

Are You Willing to Fight for Your “Normal”?

So here I am, personal training with a client, and as we catch up during the warm-up about what's been happening over the weekend and how the client has been feeling, she says she just wants to feel “normal” again. This client has been undergoing radiation and chemotherapy over the last few weeks for breast cancer. She shares with me the recent experiences with her mood swings, her hair loss, and her exhaustion from the radiation treatments. Yet she completely amazes me with how she wants to push hard in her personal training sessions. What an inspiration to us all, especially when we are feeling under the weather and don't have the desire to push ourselves to work out. She comes to our personal training sessions with so much desire to feel good and strong again!

In the training sessions she is not afraid to get her heart rate pumping and often times pushes her limit to above 160 beats per minute before she experiences pain in her chest. Now I'm the trainer that is actually wanting to slow her down because I don't want to push her heart to the limit so that it causes any further damage or complications. How ironic this is that a client that has a lot of stress and struggles with medication and treatment wants to push hard to get back to how she used to be, how “normal” she used to feel. She wants to desperately get back to her “normal” feeling of being strong and fit. And that's when I asked her what “normal” really means to her now.

Each of us experiences what we consider to be normal and when we have sickness attacking us we experience a new sensation of what normal really is. Our desire to feel “normal” is all relative to the health we have at a given time. So what is your definition of “normal”? Are you willing to fight for it like she is?

If you need help to define what feels “normal” for you or if you want to create a “new normal” in your life, please don't hesitate to give me a call for your free consultation.

Submitted by Nadia Bender

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