

# What's YOUR Plan?

So here I am, continuing my cardiac rehab and my exercise program with Trillium. I am now nervous about graduating from the program in December 2013 and I am actually quite disappointed that it is coming to an end already, only 4 months post heart attack. It's quite ironic because as I talk to the other cardiac rehab patients, they are all quite happy to graduate from the program. But for me I'm not sure what it will mean once I've graduated. Maybe my bootcamp clients and my personal training clients feel the same anxiousness when they near the end of their time working with me. What I find interesting is that being part of a program allowed me to gain confidence in my abilities in a safe environment. It also allowed me to feel like someone really cared about my well-being and helped me see my strengths and deal with my challenges. What I found beneficial was the support that I received. They helped me understand that if I plan for my well-being, I can actually feel better rather than just rolling with the punches and letting life takeover.

So, it is the setting of a plan before I do my exercise that allowed me to progress and improve my cardiac health. It was the planning of how hard I was going to push my heart rate and how to pull back when I was overdoing it.

It was the plan that I didn't realize I actually needed cause I'd always thought - this is my business, so why do I need a plan for me; a plan is only for my clients.

Well I proved myself wrong. I really do need a plan and so do you to actually strive to improve your fitness and your healthy lifestyle routines.

My new plan is to "Pace" not "Race" so that I can keep my heart challenged without pushing beyond my capabilities.

So, if you don't have a plan and need one, then do not hesitate to give me a call. That's my speciality - to help you create a plan that fits your lifestyle so that you don't overdo it and you pace yourself so that you may succeed too!

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**Submitted by Nadia Bender**

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