

In Health, there is Freedom!

By Beverley D. Burdeyney for CARP

Some words of wisdom from a grandmother of four and well known Personal Exercise Coach and Fitness Writer in Toronto:

- Maintain your passion for life.
- Keep your inner child alive and vibrant.
- Allow your soul to soar and your heart to sing.
- Hug freely and laugh vigorously.
- Keep smiling.
- Stay healthy, for in health, there is freedom.

There is no old age, only neglect. Regardless of your physical challenges, you can always be your personal best, whatever that level may be. Shoot for the stars. If you

fall below, so be it. But you know you have tried!

Eckhard Krautzun once stated:

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"Fitness is not everything but everything is nothing without fitness."

Make it a habit to do an exercise program daily. It is what you do most of the time, not some of the time that will count. You will find that in two weeks not only will you feel less fatigued, rejuvenated and refreshed, but your body will feel more aligned, flexible and balanced.

Take the challenge! Feel the difference. Become your personal best! But, always consult your Doctor before starting any exercise program. *Beverley D. Burdeyney is living proof that her fitness philosophy can lead to a healthier life. At 64 and dealing with a congenital spina bifida, she has never allowed her so-called disability to interfere with her life style. She is youthful and very energetic.* 