

Why is Fitness Your Passion?

By: Jayme Green,BS,ACE

Why is fitness your passion? What impels you to keep coming back to the gym? Those are two questions that were put before Nimkee Fitness Members. There are a variety of answers and reasons. My hopes in this survey were to inspire YOU! Check to see if any of these motives inspire you or email me your motive for coming back to the gym!

“To be healthy and look good in my clothes.”

“Fitness is my passion because it takes the ‘anxiety’ out of me...fitness helps me to start my day knowing I’ve done something good for myself. It keeps me healthy and strengthens my bones, even in my old age LOL; it’s a part of my life. Fitness gives me goals and feelings of accomplishments that I can go the extra mile! Fitness is healthy and it reassures me in mind, body and spirit. Sometimes as I’m doing my workout it is the best time to meditate.” ~CJ

“I want to be healthy and lose this extra weight! It also improves my mental state and how much energy I have.”

“To keep feeling well and able; Exercise helps to keep the bodies plumbing working and keep’s my body limber and able to work.” ~Bruce Hinmon Tribal Elder age 75

“Before starting my workout I can’t wait for that first rush of energy when that first sweat breaks. That makes me feel so powerful. The beating of my heart makes me want to push harder and harder. When my workout is done my ENERGY level is so high. I feel I can take on the world! Plus it keeps me looking good.” ~SD

“I love exercise because it’s good for my heart and makes me feel happy!” ~ Jeni Soeltner

“I have a reason to believe in myself again; that I can reach my goals.” ~Nicole Ramirez

“It’s where I get my ‘me’ time.”

“Working out is a high. You feel AMAZING when you’re done; keeps me coming back everyday!!” ~ BC

“I want to be one of the success stories that inspire people to make change in their lives. Not only am I building my self confidence, I am building my self esteem and endurance.”

“For me fitness is a freedom. I came back because for the 2 hours in here I’m stress free and that’s an amazing feeling.” ~Adeanna

“The people and the feeling of knowing that in here I’m doing something that not only benefits me but others around me as well.”

“It is important to keep fit so as to feel and function better day to day.”

“Several things: my overall health, fitness raises my self esteem mentally and physically and I just feel better about my day and about myself when I workout.”

“To look and feel great, and stay healthy as I get older.”

“It gives me a feeling of accomplishment. Not only am I working towards looking and feeling good, I am improving the quality and quantity of my life.”

To get more inspiration or to find help with your Fitness goals, please visit the Nimkee Fitness Center and request a FREE personal trainer. Whatever your reason for fitness and staying healthy, make sure to keep that one of your top priorities. Don’t let life and all the unplanned events derail you from achieving your best. Hope to see you soon!