

THE TRUE GIFT OF LIFE

by: Nadia Bender



Unfortunately, the other day I was at my friend's father's funeral. My heart feels extreme empathy for my friend as I remember the pain and suffering I went through when my dad passed away - now 22 years ago. All the memories came back as I was sitting in the church and listening to the sermon. I was living in the present yet my past was flashing before my eyes.

I was noticing and feeling all the expressions of support and love by both family and friends. I was moved by the kind words and deeds by all who were present. It truly felt like we all have so much to give being alive, especially when you are also healthy. Seeing others who you haven't seen in a long time and looking at them and wondering how life has been treating them. You can truly see those that have been blessed with being able to keep their health and how much work it is to not have your health.

What I understand is that it takes time and your commitment to be healthy. What I realize is that some people don't get a choice on being healthy. We are given a particular "card" on our health and it is up to us to live it the best we can.

So how much time do we really have? I am questioning my own life and how much time I have left to do all the things I want to do. I am thankful that I have my health and know that is one huge step on the path to a longer life. I attribute that health to my love of fitness and leading a healthy lifestyle.

Which path are you on? Life truly is short - so don't be caught off guard. Take a hold of the time you have now to make a difference in your life. Look to make it a long and fulfilling life and one that you can enjoy every aspect of and not one that you would look at and say: "I wish I would have..."

Pick your healthy lifestyle path and support others to get on the same road so that you can be there for each other, especially in the times that matter the most - when you are alive!

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).