

Be Well For It All Newsletter



You Decide!

By: Daniel T. Silveira. Life Coach

In everything that's happened to you, you can either take the experience and feel sorry for yourself, or you can treat what has happened as a blessing and gift. Everything is either an opportunity to grow or a roadblock to keep you from growing.

YOU GET TO CHOOSE!

Live For It All... Mind, Body, & Spirit

Get Outside to Get Fit!

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal Trainer

With spring here, the weather warming up, and summer just around the corner, now is the perfect time to take your exercise outdoors. Not only can you get a great workout, but you'll also enjoy the benefits of nature. Nothing beats the warmth of the sunshine, the cool breeze of the wind, and sometimes even raindrops will bring you closer to nature. Being outdoors actually improves your mental well-being by allowing you to feel more "grounded." The fresh air, sunlight, and being in contact with the outdoors are all benefits that you cannot acquire within the walls of a gym. Even when the

weather isn't so great, taking a walk or jog in the rain can bring an entire new element to the activity. It adds variety to the normal walk, and an unconventional excitement, keeping your walks or jogs always fresh and different. You will never have exactly the same environment twice when you are exercising outdoors. Some days will have more clouds, some more wind, and some will feel just perfect. So, if you're looking to change up your regular indoor fitness routine, then take it outside, and soak in some nature. It for sure will be good for your soul.



There are so many options for taking your exercise outside from something as simple as a walk or jog, to a group fitness class, a personal training session, or a bootcamp class.

Find out what you can do to get more active outdoors at www.liveforitall.com.

LIVE FOR IT ALL'S FEATURED UPCOMING PROGRAMS:

5 Weeks to 5k:

This is the perfect program for the beginning runner or anyone interested in learning skills and technique to make you a better, faster, more efficient runner. In about 5 weeks time, you will be guided to building your running endurance safely. Enjoy running again.

Beginner Marathon Training Program:

Beginning in July, join Abby and a group of 1st time and intermediate marathoners for a fun, educational marathon training program to prepare you for the California International Marathon this December.

Life Coaching and Counseling:

Join life coach Daniel T. Silveira for a free consultation to guide you toward your vocational, mental, emotional, and spiritual goals. Email him directly at DanTSilveira@gmail.com. Life is a series of opportunities, and Daniel can help you focus on what it is that you want!

For more information on Live For It All programs, please visit www.liveforitall.com or email Liveforitallfitness@gmail.com

WWW.LIVEFORITALL.COM

