

# *You Can Do It! LLC*

---

## Welcome to August!

This newsletter announces the “birth” of my new Website. Check it out and use it! If what I do helps you, spread the word; let the world know this site exists. I’ve received tremendous help from so many wonderful people in putting this site together – I couldn’t have done it without everyone’s help. Thanks for helping!

This newsletter also has our monthly updates and a great article on “Body Sensations” ... do you have them, or don’t you?

Enjoy!

### Website Delivery

---

Well, we did it. My team and I just delivered a bouncing, 11-page baby Website for your education and enjoyment!

We hope you’ll find it attractive, easy-to-use, and informative. Each month you can look forward to a new class schedule and newsletter ... just a click away on the Website: [www.youcandoitnow.net](http://www.youcandoitnow.net)

Over the next months, we hope you’ll visit the site and use it. And feel free to give us any feedback regarding what you encounter on the Website ... we’ll be holding quarterly reviews to make sure the site continues to meet the needs of its audience – you! Let me know what you think.

### Updates and Happenings

---

#### August

---

1. The next Nordic Walking class begins August 6 on the Plaza in Ashland. This class consists of four sessions – Monday mornings from 8 – 9 AM. I have plenty of demo poles so if you want to check out the class and need a pair, call or email me.
2. On Wednesday, August 29, I give a Nordic Walk talk at Providence Hospital. Read the PDF attachment for more information. **NOTE:** A Medford Nordic Walking class takes place a couple of weeks after the talk. See below, under “September.”

#### September

---

1. The Ashland YMCA holds its triathlon on Sunday, September 16, 2007. Registration must be completed by September 10. This year they will have a triathlon AND a duathlon. These fun events test your fitness with no worries about winning. If you want a team of people to accompany you, let me know.

You Can Do It! has had a team for the last three years and each year the members of the team have grown in experience and confidence. I encourage you

to try out the triathlon! For more information call the Y or pick up an application at the Y.

2. A Medford Nordic Walking class takes place on Wednesday, September 12 at 4:00. Let your friends in Medford know if they are at all curious. If you want me to call a friend, I would happily do that. For more information, please read the flyer on my Website:
  - Go to: [http://www.youcandoitnow.net/class\\_schedule.shtml](http://www.youcandoitnow.net/class_schedule.shtml)
  - Scroll to the August calendar and click the link called, "*Nordic Walking talk*"
  - A PDF file will appear for you to read.

## Body Sensations and Body Consciousness

I recently discovered that not everyone has the same body sensations I do. I've been a physically active person for most of my life, using my body to play tennis, swim, ride a bicycle, hike, ski, and exercise. In doing these activities, I've learned to really feel my muscles and tendons, and sense the blood flowing. This has helped me understand my limitations and avoid injury.

However, a client of several years confided that she'd had no awareness of any body sensations (other than pain or tightness) when we first began working together. She acknowledged that during workouts, when I asked her, "What are you feeling?" she honestly didn't know. The fact that she couldn't answer both annoyed and intrigued her. She wanted an answer, so she kept probing herself. And then, one day ... she actually felt her thigh muscles and then the back of her arms when she was at home doing some house work. It was quite a unique experience for her!

Her story got me thinking. How aware are most people of their bodies? It seems to me that many of us are accomplished escape artists—we know how to escape our body and deny its feelings. This may be due to past hurts (physical or mental) or to chronic pain in our life. Being UNconscious of the body is definitely a way to escape something that is uncomfortable – something we don't want in our life. However, I believe that physical, mental, or emotional discomfort does NOT have to be part of your life forever. Becoming conscious of your body will help you become aware of any discomfort and then take care of it so it doesn't irritate you all the time. Being conscious brings you freedom, strength, control, and independence.

Let's try a short exercise to help you become more conscious. As you read this newsletter, check your awareness of any of the following parts of your body:

- Your feet on the floor or in your shoes – are they hot? comfortable?
- The chair you are sitting on – is it soft? hard? comfortable?
- Your hands on your lap or desk or the key pad – are your fingers moving? are they tense or relaxed?
- Your shoulders – are they tense? relaxed? is there pain in your shoulders?
- Your neck – do you have any pain there? are you reaching from the chin to get closer to the screen?
- How about your mouth – is the jaw tense?
- What is the tongue doing – is it relaxed or pushing against your teeth?
- How about the eyes – are you aware of them as they move from left to right as you read this? are you wearing glasses? Do the eyes burn?
- And what about your breathing – are breathing deep into the abdominals or short in the chest?

There are no right or wrong answers to this short exercise. We are all different and each of us responds differently to the questions; some will be aware of various parts of their bodies and others won't. Take this time to discover what your body feels!

Another client told me that she became conscious of her body five years ago when she was taking yoga classes. During yoga classes I frequently ask, "What do you feel?" The intent of my constant questioning is to bring people back to their bodies and the feelings within. The more aware you are of what your body's feeling, the better you can assist it in your quest for fitness. With increased body awareness comes an improved ability to lose weight, gain strength, and improve flexibility. Your body responds to your increased awareness and respect for it!

If you're already aware of your body sensations, are you aware of what's going on in your mind? Are you conscious of the thousands of thoughts and stories that pass through your mind each day? What about your hearing? Stop right now and listen – how many sounds can you hear? How about your vision and the things you see? And then there's your breath. All of these are aspects of your physical being. Being aware of these aspects is beneficial to your health and wellbeing. I've been working on my awareness of them for the last 17 years and will continue to do so for the rest of my life.

When it comes to fitness, all these sensations are vital. Becoming more conscious of you body and mind helps you better achieve your fitness goals. With consciousness comes the ability to sense obstacles and go around them, to grasp your limitations and work with them, not against them, and to become more confident of your abilities. Increasing your awareness helps you move one step closer to where you're going. And it's OK if you don't know where you're going ... just keep stepping.

I'd like to leave you with one final question about body and mind awareness. Think about my business statement: "Now is the time to take care of your body! You will love what you feel, see and hear." What does this statement mean to you? Which part stands out for you?

By the way, if you're interested in increasing your awareness, let me know. I'm curious to know if there is enough interest to warrant periodic newsletter articles on the topic. Let me know what you think.

See you next month!

Carol Lee