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Fitness
Lady



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Get Fit—Stay Fit

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"Enjoy Having Extraordinary Health!"

This month is all about our ladies who are enjoying being **extraordinary**. What does that mean? Webster defines it as; "*Beyond what is ordinary or usual*" 2. "*Highly exceptional*" "*Remarkable*". *An extraordinary achievement.*

All of us have experienced "extraordinary achievements" in some areas of our life, but this month we will focus on extraordinary achievements in your health and how to get there.

Set little goals and when you complete little goals, you're actually on the road to completing a big one without even realizing it. For example, if you wanted to lose 30 or 70 pounds, you don't just lose it in one day. That's just not how it works. Things like that take time. The way to do it is to complete little goals such as start a weight training program, finishing a mile for the first time or being able to walk or run 2 miles then 3 miles then 4 and once you know it, you lost all the weight and all those little goals that you completed lead you to completing this BIG goal. So basically a big goal is a bunch of little goals completed. That's how it will work for all of us. You set little goals for yourself and before you know it, you have completed your life long goal of losing weight, completing a 5K,

being strong enough to have the stamina and endurance needed to keep up with fun activities and grandchildren. If you believe it is possible that becomes the open door and that is the time to start setting those little goals. Completing small goals leaves you with feelings of accomplishment. Feelings of accomplishment can go a long way. It will certainly keep you motivated to keep setting more goals because now you are **CONFIDENT** that you'll complete the goals that you set. You know you can do it because you have done it already and that will keep you going. You know that you are able to complete any goals that you set, as long as you put your mind to it. If you could complete a little goal, you can certainly complete a big one! It is very important to keep yourself motivated. Motivation is necessary to accomplish anything extraordinary and will make your workouts fun. If you're not motivated, then your workouts will seem dreadful and very draining. It will be very hard to get yourself to go on that walk/run or go to the gym if you have no motivation. So, how do you get motivated? There are many different ways to do this. Buying new workout clothes is a good motivator. Another motivator is music. Music is an amazing motivator. Once you hear a good

song, a boring walk on the treadmill or run will change. They make workouts fun and you actually are energized by the music. Great music that motivates you will definitely push you to the next level. I hope I have set for you a new mind set for this month. We can enjoy extraordinary health just by taking the first step. As Autumn arrives, and the season changes, set up a new season goal for yourself also. For some inspiration, go to our website and see the update on Danita. She continues to enjoy success even though she also struggles with her new way of thinking.

Also enjoy reading about one of your favorite staff, Brianna and her wonderful adventure that we will share on the 15th of October. Wish them both well, encourage them and be inspired by their "**Extraordinary Health**".

Kedgy Larson

Owner/Director

ACSM/HFS, CIAR/PFS



The Trainer's Corner: Brianna Larson, B.S., ACSM/CHFS— Health/Fitness Specialist

Brianna is a Certified Exercise Specialist, fitness blogger, competitive athlete, and holds a degree in Health and Exercise Science. During the past 6 years, she has helped hundreds of women transform their bodies and reclaim their health and total well-being. Since 2009, Brianna has expanded her impact by bringing her real-world experience, enthusiasm and passion online. www.flexiblebilliegoat.com

What is your Passion? What is the burning desire that you have that sets your entire being on fire? The one thing that you are willing to strive for, fight for, study for and nearly work yourself into the ground for? It has been stated by great philosophers that "Passion makes all thing alive and significant." Passion can be directed toward several things and can be ever-changing throughout your lifetime, but one thing remains the same, it breathes life into the goal you are working towards. It gets your out of bed, regardless of being tired, and all the work you put towards this goal is significant.

On October 15th, 2011 I will be competing in the Men's Health Urbanathlon, a grueling 10 mile, 6 obstacle event in Chicago. Now, despite

having a solid physical base of ability I was intimidated, because the farthest distance I have ever run is 5 miles. Also, on a personal note, I was going through some health issues that transformed my body, health and mental outlook. The reason I wanted to do the Urbanathlon was to get my passion back! The desire to work hard towards a goal and not accept the "bad news" of the health status change.

I desired to work towards a goal that was significant and worthy; gather all the resources, put in all the time, and training that I needed to succeed. Was it challenging? **YES!** Were there days when my body hurt and I didn't feel like waking up and training? **YES!** But I did it. Why? Because I had passion and I made a commitment that this race was significant and im-

portant. Each day that passed as my training progressed, I felt better, stronger, I began to put on muscle again, and I got faster. I felt confident and my passion grew.

The proceeds from the entry fees for the Urbanathlon will go to the Challenged Athletes Foundation. I too, felt that I had obstacles to overcome while training for this race even as these athletes have.

I am very blessed to have this opportunity. The pivotal point where I felt weak, sickly, and unworthy is where I found my passion and a significant goal to work towards. I thank all the wonderful people that helped to encourage and coach me and breathe life back into my passion after I lost it. Your support is invaluable!