



Be Well For It All Newsletter

“My great concern is not whether you have failed, but whether you are content with your failure.”

-Abraham Lincoln

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

Did You Give Up 1 Try Too Soon?

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Here's the scoop. Most people don't follow through on commitments. I see it all the time in my work. When the going gets tough, it's easier to give up than keep going.

Fifteen years ago, I had my first experience attempting to wakeboard. Those who know me, know that I won't give up easily. Some call it persistence, some call it "stick-to-it-iveness," but try after try, failure after failure, you can imagine how frustrated I became, never actually standing up on the board. Over the years that gosh darn wakeboard was seeming more and more like an unattainable goal after each failed attempt!

Out of sheer frustration, I was willing to give myself 1 more try. Just the other day, I got back in the water, for my, what seemed like five hundredth attempt at standing up on a wakeboard. Three failed attempts down, and I thought, "this just isn't the sport for me and I should finally tell my ego to let it rest." But before I could officially quit, I gave it 1 more shot. That 1 more shot was all it took! I stood up on the wakeboard (for at least 10 seconds)! Moral of the story: each failure just leaves you one step closer to success. When it comes to your life, be persistent, even when others give up on you or tell you to give up. Success doesn't happen overnight, and how awful would it be to give up 1 try, day, workout, etc. too soon?

LIVE FOR IT ALL'S FEATURED EVENTS:

Summer Fitness Series part 2!

July/August sessions begin THIS WEEK! Sign up for Tuesday night 6pm bootcamp classes, or Thursday night 6:30pm Turbokick class! Keep persisting and keep reaching your goals!



5 Weeks to 5k

The final session will be held beginning July 6 at 7pm. This will be the last session until October, so sign up to safely, and efficiently, get back into running and ENJOY it!

Marathon Training

Is this your year to achieve your dream of running a marathon?! Join this beginner marathon training group to have fun, and achieve that dream! Training for the 1/2 and full marathon begins July 24! **ONLY 8 SPACES LEFT!**

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