

## THE FITNESS LETTER

\* This is the letter that you've known you needed to write for a while now and just haven't. It's the letter that says what you feel but haven't been able to express to your friends and family since you started your fitness life style.

Dear Friend,

I want to apologize for my action lately. You have probably noticed that I've been active in a different way. I've decided to take responsibility for my health. I've learned this is a lifestyle change and not just something I do one hour out the day.

I'm eating different now and that's why I didn't have any of your special holiday pie. I know it's good but as I make this shift in life, I have to say no to some things, so I can say yes to other things. Also you may have noticed I cringe when people eat certain foods. It did take some getting use to eating real food, but once I did my body loved me for it. I had no idea the amount of energy I got from it and all the variety.

I'm sorry I can't stay up all night on the Facebook chatting. My body needs rest and recover to help reduce stress. While I do miss our late night conversations, I am really enjoying not being tired by noon the next day at work and having the energy to be with my family after work.

My workouts are great; they really challenge me to get better and improve in all areas of fitness from strength, endurance, mobility and more. I always thought stronger muscles were for body builders, but as it turns out they are great for everyday life. I don't have back problems like I use to and the fact I can climb a flight of stairs with out being breathless is priceless.

So, you see, I am sorry if my talking about how I eat, sleep, or workout gets annoying. I am just so excited about the changes I am seeing from this new style. It's amazing and I wish I had done this sooner. As a friend, I just want to share with you this good news. I hope you'll bear with me and support this health and fitness journey.

Signed your friend

Feel free to change it around to make it your own. The point is it's your body and only you can be responsible for it. So if it's a letter or a conversation don't let what others think about you stop you from being in control of your own health.