

IT IS NEVER TOO LATE

by: Nadia Bender, PTS FIS



You have heard many times about the benefits of exercise and know it is good for you but procrastination still stands in your way.

Just remember that it's never too late to...

... change your "attitude" toward exercise - it's not as bad as going to the dentist's office (sorry, Sue).

- ... change your life path so that you can live longer by incorporating fitness into your lifestyle.
- ... build muscle mass to help keep your bones strong and reduce your chances of injury as you age.
- ... take control of your eating habits and add healthy snacks into your day.
- ... exercise while brushing your teeth (try calf raises or squats).
- ... drop a deck of cards on the floor on purpose and do lunges/squats to pick them up for exercise.
- ... improve your immune system by establishing a "regular" exercise routine to reduce your chances of severe illnesses.
- ... improve your posture by looking at yourself in the mirror and standing up tall, shoulders back, sucking it in and breathing.
- ... be a role model for others and show them how important exercise is by scheduling it into your daily agenda.
- ... be motivated by others older than you are who are more fit than you are.
- ... improve your self-esteem by making yourself feel good with exercise endorphins.
- ... get off the couch, out of the rut, and do something active!!!

So, what are you waiting for???

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