

Happy July,

Summer can be a pretty full time of year. If it is for you, I hope you are making time also for yourself. Some special time just for you, be it time for resistance training, or a cardio workout, to read something you have been putting off for a long time, walking to the grocery store instead of rushing there in the car or taking a day off to go play at the lake. Remember to make time for you because you are a special person who deserves time also.

So many women are really good at giving and giving to other people, organizations, etc. I encourage you to now give to yourself. You are also very important and if you don't take care of your self, how can you take care of others?

I purchased a new yoga book and would like to share a quote from it. The quote uses the word 'pose'; please remember that this word can be replaced with cardio workout, resistance training or any other form of fitness as well as the trainer.

“Paying Attention to the Body

Do not fight the body... do not kill the instinct of the body for the glory of the pose. Do not look at your body like a stranger, but adopt a friendly approach towards it. Watch it, listen to it, observe its needs, its requests and even have fun. Play with it as children do, sometimes it becomes very alert and swift.

To be sensitive is to be alive.”

By Vanda Scaravelli, Awakening the Spine

I would like to thank several of you for sharing the Medford Tribune Newspaper article about me. I also appreciate your giving me copies of the article. Summer is a slow time with clients so thanks for all that you do.

For those of you who didn't see the article, I will have it posted on the board in the Fitness area at the Y in Ashland next Monday, July 7th. In case you haven't seen the 'board', it has a lot of quotes from you and is located near the back behind the stationary bicycles. Feel free to go check it out. The article is pretty good, your quotes are great and the pictures are fun too.

You know, I used to be embarrassed to tell people I competed successfully in the Tour de France de Feminine. I was embarrassed because I was afraid it would intimidate people and it would be looked at like bragging. I am grateful to say that I have come a long way! I know I am better than no one, I am just me and this is what I have done. We all have done many really special things to make us this special person we are.

I am noticing a lot of goals being accomplished. You are doing an excellent job at physically making your body be the body you want it to be. Keep up the good work and

love yourself right where you are right now, not later after accomplishing another goal.
You are outstanding right now!!!!

Have a great 4th of July weekend!

Carol Lee Rogers