

# WHY I LOVE THE OLYMPICS

by: Nadia Bender, PTS FIS



When I watched the Olympics - specifically the swimming - I was not interested in the actual sport; what excited me was how the athletes put their passion into it.

When the camera goes under the water and you see the power in their arms and how they create the waves and see their effort even in their breathing - they give it their all - now that is drive!

## **What makes the athletes work so hard?**

They have a goal! It is very specific and measurable. They can see their goal! They feel themselves reaching their goal! They can't hear people cheering for them but they can hear the little voice in their heads that knows the cheering is going on by the people that love them. All of that gives them the power to push hard, and then even harder!

It is not just a job for them that they put in their time and leave for the day - it is their passion! They never cheat themselves. Instead, they give it all they've got. How can we get this feeling when we are exercising?

I believe that if you think you can do it and believe you can do it, your effort goes up a notch and that will make you see better results!

The source of my passion for a great aerobics class is the participants. I love to see you giving it your all and pushing yourselves! Using your power when doing the moves is much more beneficial for you than just mimicking the moves! Kick it up a notch!

So next time you are in your workout, be motivated by those Olympic athletes - even though you may not be competing in the Olympics don't cheat yourself when you're working out. Find the source for your passion and give it a Gold medal effort!!!

*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 West, Suite 104, 416-231-BFIT(2348).*