

Latest News From Family Fit

2014, is this a Heading about where we are Heading?

“Foot Loose and Fancy Free !!” Our New future or a Sprint Training Motto?

And so we philosophise as we offer up A Farewell Ode to Edward Street

What a year— ups and downs , but that is life So many wonderful memories

5 years at Therapies

2 years at Edward Street

So many wonderful clientsdammit, not clients, friends!

Many adventures from the typical hard yacca working day through to all that running! Beautiful exercise moments

Where to start ?

From the odd person wearing their gym gear inside out and back to front! (never me of course!)

To the regular quote

“Help me — I hate exercising and gyms”

To Matt’s classic moment on the spin bike where after asking him why he wasn't doing anything he said “ I’m going down hill!”

Having the opportunity to program so many different sessions

To the chatting when everyone was on the cardio equipment in the classes

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Being given beautiful flowers (I felt like I was the lucky teacher!)

Amazing moments where people discovered that they could actually do an exercise

watching my mum do an assisted chin up when she was 87 & my uncle do 4 full un-assisted chin ups at 82!

Getting people on the road to recovery after pain and disillusionment

watching and helping everyone discover their own ability

Seeing people excel and perform so amazingly



Hiding the fact that so often I was exhausted and in pain from my own humungous workouts

To telling as many silly stories as I could to distract people so that the pain of exercise was more bearable!

Trying to hep create routines and trying to remember what was on the program ?!

Yes, convincing ourselves that it is possible

Hammering that crazy metal up and down in and out

Filling our session with meaningful moments that could change us!

Helping create habits and patterns

Believing in everyone and everyone’s abilities!!!!!!!

Trusting—don't you remember me saying that !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! "TRUST"

And yes— what about the thousand of times I said “ WE ARE ALL GOING TO GET A 6 PACK !”

Well yes it has happened and continues to happen.....I'll have perfected mine by August '15 at the latest!

Oh oh oh all those hugs and kissed at the front door

I remember someone running back up the steps and running back into the gym and giving me a big hug and they said "OH sorry I forgot to get my hug before I left"

The kids on Friday used to sit together on the lounge and their feet didn't even come to the end of the cushion they were so tiny, and they were so good, while their mums exercised !

And then they made cubby houses with all the equipment!

Oh what fun .

We made so much fun.....

We laughed

We cried

We were angry

We were sad

We were depressed and then we tried to work hard so we would get a little endorphin lift !!!!!!!!!!!!!!!

We were tired

We were exhausted

We were trusting

We gave it a go !!!!!!!!!!!

We shared

We listened

We helped each other

We loved our buddies

We could all see a futurewe trusted that we could make a difference with our bodies and lives

Exercise is so exciting— you can feel and see the benefits !

And we all did you made it happen to yourself You were all amazing.....

I will never forget Family Fit at Edward Street..thank you. You are all always in my heart.

