

# ARE YOU UP FOR THE CHALLENGE OF ORGANIZING YOUR LIFE?

by: Nadia Bender



So here I am in my son's room and it looks like a bomb hit! I'm feeling just a little – or maybe a lot – overwhelmed about where to start to help him find his desk in the mess. The task is staring us in the face – where do we begin? Well we could take the easy route and find an empty Tupperware bin and dump it all in and close the lid for another time. Or we could take the more difficult

route and actually do what we really wanted to do and organize the space so that he will have room on his desk for his homework this school year.

It really takes so much time to dump all the stuff off his desk, out of the drawers, out of the bins, then sort to either trash it or keep it. Then an even bigger challenge is to help teach him how to organize his space so that each gadget or Lego piece or charger can be found easily or in a hurry.

We all need help at that point in our lives where we're at the fork in the road and unsure whether to take the easy route and buy bigger clothes or take the more difficult route and set up a healthy lifestyle routine. It really is a daunting task to eliminate the unhealthy routines in our lives.

Are you at that point in your life where you are willing to admit to yourself that you could use some help sorting through your routines so that the focus stays on a healthy one?

Please call us for your free exclusive consultation with Fitness that Fits.



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