

Putting It All In Perspective

So here I am back teaching my Cardio with Weights class, in full speed, at my fitness studio exactly one year since my heart attack that occurred while I was teaching the exact same fitness class.

I must admit, I was very apprehensive this morning about teaching and the mental fear that came on as I started the cardio component was frightening. All I could think about was that I didn't want to experience the same excruciating pain that I had one year ago that led to two stents being put into my arteries.

As I looked around the room at my clients and saw the desire to work hard I quickly pushed aside my negative thoughts and focused on the energy in the room to keep me going and not get too emotional.

I was able to get through the cardio component with no returning chest pain. So I decided to do what I feared the most when returning to exercise: the dreaded pushup. The thought of physical exertion on the chest muscle was a real mental barrier post heart attack. So I lined up a more challenging pushup with one hand on an elevated step and one hand on the floor with legs spread wide on the floor on the toes and down my clients and I went for the first set. All went well, but I did hear some voices and grumbling from my clients about how intense it was. So that is when I decided to share with them that today was the one-year anniversary of my heart attack in this class and I asked them to ask themselves if the exercise was really that difficult? In comparison to what I went through they had a new appreciation for what was considered too intense. This gave the clients the extra motivation and kick to push through another set of pushups with new-found power!

What are you waiting for to give you that extra kick to get you motivated to look after your health and well-being?

I've lived through a heart attack to share with you and to remind you that according to my cardiologist it was my fitness that actually saved my life. Now the question I pose to you is, what is saving yours???

Please call me to help you get your life preserver on!

Submitted by Nadia Bender

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