

Mind

Body

Spirit

# Be Well For It All Newsletter

“Thinking without awareness is the main dilemma of human existence.”

-Eckhart Tolle

“It is awareness... of how you are stuck, that makes you recover.”

-Fritz Perls

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

### “I’m Too Old”

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

All too often I hear the phrase “I’m too old.” Or, “I have bad knees” or “I’m too far gone.” When these words are spoken and believed, then YES, they are correct. As the saying goes, “whether you think you can or whether you think you cannot, you are correct.”

These are all EXCUSES. It’s so easy to come up with an excuse, because, let’s face it, excuses are so much easier than hard work, time dedication, and effort to change behaviors, right?

The key is to recognize your excuses. Once you

are aware it’s just an excuse that’s holding you back, then you can realize that nothing *real* is stopping you.

Now, you may be thinking, “but I really AM too old” or “my knees ARE too bad for exercise.” Well, that’s because you have chosen to believe your excuse, rather than the truth. Sorry to break it to you, but there’s no such thing as being too old to exercise. There’s nothing to stop you from exercising appropriately, even with bad knees. It’s all in HOW you are exercising.



Learn the correct ways, and you can exercise safely and efficiently for the rest of your life. So, dig deep inside of yourself. Realize that you’re just feeding yourself excuses, lies, that are causing you to remain in the same body, mind, and spirit that you think you want to change. Start realizing that you ARE making excuses, and stop the negative trap of living in denial. You CAN do anything you set your mind to do. No Excuses.

### LIVE FOR IT ALL’S FEATURED EVENTS AND FRIENDS:

#### THE CHALLENGE!

Though The Challenge began just two weeks ago, it’s not too late to join! Contact Abby to get your assessment done and come to your first class. These outdoor workouts are truly a blast. They are non-competitive, fun, and rewarding. The weekly

Challenges will cause you to think about your behaviors, incorporating the mental aspect of weight loss, fitness, and nutrition. Stop making excuses, and join a group that will help you reach your goals. Let this be the year you finally achieve your results.

#### Go from a 1/2 marathon to a full marathon!

Join the Live For It All Marathon training group from October to December, as we climb from 13 miles to 26.2. Have a group to do weekly long runs with, educational talks before each run, and a training schedule. We meet Sunday mornings. If you can do 13, you can do 26.2!

#### Life Coach Daniel T. Silveira:

Are you looking for direction in your life? Need some guidance? Or do you just need someone to talk to? Daniel will help you overcome the obstacles and challenges in your life. He’ll help you get back on the right track. For your free consultation, call 916-698-1439 or

[DanTSilveira@gmail.com](mailto:DanTSilveira@gmail.com)

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