

WOULD YOU SAY “YES!” OR “NO THANKS”?

by: Nadia Bender



So here I am, asking people as they walk by my booth at the Taste of the Kingsway, “Would you like a free class pass?” Well, the responses ranged from “Sure!” to “No thanks!”

What I really wanted to know from those that did not want to take a free pass was why. Genuinely I am trying to figure out what makes people’s responses a negative one. Here we were providing a free opportunity to people to better their health and fitness and yet many said, “Not for me.” Does this mean that those who said “No thanks” already have a gym membership they are using? Or are they already doing something fitness related? If so, then I can understand. If something is working for them to maintain a healthy lifestyle, why change it?

But I honestly wanted to know what was standing in their way of trying something that was labelled as “FREE.” Were they scared to try it because it was new? Or was fitness intimidating? Or was it going beyond their fitness comfort zone? Or was it out of their routine? Or were they not ready to make a change in their lifestyle or habits?

Would you take advantage of a freebie for a healthier lifestyle? Or are you more concerned about whether there is a catch? Or are you thinking that you just might like it and then have to pay for it?

Whatever your reason, I really would appreciate knowing why some people take advantage of life’s offerings while others literally just walk by.

Are you ready to stop and take a fitness challenge to improve your health? Or would you rather let it pass you by?

Come visit Fitness that Fits for your opportunity to try something new - you might just genuinely like it!

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