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Fitness Classes • Personal Training • Fitness Boot Camps

Family advice...

Do you really listen or hear it?



So here I am at my mom's place having a weekly dinner together. This time my mom is telling me how she learned about tightening her lower abdominals. For those of you who don't know my mom, she is 81 years old and is very active and fit. She does her own housecleaning and outdoor yard work including cutting the grass. She goes daily for walks and does exercises at home to keep up her muscle mass. My mom is like a super hero always taking on new challenges and sharing her successes!...she inspires me to do my best and to put in a 100 percent effort no matter what she does from exercise to cooking. She always has a comment on how to make what you do and eat a bit better!

So there she tells me to lay down on the living room floor beside her to demonstrate to me the lower abdominal exercise she watched on a TV show. She layed on her back and lifted single legs one at a time off the floor. Then she told me to make it harder by lifting both legs straight off the floor like this and she did both legs for a number of repetitions. I'm laying on the floor beside her mesmerized by her physical stamina and her determination to show me the proper technique! Then she said that it works to make her stomach stronger and I should try it!...how ironic I thought cause I'm a fitness instructor/personal trainer and I tell her this is what I do and teach on a daily basis with my clients.

It is so surprising that family is usually the last who ever listens to what we say. Why is it that family sometimes never wants to believe or trust what we say is worth listening to or trying ...that being an expert in the family isn't easy?...maybe it's because family continually sees us as the child we were even when we grow up and develop our expertise. Is it just me that feels this way or do we always discount what our family teaches us just cause its our family and we are related to them. We really should know that it's our family that do have our best interests at heart. Our family is there to support us no matter what even when we have a hard time seeing it.

If you are struggling with not wanting to listen anymore to what your family is telling you cause you are tired of hearing it...then please give me a call. Sometimes it just takes a third party to listen and respond in a non judgmental way to help you get on the right path for your health and wellness. So please give me a call.

~ **Nadia Bender,**

Personal Trainer/Fitness Instructor, Owner of Fitness that Fits Studio