

It's "ME" Time!

So here I am with the holiday season soon approaching and my life is just as hectic as ever. I'm turning 45 years old this December and I'm re-evaluating my priorities. It's now back to "me" time. What I hear so often from my clients is that they don't have time for themselves. The kids, the husband, the extended family, the work, the housework, the scheduled activities all take priority over their health and well-being.

What I have discovered is that as I age my priorities shift and new light is shed on myself and where I want to be when I "grow up." So no matter what I decide to do for the rest of my life it will always include some form of activity.



I caught myself telling my kids that when you stop moving, you stop living – so get off the couch and do something!

Well I would like to give the same advice to people who are debating whether to find the time to add fitness into their lifestyle.

No matter what age you are there is always a starting point. It is always hard to get it going but reaping the benefits of feeling amazing after you workout is well worth the hassle of rearranging your life to accommodate it!

Even during the busy holiday season if you organize your priorities to add fitness into your schedule it won't be such a struggle to fit it in.

It just takes some self-reflection time and shifting priorities to make your health a number one!

Come join me in feeling on top of the world during this holiday season – the feeling is truly contagious and I would love to share it with you!

Don't hesitate to give me a call!

Submitted by Nadia Bender

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).

