

# You Can Do It! LLC

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## Welcome to Summer!

May your summer be filled with excitement, rest, joy, and beauty. This email is about maintaining an active lifestyle.

First, I've listed updates about summer fitness events. Second, I recently read the book, *Real Fitness for Real Women* by Rochelle Rice and decided to share short excerpts from her very powerful Chapter 8. Third, I have a few parting comments for you.

Have a great summer. I'll see you in July.

## Summer Updates

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### June/July

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1. I will be out of town from June 12 – July 2.
2. Ongoing **Nordic Walks**, open to all, will be each **Monday, July 2 – 30** from **8 – 9 AM**. I have demo poles if you are curious and want to try this out. Make sure you call me before coming so I can bring demo poles with me. We will meet on the **plaza in Ashland** and will walk either through Lithia Park, down town, or through neighborhoods. We'll decide our destination on the morning of the walk. The cost is **\$5 each Monday**.
3. Starting July 3, the new times and days for **Yoga classes at Baxter Fitness Solutions** are **Tuesday's 8:30-9:30 AM** and **Thursday 12:30-1:30**. In July the payment will become a monthly fee of \$65 for unlimited monthly classes, \$35 for one class/week/month, or \$10 drop in.
4. **Tuesday yoga** at the Y continues while I am away with Patti substituting. I will teach again starting July 3.

### August/September

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1. The next **Nordic Walking class** will be on **Mondays, August 6 – 27** (four, one hour classes). Times will be **8 – 9 AM**. The price for this series is \$40.
2. **Providence Hospital** has their summer classes lined up and I will give a **Nordic Walking talk and demonstration ("test the poles")** on **Wednesday, August 29** from **12 – 1:30** at the PMMC, Mary Norbert Hall in Medford. It's free! (Space limited to 25 participants). Call **732-6237** to reserve your place.
3. The YMCA will once again have a **triathlon** this year in September or October. We had teams for the last three years and it would be fabulous to have a team again this year. If you are interested let me know. The focus we have each year is to work toward a personal best. We are not there to compete with anyone except ourselves and do our personal best. A personal best can simply be getting out and being on a team. If you ever wondered about triathlons and were afraid to try one on your own, come and join in on a "You Can Do It!" team. Now is the time to start to thinking about which event you want to do. The

events are: swim, bicycle, and a run/walk (any Nordic Walkers interested in this?).

4. The **Building Bones class** will resume again in September. Let me know if you want information on this.

## Maintaining an Active Lifestyle

Here I share some tidbits from Chapter 8 of *Real Fitness for Real Women*, by Rochelle Rice (*my comments are italicized*)

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Aristotle said "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

"It's a guarantee – movement will make you feel better. The moment you set your body in motion your blood starts flowing, your oxygen intake increases, your muscles start pumping – and your mood is lifted, your health improved, your energy fortified. Changing your physiology by moving provides that "quick fix" we are all looking for; a source of immediate gratification. However, even though movement feels so terrific, sometimes it's difficult to work fitness into our lives. A myriad of demands on our time seem to get in the way. Instead of judging yourself harshly, keep these points in mind:

1. Fitness is not an all-or-nothing proposition. You don't have to adhere to a fitness routine worthy of an Army Basic Training recruit to be fit. Any amount of movement that you can incorporate into your lifestyle beats a standing date with the TV.
2. Focus on increasing your activities of daily living, such as picking up your children, *walking your children to school*, carrying groceries, even climbing stairs instead of taking the elevator *and parking far away from where you are going*.. These, rather than numbers on a scale, are the measurements of your success.
3. Remember that fitness creates a ripple effect on other women around you: daughters, mothers, sisters, mentors, colleagues and friends. Through your example, you empower others to move. I truly believe that the actions of an individual affect the collective consciousness of all people. Therefore, your commitment to movement contributes to a shift in the consciousness of those around you.

In this journey, there will be setbacks along the way. I would be lying if I said otherwise. Many women feel "life" gets in the way of prioritizing their health. Factors include:

- Career promotion
- Death of a loved one
- Divorce
- Family stress
- Illness
- Injury
- Job stress
- Marriage
- New baby
- Relationship troubles
- Weather

Yes, even good things can get in the way. Some of us make improvements in our lives, then begin to feel we are not worthy of those improvements. So we self-sabotage; for every step forward, we seem determined to take two steps back. Sometimes even feeling good can kick up fears: fear of the unknown, fear of change, fear of success. It may seem easier to go back to what is familiar rather than blaze new trails. You may get overwhelmed and discouraged, spinning you back into the vicious cycle of hopelessness and inactivity.

When a setback occurs, keep these points in mind:

1. Think of exercise as akin to learning how to ride a bicycle. If you've fallen, dust yourself off and try again! Similarly, if you've gotten out of the habit of moving, don't beat yourself up. *Acknowledge that it is time to start again and do just that. It is ok to be a beginner again.*
2. Don't judge yourself. If you feel as though you have failed, ask yourself this: By whose standard am I failing? The very question motivates one to re-examine old internal rules and judgments.
3. You are not alone. Many women have felt the same way you do right now. If you're having trouble motivating yourself on your own behalf, imagine that you're doing it so that other women can draw from your strength.
4. Successful people usually "fail" many times before they succeed. Babe Ruth struck out numerous times before he hit his first home run. Albert Einstein was a miserable student. Critics denounced Van Gogh's works. The key to success is the ability to hold on to your goals and persevere through the ups and downs.
5. You are worthy. Remember that fitness makes room in your soul for feelings of self-worth, as you begin to see yourself as capable and powerful.

The only thing certain about life is change. Therefore it is important to maintain a balance with all your various activities: work-related, familial, social, personal and fitness-related. However, fitness should not be relegated to last on the list. It provides a base for all the other activities and a place for you to reconnect with yourself when life starts to become too hectic. **Fitness is where you regain balance."**

## Parting Comments

I ask that you go for it – have a great summer with movement that keeps your spark lit. Looking back at my life and the accident in 1976, it was movement that saved me. Back in the 70s I was running so I wouldn't gain weight and after the accident, I ran some more. It was those runs that helped put me back together mentally. Another dear friend of mine was in a horrendous bicycle accident two years ago. She too was in a coma, etc and it is movement that she is currently doing that is helping her to re-align her neurons.

You don't have to be in an accident to gain from movement. Without the movement I do, it would be impossible for me to run my business. Movement lights my fire and keeps me going so I never give up. What does movement do for you?

***Go for it! I know You Can Do It!***

Carol Lee