



**Monthly Newsletter- Does Dina Make it To The Finish?**  
September 2010

**A couple of weeks ago my client Lee**, invited me to go on a 23 mile bike ride with her and her cycling group. "23 miles?" I gasped during our session, trying really hard to control my panic... She said " Yes, you should come, it will be fun".

**Of course my dearest Lee**, has been spinning 3 times a week , for a couple of years, whereas I am a yoga instructor and don't really bike. I do own a 10 yr old mountain bike, which I typically ride leisurely to Huntington Beach and back on Sundays, a total of 6 miles. So you see the dilemma. Yet again, I was not about to let my fear stop me... after all I AM her health coach and I should set a good example.

**So off I went that Sunday**, with such excitement and with a bit of a panic, convincing my husband to give up his golf day for a fun day through the Metroparks!

**My gremlins were starting to rebel**: "You are so not going to make it", "Don't be stupid, go to the pool instead and just tell her something came up", "oh geez, are you trying to kill us?"... My husband himself was a bit worried for me and promised me he would get the car and come and pick me up of whatever spot along our path I decide to pass out at...

**The ride was challenging** not as much on the way there but definitely on the way back! My seat didn't feel all that comfy any more and my thighs were starting to scream back at me! I quickly lost the group and for some odd reason while I was pedaling as hard as I could, my darn bike wasn't moving nearly as fast as everyone else's... (I am sure it was the bike, and not the operator...no doubt)

**The whole time there and back**, Michael was kind enough to linger in the back of the flock to keep me company and kept on gingerly encouraging me

to keep up; “ Are you coming? “, “ Come on now don’t forget to pedal...” I swear if I could have caught up with him I would have wrung his neck but darn it, he was breezing through me, like it was nothing to him. (Honestly, if it weren’t for him I probably wouldn’t have stuck it out; depressed, alone and defeated I probably would have turned around. But because of his encouragement I stuck it out.)

**At the end of the ride**, I was just so proud of myself and just exhilarated. You would have thought I ran a marathon! Although challenging, I swear I had a great time, met some fantastic folks and was just proud that I didn’t allow my limitations to stop me. I know it was only a bike ride, but for me it was about the principle of showing up for myself even though I knew this was certainly out of my comfort zone

**It is indeed so much easier in life** to allow our limits to hold us back for fear of failure and yes even embarrassment and thus avoid various challenges and opportunities for growth. That is why we all find such comfort in status quo and we tend to be habitual. However it is in the face of adversity and when we step outside of that comfort zone, when we actually grow and transform.

**Many new clients** that decide to work with me have the same fears and trepidations as they embark on their weight loss journey. The fear of failing because they have already tried a diet or two and found themselves disappointed with the results. Should they really learn how to eat healthy or should they just rather check out, in order not to get disappointed again. Should they compromise the quality of their health and life or challenge themselves beyond that fear into a world of new possibilities.

**Some opportunities inevitably pass us by**, but we can take advantage of others and there are natural consequences that accompany every choice we make in life. So many of us desire, struggle and work hard to be healthy and live a more balanced lifestyle. Our bodies and minds are capable of overcoming much more than we could ever imagine if we just try. For many, the power of change is within us, but it fizzles without the actual efforts. Without our efforts things would fail or go awry.

**On the other hand, we all have the power to create the life we want**, if we are willing to set goals and take steps towards them. If we make the choice to step up to the plate, we are stepping into our own power of taking control of our weight, our health and determining our own future for us.

**Rarely does fulfilling our hopes and dreams happen overnight**, but you can take one tiny move towards them each day. Pushing beyond your comfort zone in a responsible way helps you grow confidence and creativity that you can apply to your everyday life.

So I ask you:

*Are you letting your personal hang ups stop you dead on your tracks?*

*What would you like to see differently in your life?*

*What are you willing to do to reach those goals?*

*Are you allowing your fears to determine the quality of your life?*

**While taking a risk can be scary, doing nothing is a big mistake.**

Today I would like to encourage you to set some new goals that may push you a little further. Reflect on the doors that are opening in your world and the ones you choose to not take out of fear and compromise.

**Are you willing to step into your power and claim the life you want to have and the life you deserve to have?** Overcoming your personal hang ups and fears will give you a real zest for life and may be one of the most rewarding choices you will ever make!

To your health,  
Dina