

Be Well For It All Newsletter



“One of the symptoms of an approaching nervous breakdown is a belief that one’s work is terribly important...”

-Bertrand Russell

“Contemplation is the highest form of activity.”

-Aristotle

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

Reset Your Life

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

Do you ever feel like a hamster running on a wheel? You’re going, going, going, only you’re not getting anywhere except for the lovely State of Sick and Tired. You think that maybe some day, the wheel will detach and magically things will change. Only thing is, if you continue to do the same things in your life, that wheel will forever be stuck in its spot.

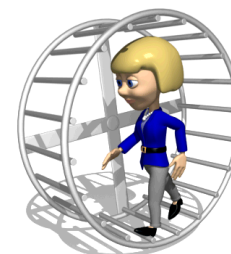
Sometimes we need to switch things up. We need to stop running, take a look around, reflect upon our current circumstance. Are we stuck in a cage? Or is there a trap-

door that we have not yet uncovered because we are too busy on the wheel.

We need to make sure we’re at least looking for that trap door. We don’t want to spend our lives spinning our wheels.

If we don’t stop ourselves, no body will. Our bosses will continue to have us running, our families will continue to place demands upon us, and the only way our bodies force us to stop running, is by creating illness and sickness in the body.

Without pausing to



rest, our bodies will manifest sickness, forcing us to slow down, miss days of work, and against our will, tie us down to our bed or worse, a hospital bed. So, take time. Reset your life. Notice when you’re running in the same place, and remind yourself it’s OK to stop and slow down. No one else will slow down for you.

Join Live For It All as we spend 3 days in January “resetting” our lives during the Well Weekend.

LIVE FOR IT ALL’S FEATURED EVENTS:

WELL WEEKEND 2010

Reset your life, meet new friends, and join us as we spend a weekend at the Expanding Light Retreat in the Sierra Foothills. It will be a weekend of yoga, meditation, self reflection, and healthy eating as we continue on our personal journeys and “reset our lives.”

This Well Weekend takes place from Friday Jan 8 to Sunday January 10. Refresh your body, mind, and spirit for the new year. Find out more information and reserve your space online. Travel arrangements and carpooling will be available.

RUN INTO SPRING

Runners Beware! We’re not afraid of the winter weather! We’re challenging it as we Run Into Spring, and train for the March Shamrock’n 1/2 marathon in Sacramento. Beginners welcome in this fun, friendly, educational, 1/2 marathon training program. Full marathon training follows.

5 WEEKS TO 5K

Want to learn how to run safely, efficiently, injury free, AND enjoy it? Work with Coach Abby as she teaches you the skills and technique necessary to enjoy running again. In 5 weeks, you will be able to build your running endurance from your current level, no matter where you’re starting from.

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