

# CONFESSIONS OF A HUMAN FITNESS INSTRUCTOR/PERSONAL TRAINER:

by: Nadia Bender, PTS FIS



I don't expect to be perfect. I accept my "fit" body, even the dough-like tummy that was left from having three kids.

I show off my features. I don't hide behind baggy t-shirts and sweat suits. I suck it in, just like I preach.

I look after my looks. I gain energy from my workouts that carries over to spending time spoiling myself with hair appointments and pedicures.

I give it my all when I teach a class, so I make sure I get my sleep. And I keep refueling my body every two hours with nutritious foods and lots of water.

Even when I'm not feeling 100 percent I push others in my classes and personal training sessions to work harder to make up for my sluggishness.

I put on makeup when I go to the studio and even when I'm sick to make me feel good, even though I may not look any better.

I pay attention to aerobic fashion to feel confident about how I present my image. I get rid of old and worn-looking aerobic clothes; it makes me work harder when I see myself in up-to-date, flattering clothes.

I work hard to see muscle definition and don't mind if I can't always fit into an extra small blazer. I'm proud of the definition in my shoulders.

I don't mind if I can't always fit into skinny leg jeans or do up the zipper in knee-high boots because my thighs and calf muscles are strong and shapely.

I realize that a healthy body is not necessarily the thinnest body. We should not be embarrassed for being curvy if we are fit. How many times have Hollywood actresses been profiled because they show some extra curves?

I confess that my health is a top priority and without health you are lifeless.

I confess it's never too late to start into fitness. I'm 41 years old and have never felt better or more energized.

Mostly, I confess that it truly is hard work to keep on a fitness routine -- even for fitness instructors/personal trainers -- but the rewards outweigh anything else.

*Nadia Bender, Personal Trainer/Fitness Instructor and owner of Fitness that Fits, a newly opened boutique fitness studio located in the Kingsway at 4214 Dundas Street W, Suite104, 416-231-BFIT (2348).*