

Plan to Feel Good!

So, here I am, having a spa night put together by my daughter, Victoria, who is 9 years old. She has the fireplace on, tealights lit, an assortment of nail polishes to choose from, a foot spa ready for my feet to be soaked in and a glass of wine with cheese and crackers for me to indulge in! As I am relaxing, she asked me if I had sore feet so she could massage my feet with lotion too. And yes, of course after getting home from my fitness studio, having sore and tired feet was part of my daily routine. It amazed me how she spent the time, setting up the environment and organizing her supplies to make sure everything was just right. She took such pride in what she did and was so happy



planning and following through on what she arranged. Why is it that as kids we have such ability and pride to organize and plan things that make us feel good and yet as adults we find it too tiresome or a bother to find what makes us feel good? Is it because we don't have the time to invest? Or is it because we don't value the time it takes to organize things that make us feel good? Whatever it is, there is always work to do to find the activities that make us feel good about ourselves.

For me, I have found that exercise makes me feel good about myself and I'm sure if you tried it daily too you would notice a difference on your mood and how good you feel too! But it takes planning and organizing to add in exercising into your day, no matter how busy you are. It also takes effort to want to make yourself feel good.

So if you feel a desire to feel good about yourself and need some assistance in getting you to the point of organizing and planning to make it a priority, don't hesitate to give me a call!

Submitted by Nadia Bender

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