

Be Well For It All Newsletter



“You must love yourself before you love another. By accepting yourself and fully being what you are, your simple presence can make others happy”

-Unknown

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

February is the Month of Love... Love Yourself

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

To be honest, we live in a cruel world. We live in a society that tells us we're never good enough, smart enough, healthy enough, tough enough, the list goes on and on. We're a world of "not enoughs." If we continue to listen to the world telling us we're not enough, then we'll never be enough... not to others, not to ourselves.

When the world is tearing your spirits down, it not only affects your perception of life, it also affects your body's biochemistry. Negative thoughts and feelings produce unwanted stress hormones and increased sym-

thetic nervous system function.

By sending your body healing thoughts and loving energy, you can actually, physiologically, change your body's biochemistry. Yes, thinking a positive, loving thought, can actually improve your body's healthy functioning!

Don't believe me? Try this simple experiment. Sit quietly for 2 minutes and think of all the great things you have accomplished this year so far. Think of fun times you've had, or any other positive thoughts that come about.



Notice how your body feels when you do this. Then, spend a few minutes thinking of all the horrible things about yourself and your life. Notice how you feel.

You can choose how you want your body to feel by the thoughts you think. As much as possible, send your body the healing feelings it needs, and love yourself. It actually will improve your health!

LIVE FOR IT ALL'S FEATURED EVENTS:

TURBOKICK & KICKBOXING

Be on the lookout for fun, high intensity, fat burning kickboxing classes Abby will instruct from May-August via Sacramento Parks and Rec. Dept.

P E R S O N A L TRAINING

Want Abby to come to your home for a 1 hour individualized training session? Or have a group of friends who want to train at your home? Email Abby for specials!

READ MY BLOG!

Read Abby's Live For It All daily fit tip blog! I'll update daily (or mostly daily) with tips dealing with exercise, nutrition, wellness, and motivation. Get a little bit of wellness every day of the year. <http://liveforitall.blogspot.com> or link to it from www.liveforitall.com.

5 WEEKS TO 5K
Begins February 28th, Sundays at 2:15pm at East Portal Park. Learn to run and ENJOY it!

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