

Are U Feeling the Winter Blues?

So here I am, with the darkness of winter approaching and the depressing news that it's just the beginning! I'm experiencing more coldness than I used to because of the blood thinner medication that I'm on now and it's quite a challenge when I lose the sensation in my fingers and toes even just to put gas in the tank! So I can relate to those clients that don't want to come out to my fitness studio on a cold winter day, but I do know that if they did they would feel a hundred times better than sitting at home complaining about how awful they feel and look!

I have a client that has been coming faithfully to my studio since I opened my business 6 years ago. She came in the other day and said that she wanted to tell me that I was one of the people in her life who inspired her and helped make her a better person. She wanted to let me know this earlier this year but she never did because that was the time that I was having my own health issues with my heart attack!

I remembered how she used to come to the studio saying she felt rundown and overwhelmed. Now I see the difference in her step and in her mind as she comes to my studio and asks if she can volunteer her time to help me motivate others to look after themselves! I was so moved by her dedication to FTF that I, being the emotional person I am, had tears streaming down my face in admiration of her new desires to help others - how she wants to motivate others in the way she was motivated at FTF. This is the feedback that motivates me!

Have you ever had a period in your life that you were at a low point and needed some support or a helping hand to get you out of your rut?

What I realized is that by me helping her, she wants to reciprocate and help others to achieve their goals whether its fitness or health related. What I have experienced is that the greatest gift is in the giving and when you help others thru life's challenges, you receive incredible rewards!

Initially it's the fitness that gets you thru the door. Then things have a way of turning and the focus becomes clearer as you constantly learn about yourself and experience when those around you are willing to give of themselves to support you in your daily challenges.

When people come into my studio, they really are helping me too. They give me the opportunity to assist them in lighting their fire by helping them develop the tools to build strength, stamina and heart health!!!

Submitted by Nadia Bender

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