

Be Well For It All Newsletter

Mind

Body

Spirit

Flow with Life

By: Daniel T. Silveira. Life Coach

As you begin to fully understand yourself as a human being, you come to the realization that you can either flow with the process of life or fight it. And everytime you fight something, you get weaker.

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

Achieve a Dream...Don't Just Watch Others Run By

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

Have you ever accomplished a goal or dream that you never thought you would? How did you feel when you did? I bet it felt pretty amazing. On the other hand, did you ever strive so hard to accomplish a dream, put every ounce of effort into it, and then not succeed? How did that feel? Probably just a bit different. We've all experienced successes and failures in our lives, and sometimes, if we're not conscious enough, we let the failures prevent us from trying again. For example, many people have a dream of running again. Maybe

they used to enjoy running, but now feel like they can't, because of some failure, or set-back. Or maybe they've always wanted to run a marathon, but found it so far out of reach that they just agreed to let it slide by. We must always overcome barriers on our way to our dreams, so the first thing to do, is prepare, and set yourself up with the best skills and support needed. Running a marathon is a challenge that only .1% of Americans actually get to experience, while most just dream about it. No matter what your dream, now is the



time to put it into action. Surround yourself with support. Educate yourself, and work hard to make your dreams come true. Whether it's running a marathon, or writing your first novel, you CAN do it. You just have to believe that your dreams can come true, and start FEELING those feelings of success! (read below for information on Abby's 2009 Marathon Training Program)

LIVE FOR IT ALL'S FEATURED PROGRAM: MARATHON TRAINING:

Marathon Training Program

Experience your first marathon or 1/2 marathon with the guidance, education, and support necessary to achieve your dream. Surround yourself with positive energy as you set out to accomplish a goal with peers who have the same goal. Training begins in July, so sign up today!

Marathon Education:

Prior to each weekly group long run, we'll have a short seminar on a running topic that will educate you on the ins and outs of running and training for long distances. Seminars will include nutrition, footwear, injury prevention, stretching, and race tips.

Mind, Body, and Spirit:

Marathon Training is not only physical work. It's mental work too. Some may say that it's about 50% physical and 50% mental. It takes strength and will to make it through 5 great months of training. We're here to help you succeed, even when the mind tries to make you believe that you cannot.

Life Coach Daniel T. Silveira:

Throughout this program, you'll be able to consult with Life Coach Daniel T. Silveira, to help you overcome any mental and emotional obstacles along the way to running your marathon. This is an invaluable tool to take advantage of. For your free consultation, email DanTSilveira@gmail.com

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