improve your stamina? If so, please give me a call so we can work together to make it happen for YOU!

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**Submitted by Nadia Bender**

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