

I AM FIT, YET I AM BREAKABLE!

by: Nadia Bender, PTS FIS



I would never wish this upon anyone, even my worst enemy.

I had the excruciating experience of pulling my back out - severe muscle spasms across my entire lower back - which locked me completely into paralysis! I could not stand, sit nor walk! The only posture that was barely tolerable was laying in the fetal position! I lived to tell the story but at the time it happened I did not feel like I was living - certainly not my normal "fit" life!

I had to sit in a wheelchair for 2+ hours while waiting to see a doctor because I could not move. What went through my mind as I waited - which seemed like forever - was "How can someone so 'fit' pull their back out so bad?"

I thought I was strong???

I thought I was unbreakable???

My body (and patience) was put to the ultimate test.

What did I do wrong? Well, the answer is not so complex. I went camping, slept in a tent for 7 days, didn't pay attention to my posture, bending over for prolonged periods of time without using my core strength...enough said!

What bothered me the most with this experience was trying deal with basic life challenges when I couldn't even walk or support my own body. I couldn't even go to the washroom without my husband holding up my body weight, or bend over the toilet to throw up from the full dosage of medication.

Why was this so daunting for me?

Life was so simple before - never really thought about how I used my quads, butt, and lower back for squatting to sit down - not just for exercise, but even for going to the washroom. I never really thought about how I leaned over the sink with ease using my lower back to brush my teeth. I never really thought about how I bent over and used my quads to pick up the soap that dropped in the shower. I never really thought about how to put on a pair of socks without using my glutes.

Well now I do! Don't for a moment forget how breakable you are! Even a fit person is susceptible to injury!

Yes, being fit is important, but the lesson I learned is that when we just live life and not think about how we do simple things - how we use our bodies, our posture - we run the risk of compromising our form, which leads to injury.

Be conscious of your posture at all times and how you use your muscles for daily activity.

After two weeks of recovering I am now back teaching my classes again with even more appreciation for posture and correct form at all times. Don't be caught off guard like I was!

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