

Motivational Tip 11

"I feel ALIVE!!"

Hello to all of you from a very heavenly place called Colorado. This is the first time I have visited this beautiful state and my immediate impression is that it's easy place to stay active and active we have stayed; we've hiked, whitewater rafted, mountain biked, swam and taken in all the beauty mother nature has to offer and we've only been here for three days! Being the parents of a thirteen year old active boy sometimes forces us to do things we might initially shy away from. We were reminded today of how lucky we are to have the physical ability to participate in life instead of being a passive observer. We reached the bottom of a challenging and exhilarating mountain bike ride down Vail Mountain, and our son's 13 year old friend came to a stop, looked up at the mountain and said, "I FEEL ALIVE!"

The comment was unprovoked, instinctual, and utterly raw. "I feel" is definitely different from, "I am!" People walk through life, not understanding how much better they would feel, how sharper they would be, and how they would improve the lives of people around them by actively participating in all life has to offer. Hopefully, you are all feeling stronger and more fit after completing more 3/4 of our program and you have gained the confidence in your bodies ability to participate in activities that you might have previously avoided. Challenge yourself; feel the adrenaline rush, the blood pumping through your veins, the gasping for air and the sweat dripping into your eyes. These are the things that will make you feel alive!

If they would simply sweat once a day. The surprising stat that only 17% of the American population partake in a consistent fitness regimen is truly an epidemic and hard to believe. It's my job, and all of the fitness worlds job to move the needle with this stat. One of the reasons I started F3 On the Fly was to increase the 17%. Many of you can't come to our brick and mortar location, so we thought we would come to you.

The point to fitness is not only for you to feel confident in a swimsuit, but more importantly for you to feel more confident to participate in life. I don't care if you're 6, 13, or 82, having a healthier body not only keeps you alive, it helps you "FEEL ALIVE!"