



Shape
YOUR WORLD

Total Makeover
challenge
GROW.EVOLVE.EMPOWER

SHAPING YOUR WORLD...

10th Edition—March 16th, 2017

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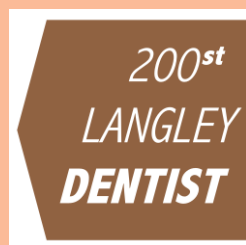
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**Congratulations to Langley for
being the Biggest Loser this week!**



Together Abbotsford and Langley's Top 15 lost 37.8 lbs this week.
That's as much as a beautiful bunch of 571 roses!



Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!

The Apprentice—As part of the Total Makeover Challenge the 2nd segment focuses on team building, leadership skills, networking and business. Both Langley and Abbotsford Challengers are responsible to host a fund raising event in teams of 5 to 9. Funds raised go to Shape Your World Society as well as a charity of their choice. Tickets are available now! For more information and to purchase your tickets, please click on the FB event pages below. We appreciate your support.

LANGLEY



ABBOTSFORD





Exercise will NOT make you skinny

Let me guess....you just heaved a big sigh of relief because you think I just released you from all the guilt you feel watching those incessant infomercials about how that "PX somethin' – high performance – look at my awesome abs" program or machine is the key to skinny.

Not so fast my lovelies.

I'm here to give you a reality check.

But I think you might like it!

I *hear* you cursing that you have tried exercise and nothing happened. No change on the scale.

I *see* you working hard, sweat stains on your t-shirt and determination on your face.

I *feel* your frustration. You follow that super svelte, tight tummy, high tush, blonde phenom, leading you through just 10 minutes of "easy to do right here in your living room" workouts guaranteed to be the latest and greatest.

So I'm going to repeat.....Exercise will not make you skinny!

However, I have a whole list of benefits that will kick some skinny ass!

First you should know that your age has nothing to do with your ability to start. Your body will respond to a new form of movement or exercise whether you are 9 or 90. Sorry, you're not off the hook!

And here's another somethin', somethin', to think about. Your body is just a loaner. You got it on your birthday and you're gonna give it back...well, you know...on your deathday. So how you nurture it, feed it, move it, love it..... that will determine the performance and condition of your one and only while you make use of it. (there's no trade-ins!)

Ready to roll? Let's bounce people!

Exercise gives me a reason to get up in the morning.

We all need purpose in our life and when we feel like there's no reason to participate in our own lives, that's just a recipe for misery. Hell, some days I want to just stay in bed a little longer and scrap the run or the gym, but I know that I will never have regrets when I'm finished *and* I don't even have to think about it for the rest of the day.

Lights my fire.

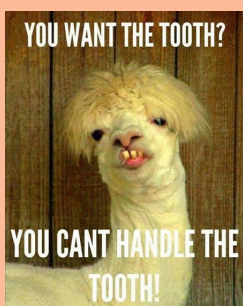
Blood pumps. Heart beats. Oxygen flows. All this contributes to basic body function. And all that blood and oxygen nourishes my skin and organs and fuels my arms and legs. Some mornings this vintage bod has a few stiff parts. All gone when I git 'er done!

Shows me what I'm made of.

A bit of competitive spirit blossoms. I challenge myself to improve.... see how far I can take it. The side effects of this? It helps me see who I am, what I want *and* what I don't want. I have confidence when it comes to making decisions for myself.

I don't sweat the small stuff.

No yelling. No going to war. No need to prove I'm right or make you see my side of things. Way less of the ugly stuff like anxiety, depression, self-loathing, sadness. Good bye cruel world!



Sense of peace and harmony....ohhmmm!

I've often spoken about the meditative qualities of running for me. I get clarity which allows me to solve problems. My creative juices flow which gives me ideas for writing and speaking. When I'm done running and my heart is slowing, happy coats my innerds and my outerds.

Exercise improves my dance moves!

Haha.....I love music and I love to dance! You can exercise to dance or dance to exercise. Win-win! Both keep your body limber and what a fun way to move.

Did I mention the *better sex* part? Yes indeed, the sex is better! Trust me on this one!

Comradery. There are lots of groups that you can join. Running, biking, hiking, dancing, raquet clubs, Zumba, fitness groups. Meeting new peeps enriches your life! I have some really great friends in my life that came through exercise.

Food! Let's talk about food. Exercise makes me hungry. Real hunger. Authentic pangs in my belly to signal the need to re-fuel. And the flavor? Mama Mia! You will actually *taste* your food, not just mindlessly eat the same old bland, boring, empty food that never really satisfies. Your meals become more aromatic and sensual. Let's call it cuisine shall we? Nom Nom! (Good god, I do believe I just drooled on myself!) And when I know that I will be challenging my body to a round of morning fitness, I have no problem choosing the best quality, appropriate sized meals and snacks to get the job done.

Now for the *piece de resistance!*

A new set of specs!

All of this changes what I see in the mirror and how I feel about myself. The picture of my life is no longer dictated by negativity. I see through rose colored glasses.

So, about exercise making you skinny. It's a very small piece of the "getting skinny" puzzle and a much bigger piece of the "balanced, whole life living" puzzle. (This is where coaching can help)

I want you to adopt exercise as a regular part of your routine for so much more than the sake of your outward appearance. I know, I know, you're not trying to get skinny, you're trying to get "healthy". I call BS! Be toothful now! (had to!) You're thinking about the outside when you tell yourself to start exercising.

As long as you adopt the other truth around exercise.

You must make it a lifelong commitment. Sorry....sometimes the truth hurts.

Make a choice. Make a commitment. Make a promise. Try something.

Put your bod into a smokin' pair of tights and your feet into a good pair of shoes.

Now go! Don't look back. If you don't like one thing, try another.

But *try*. And keep trying until you find your fit and your groove.

Be well my friends

Heather

UPCOMING EVENTS

The Little Black Dress Cocktail Party—April 11, 2017 at the Phoenix Lounge in Abbotsford. Ctrl Click on photo for link.



The Little Black Dress Cocktail Party—April 12, 2017 at Sammy J's in Langley. Ctrl Click on photo for link.



Money Smarts - Thank you to Marlise Kelsey for sharing your money smart tips with us! (Press Ctrl and click on the image for link)



If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website www.totalmakeoverchallenge.com or send an email to info@shapeyourworldsociety.com.



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