

HOW SEXY DO YOU FEEL?

by: Nadia Bender



Well, here I am trying on my bikinis for my trip to Cuba, where I will be teaching fitness classes at a resort. The one thing I wonder as I look at myself in the mirror is: Do I deserve to wear this bikini?

Well, I am sure I am not the only one who looks into the mirror and critiques my body parts. Yes, we all do it, thinking we are worse off than we really are. Why do we abuse our thoughts and tie it to “if only I worked a little harder in my workouts” or “if only I didn’t have the extra desserts during the week” or “if only I didn’t skip that workout!” What consumes us is the desire to look better than we are so that we feel better about our bodies.

I work really hard to be fit, but when I look at myself in the mirror what I see doesn’t always resemble the word ‘fit.’ So, what do we do with our mental talk? We knock ourselves around with self-defeating words that drag us down and tamper with our self-esteem.

Why do we do this? I think because it is easier to cut yourself up than to compliment yourself in the mirror with what you see. There are enough people out there who will tell you what is wrong with your body (ads do it all the time in an effort to sell their products). I want you to do the opposite - be a fan of yourself and of your strengths. Everyone has some of the right stuff, some parts that they do like.

So, the next time you look at yourself in the mirror when you are trying on your bathing suit, don’t focus on the negative. Instead, focus on the positive and how you are going to make your strengths even stronger - “what I need to do is take action on working on my eating habits” and “what will push me to work harder in my workouts is to establish a written goal and work toward it” and “what I need to do is make a commitment to one change in my lifestyle next week that I can live with that will help me reach my goal.”

These are the thoughts that can produce noticeable results and lead you to thinking in a more positive light when you assess your body in front of the mirror.

If you have thoughts that are similar to mine we need to have a chat. Finding someone that you can make a commitment to and be accountable to at the end of the week is what we encourage.

So feel free to give us a call and make your healthy lifestyle commitment to us so that the next time you look at your reflection in the mirror the word ‘SEXY’ comes to mind!

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