

# IS IT JUST ME OR DO YOU LOVE A GOOD WORKOUT TOO?

by: Nadia Bender



I can honestly say I have always loved a good sweat of a workout! Did I have some days when I just wanted to get my workout done and off my to do list? Yes, but it has only happened a couple of times in my life.

I enjoy the after pain and look forward to experiencing it because I know that it is a signal of improved muscle strength and conditioning. Often times I look forward to my workout, and the thought "What can I challenge my body with today?" often goes through my mind. What's bad (from a business sense) is that I don't want the workout to end and often I am going longer than the scheduled hour. I will notice the clients checking the clock or telling me that the workout is over because they are exhausted, while I want to fit in just one more exercise or muscle group and won't feel like it is a complete workout if I skip it.

So, am I obsessed with the workouts? Definitely not. I'm just energized by the end of the workout so much so that I don't want that feel-good feeling to disappear.

So how do you rate your workouts?

## **Start of the workout:**

It's time to feel a self-congrats that you made it to begin your workout, not a feeling of "I'm dreading the workout hour."

## **Middle of the workout:**

It's time to feel a great sweat means I am working hard, not just "I need a shower."

## **End of the workout:**

It's time to feel a euphoria - I did it and I am stronger for it, not "thank God it is over!"

What's your view on your workouts? Is it time to change your perspective and see through a different set of eyes so that you can experience a new lease on your workout results?

*Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348).*