

DO YOU SPOIL YOURSELF? WELL, I DO!

by: Nadia Bender



Today is my birthday - I am now 43! What's the first thing I do when I get up? I step on the scale - not to see what the damage is but to remind myself how much work it took all year to maintain a healthy weight. I also think about how much celebrating I will be doing tonight and considered how many calories I will be consuming all day to judge how hard my workout will be this morning. Maybe you think like this too - or not.

When someone asks me how I do it (stay fit and healthy) believe me, there is no magic pill. It is hard work - don't kid yourself! What motivates me is being able to teach others my tips and thoughts that occur as I assess myself during the day. We all have opportunities to choose the healthy way and we all have challenges that confront our choices. I am no angel! I love to spoil myself with food and drinks, too. But I also spoil myself with spa services, clothes, trips, etc.

What I have learned is to balance when I spoil myself and by how much and by what I choose. So if I know tonight's meal will add a few pounds I know that if I want them to get off my body as fast as they can come on then I better "Get Moving and Stay Moving!" So off I go to burn some calories. What are you going to do on your birthday?

Want to learn how to spoil yourself in moderation? Then please give us a call!

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