

How's your Stress treating you?



So here I am at my studio, Fitness that Fits, being interviewed by Global TV for the 2015 News Report about Women, Stress and Heart attacks! And of course I meet the criteria as a result of my heart attack now a year and a half ago!

You see I find it very stressful being interviewed on National Television to share my heart attack story to the world especially when the question is always posed to me...so exactly how did this happen to you???...you are fit, eat

healthy, young...46yrs old, non smoker, non-diabetic, no heart disease in the family, you live a healthy lifestyle and yet you had a heart attack?!...I know its a surprise and still a shock to me that I had two stents to open 2 clogged arteries. Every time I retell my heart attack story its like a wake up call to me and hopefully to everyone that hears about it that life dishes out the unexpected and the dreaded word "stress" just puts a new twist on it.

Then Global TV asked me if I could demonstrate some heart friendly exercises and so all of a sudden my stress level disappeared! I felt so good and at ease doing what makes me feel great...exercising!

Then the next day I was asked to appear on Breakfast Television to share my heart attack story once again as February is Heart month. So I was under the stress of waking up at 4:30am so that I was ready to be on TV at 6:20am when I'm not really an early morning riser at all!

Stress can come in so many different ways. And yes although we view stress in some positive ways like I did with being on TV... it is still "stress"! We all have stress in our lives. The question is how do we deal with stress so that it doesn't lead to a heart attack!

I use exercise to relieve my stress and it helps me feel way better! What are you doing to help you with your stress? Its time to let me help you relieve your stress with some exercise too!

~ Nadia Bender

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348). Visit www.fitnessthatfits.ca for more info

