

Hello Fitness Folks,

Here is the second newsletter for September. I would like to give you an update on Wil and will then share information I have received from Nisha Jackson's Southern Oregon Wellness Program in Medford.

Wil is doing really well from my eyes. He has more complaints than I do, but he is the one living in the body that has just had a by-pass. I am just watching from the outside. I see that he is healing very very quickly. He doesn't have the energy or stamina he used to have and that is hard for him. Because Wil feels overall pretty good, it is extremely hard for him to not use his arms. If he lifted more than 5 lbs he would be putting too much strain on the chest that was literally cut open almost 3 weeks ago. Watch yourself for one day and see how often you use your arms. When do you not use your arms? And how much force do you need from your arms when doing the different things you do? How much driving do you do? Wil is not allowed to drive for at least a month after surgery. Watch yourself for a day and then ask yourself if you could go for 8 weeks, 2 months, without doing that? It isn't easy! There are lots of lessons here. I hope you never have to experience this!

I don't know if you know of Nisha Jackson but within her Health and Wellness Program she has a Body Analysis Program (diet program) run by Heather. I have been speaking with Nisha and Heather about bringing my fitness program into their diet program and this is looking good. When I was last there, I picked up several fliers Heather had in her office and I will be sharing these with you down the road. The first one I want to share has to do with the shape women are in.

“Did you know....

If shop mannequins were real women, **THEY WOULD BE TOO THIN TO MENSTRATE.**

There are 3 billion women who don't look like supermodels and **ONLY 8 WHO DO.**

Marilyn Monroe wore a **SIZE 12.**

If Barbie were a real woman, she'd have to walk on all fours due to her proportions.

The average American woman weighs 144 lbs, and wears between a size 12 and 14.

One out of 4 college aged women has an eating disorder.

The models in the magazine are airbrushed – **THEY'RE NOT PERFECT!**

A psychological study in 1995 found that 3 minutes spent looking at models in a fashion magazine caused 70% of women to feel depressed, guilty and shameful.

Models who twenty years ago weighed 8% less than the average woman, today weigh 23% less.”

Realize that you are great the way you are right now. It is totally ok and at times very important to improve portions of us, and become a healthier person, but we are still great the way we are right now. We don't need to look like the model on TV or in the magazine or our neighbor down the street.... Keep loving yourself right now and continue to gently improve the health and strength of your physical body.

Till October or our next visit. ✍

Carol Lee