

Title:

3 Principles For Overcoming Fitness Obstacles

Word Count:

986

Summary:

If you're like me, the quest to be in shape and manage weight feels overwhelming. And, as if t

According to Tom Turner, executive liaison for the Spina Bifida Association that's exactly it:

Keywords:

fitness, inspiration, wellness

Article Body:

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According to Tom Turner, executive liaison for the Spina Bifida Association that's exactly it:

So in my quest for the last word on overcoming barriers in fitness, Tom sat down with me and t

Principle #1 Move Into The Fear.

^Train you mind to believe no mountain is too high or any goal is too difficult to attain,~ To

Q: What is your body saying to you?

Principle #2 Trust Your Intuition.

It is important when overcoming obstacles and learning to break through barriers that you begi

When facing a challenge or an obstacle look to how you feel. What are your instincts telling y

Next, Tom tells me he aims to meet those boundaries. ^I first reach as high as I can within t

Principle #3 Do Not Go Gentle Into That Good Night.

What then, about fear? I wanted to know. If we move into the fear and meet it eye to eye what

So what's the take away message? Talking to Tom, I'm reminded of the poem by Dylan Thomas who

In conclusion: Life Beyond The Boundaries.

When you've faced your fears and pushed your boundaries to the edges, what then? I wanted to k

Author's Note: In my personal quest to live beyond the boundaries I've chosen Tom as my role m

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