

I Used To...

Can YOU relate to this statement? So here I am at the Canadian Fitness Professionals conference participating in one of the three days of workshops. Well “I used to” do three days until I had the heart attack nine weeks ago. This year I did six hours of exercise in that one day... “I used to” do 18 hours of workouts over the course of the conference.

I just realized how often clients come into Fitness that Fits studio for an initial consultation and always start with the famous words “I used to...”

Often I hear “I used to run marathons”, “I used to walk daily”, “I used to play sports”, “I used to have more defined muscle”, “I used to drink less alcohol”, “I used to have time for myself.”

Think about it – there are many more ways to finish this statement then you care to look back on!

I used to be able to lift heavy weights while teaching my classes before I had my heart attack. Now I’m lifting light weights. The point is not to dwell on what used to be. The past is over and you must move on to improve your fitness and your health. So now I look at the statement as a lesson learned.

Yes my health is still and will always be a priority. I’m not as young as “I used to” be, but I will never stop living and fighting for my strength, my mobility and my desire to help others improve their fitness levels and live a healthy lifestyle!

Are you going to focus on what you used to do and how you used to feel or are you ready to change that statement with a new ending?

Submitted by Nadia Bender

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