

Your Body
Asset or Liability?



By Joan Maiden

Sitting in a coffee shop in San Francisco, I'm reflecting on why I work out. Yes, reducing belly fat is nice. Looking great in your clothes feels good and being healthy is important. But being strong is my motivation.

As a personal trainer, I feel that it is my job to set an example and workout regularly. Do I always want to or enjoy it every time—no, absolutely not. The effects of working out take time to notice, which causes many people to give up, but every day I workout, I know I am getting stronger.

I want to be strong enough to enjoy my visit to my daughter in San Francisco. Why is being strong important? She lives in a third floor walk-up—51 stairs (yes, I counted them). Even though I've learned to pack light, my suitcase weighed in at 28

pounds, which I had to proceed to lug up the 51 stairs. It seems like the escalators at the MUNI are always broken, which means more stairs to

I want to be strong enough to go where I want to go, do what I want to do and not have to wonder if I will be physically capable.

climb, plus climbing on and off the buses and trains.

Today I decided to hike up Powell Street (I swear it is the steepest street in SF). It was quite a trek but when I got to the top of Nob Hill, I had a panoramic view of the city

and the bay, and I took a break in the lobby of the beautiful, historic Fairmont Hotel.

I want to be strong enough to go where I want to go, do what I want to do and not have to wonder if I will be physically capable.

Many people, as they get older, weaker and larger, let their worlds become smaller. I have slowed down some, but I don't plan to stop.

I never want my body to become a liability that stops me from doing the things I love but rather have it be an asset that takes me where I want to go.

Reach Joan Maiden at www.maiden-power.com, joan@maiden-power.com, or 217-898-3391

