



Fitness Together – Fort Lauderdale

By MEAGHAN VECCHIA, MANAGER

At Fitness Together, we, as trainers, know firsthand what kind of impact exercise can have on a person's life. Over the next few months, you will hear from each of us about our own personal experiences.

I started my lifelong fitness routine at the age of five. I was involved in everything from ballet classes to teaching myself acrobatics, which I later signed up for, and then progressed to gymnastics. As I aged, I participated in organized sports, such as soccer, basketball, and cheerleading, and threw in some skiing and snowboarding for good measure.

The benefits were so much more than weight management. Sports and fitness helped me with socialization skills and helped me stay out of trouble as a child and teenager. My self-esteem was enhanced, and I learned that I have control over a great deal of my health. Participating in sports played an integral part in the person I became.

As an adult, I realize how difficult it can be to fit fitness into our everyday lives. I have been there – deadlines on schoolwork, long hours on the job, deciding that the drive to the gym is too much of a hassle. I also realize that I am much happier, less stressed and have more energy when I am in a regular routine.

During the transition into adulthood and responsibility, I let the fun fitness activities slip away from me, and I feel the void in my life. I decided to do something about that and joined a women's soccer league after eight years away from the sport. It was a challenge to get myself to the first match. After struggling through the game, two days later, I am still sore to the point where every move I make hurts. But it was all worth it when I scored a goal and helped secure a shut-out to win the game. Physically, it made me realize how much more I need to push myself back into the state of fitness that I had as a teenager. It really is never too late to get started in fitness, try a new sport or get back into an activity that you previously enjoyed. You just might be surprised at how it makes you feel.

With clients 24 to 72 years of age, the most common response to a new fitness program is that they have more energy, and who would not want that! Exercise is beneficial in many ways for all individuals. For children it is a great way to teach good lifestyle habits and socialization skills; for adults it reduces stress, improves cardiovascular health and increases energy. However, don't take my word for it; take the time to see for yourself.

*Call us for a complimentary session at 954-491-7988
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