

## Fitting News

### Three Songs to Motivate You



Below are three tunes to give you and your workout a motivational boost.

“What Doesn’t Kill You” by Kelly Clarkson

“Don’t Stop Believing” by Journey

“Ain’t No Mountain High Enough” by Marvin Gaye and Tammi Terrell

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### Control: Do You Need It or Are You Willing to Give It Up?

I have known for many years that being super organized is one way I exert control over my life. I can't remember when I felt otherwise, except I can trace it back to my parents' divorce when I was 10.



Another time, not long after, a few friends came over my house to hang out and the next thing I knew, they were tormenting (bullying) me. It left me feeling scared, hopeless and angry. Instead of dealing with my feelings head on, I smothered myself in extra dinners, ice cream at Friendly's or Baskin & Robbins along with who knows what else. As a teenager, I allowed myself to let food control me. It took me 10 years and a lot of introspection to learn I could control it. I chose the positive path.

If you have similar feelings, whether it pertains to food or you chose to ignore chronic pain (which can be controlled), think for a moment about what you can do to control it. Trusting in people who care about you helps you see another side of you...heed their advice. Sometimes practicing self-control and reducing negative behavior (never easy) is a challenge we can learn to accept.



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*