

IS BEING FIT AND HEALTHY “BORING” FOR YOU?

by: Nadia Bender



I actually get asked this question a lot. It is a valid question. My answer is twofold. To be brutally honest, being fit and healthy definitely has its challenges, as I sit here writing this article while drinking my tea and eating my “unhealthy” biscotti!

So “yes” and “no” are my answers. Yes, there are some “boring” tasks to accomplish to get a fit body, like targeting all muscle groups (even the ones I wish I wouldn’t have to target, like my abs and back!). But there are more rewarding ones, like a sculpted body - especially a killer butt and feeling 100 percent alive and ready to take on the world!

For some the challenging tasks on the road to continuous fitness and healthy living are worth the effort. For others we need to change your perception about when fitness is tied to “boring.” Maybe if you have been doing the same routine for years then you are bored with your fitness routine and need to change it up.

So, what makes a healthy lifestyle and being fit not boring?

Well, I can actually get a full night’s sleep without a bunch of aches and pains waking me up.

I also have energy all day long without having to use caffeine to reboot myself.

I also have a better mood, which empowers me to have a higher level of self-confidence and allows me to take on the big challenges or risks.

I also have a healthy appetite to try different foods that are good for me, especially in restaurants instead of the routine French fries.

I always plan on doing something that is physically active so I feel good as a result of my activity.

I love showing the results of a healthy body and receiving compliments for all my hard work. That in itself makes it so worthwhile!

So, what do you think? Are you tired of being bored? Are you ready to be an inspiration to others, to be happy with yourself and be healthy so you can live each day to the fullest? Need more of a boost? Please give us a call.

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