

High Hopes for Well-Being

By Sandy Weston, M.Ed.

My life is amazing. I always expect great things to happen to me. I am in perfect health and feel wonderful in every way. How many of you can say that and mean it? Well at least say it and mean it most of the time. That is what well being means to me- the perfect balance of body, mind and spirit. Now of course you have to take your punches, but it is how we handle those setbacks and how fast we get back on track from them. In my search for well being, I have traveled from California to New York and even to Costa Rica. My goal is to show everyone the road to well being. Yes I know I am hopeful but this is my journey.

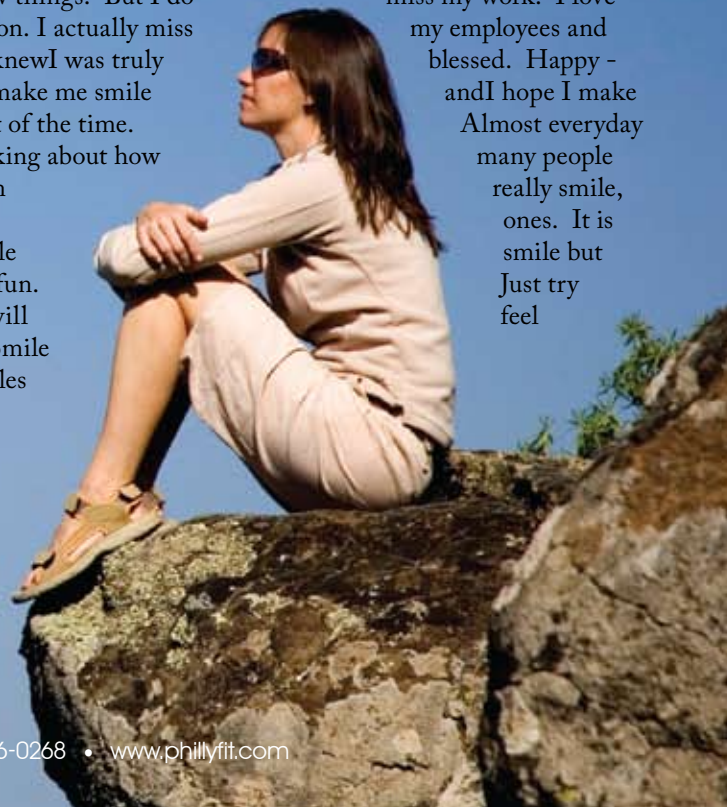
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In chatting with many different folks from all walks of life, I discovered well being means different things to each individual. However, the one thing they all have in common is feeling good all over; a goodness in one's life and having a sense of peacefulness. It is also found in being healthy. How we get "there" can be very different and somewhat unusual. But after speaking to many, it all comes back to body, mind and spirit and the balance of all three. So I have decided to share with you six important tips to help you reach your goals. For some it may just be a review and for others a new spin, but no matter how much I hear or read the same information, I always grasp something new. So relax, enjoy and take a little bit in on the way.

HAPPINESS

I decided twenty-seven years ago that I was going to do anything to be happy. I would surround my life with smiles. People that made me smile, work that made me smile, and most of all I would make others smile. This was one of the most important decisions I ever made in my life. Something so simple - I thought - but it truly was one of the most challenging tasks that I attempted. To this day I still swear by my "happy motto". Think about it - how would your life be if you chose to be happy in all areas? For example, I left for vacation this week and all my buds were saying, "Wow, are you psyched to get away from work, kick back, relax, enjoy getting out of the rat race?" I thought about that and realized how lucky I was not to feel that way at all. Don't get me wrong; I love traveling, spending time with my family and exploring new things. But I do miss my work. I love what I do. It is my passion. I actually miss my employees and blessed. Happy - and I hope I make Almost everyday many people really smile, ones. It is smile but Just try feel members. With that, I knew I was truly yes that is happy. They make me smile them smile, at least most of the time. I start my morning thinking about how I can make smile. I mean especially the miserable easy making happy people the grumps; well that is fun. it one day. I swear you will a billion times better. "Smile and the whole world smiles at you." How true!



FRIENDS

One good friend is worth all the gold in the world. Two good friends, wow, that is just out of this world. I love my friends. They make me happy just

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to be around them, and that's what friends should be. They should care enough and love you enough to allow you to just be you. They should want more than the best for you and be happy when all great things happen to you. Sometimes you need to re-evaluate the company you keep. If they don't make you feel on top of the world, at least most of the time, I say ditch them. Yeah, you got it. Surround yourself with happy people, those that make you smile. Now I am not saying that they are not honest with you, because only a true friend can risk a friendship to tell you something you may not want to hear. However, they should do so in a very loving and constructive way. I made a conscious decision about twelve years ago to do this, and it made a huge difference. I sat down with some of my friends at the time and tried to explain how I felt in the hopes that maybe we could work things out and move forward together. And you know for some it really worked. Others well, it was still good; I just see them less and in a different way. Of course, it is not the same, but it had to be that way. I am very fortunate now to be surrounded by the best buds, and I wouldn't trade that for anything. On those days when I just need a bit of a pick me up or to be reminded of my goals, they are always there for me, and vice versa.

READ

Read, read, read. There is so much to learn out there and so many brilliant people from whom to learn. I can't even tell you how many self-help books I have read. My

husband always teases me, "How much help do you need?" Apparently a lot. I always want to learn and grow. There is always somebody saying it just a slightly different way that grabs me and I say, "Oh yeah - that's what they meant." My all time two favorite authors are, Wayne Dyer and Deepak Chopra. I just love them; however, I have read many other authors. My latest is "The Power of Now" by Eckhart Tolle. We all need pick me ups and need to have reinforcements. You're bound to find an author to whom you can relate. You don't need much time, just a few minutes before bed is enough if that is all you can fit in. Also, don't forget about downloading your books onto your iPod. Now that is the best. The perfect book always seems to fall in my lap. Some books have even changed my life forever.

JOURNALS, CHARTS, VISION BOARDS, BOXES

There are many different ways to remind yourself of your goals and dreams. You can make a vision board or book to remind you of all the things you want out of life. They're easy to do, just cut out pictures that reflect the things you would like to have in life and look at it every day. This is so much fun. Dream big - I mean really big. The sky is the limit. Think about the different areas of well being that you want to work on. Is it a healthy diet, or an amazing body or maybe you want abundance? It doesn't matter, find a picture of it in magazines and make your vision. Put it somewhere you can see every single day so you can stay focused on your goals. You will be amazed. You can also make a "What Is Box". I made a box and then stuck different cards stating, "What I know is coming in my life." I open the box every morning and I say what I want like it is already there. It could be something as simple as, "My gardens are so beautiful and lovely with terrific flowers. Or my body is strong, fit and healthy. I am a machine." Those are, of course, my two favorites. You can change what's in your box any time.

You can also write in a journal about what your desires are or things you want to work on. You can break it down into categories- your home, body, family, etc. The books you read can also help you with many other ideas. They have always helped me.

LECTURE CLASSES, WORKSHOPS AND TALKS

The power of others is my favorite. Being with people that have the same goals is the best. I always meet such fun people whenever I go to different workshops or classes. Reading is wonderful, but the energy of others in the same room, all of which want and expect amazing things life, now that is cool. My latest journey has been one of the most exciting. On my search for well being, I heard about a class in New York called "Intensati" taught by one of my favorite instructors, Patrica Moreno. What a cool name - intense and Sati - which means mindfulness. This I had to try. I took it for the first time a few years ago at the ECA conference in New York. It was truly one of the best classes I had ever taken. It was a tough and energetic workout with positive



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affirmations being yelled out by everyone at the same time. The energy was incredible. Leave it to Patricia to come up with a workout that embodied everything I had been reading about and put it together with working out. It was just mind blowing. The energy you got from that workout was just not imaginable. To hear a room filled with people saying such things as, “ Yes, yes, yes - I am strong now! I am ready and willing to receive the beauty in me; see the beauty in you.” Every song had a different routine with a different theme and words are more empowering than the next. I had found my next new thing.

Since then I went to Costa Rica to do a workshop in Intensati with Patricia Moreno. It was unbelievable and I brought a few friends with me so I could share this terrific experience. They all loved it. The friends I made there were also the best. What a blast! Betsy Cast, an incredible instructor and trainer in Philadelphia, is teaching Intensati at my club starting this month. It has received a tremendous response. They are all screaming at the top of their lungs and feeling so empowered. My fitness director Toni, who is also a wonderful find, was recently certified to teach Intensati and will be able to instruct at my club Weston Fitness very soon. Making people feel like they can do anything with their lives- how cool! It is truly something that is hard to explain on paper. You will just have to take a class and experience it for yourself.

GRATITUDE

Thank you, thank you, and thank you. This is how I look at life. I am so grateful for all I have. I wake up every morning, look in the mirror and think of all my blessings. Even when things look bad I try to think of all the wonderful things. When I start getting really upset or angry I remind myself to take a deep breath in and then look around and give thanks. Then I calm down and am able to address the issue in a whole different light. This really helps when you're having a tough day. It still may not be your best day but it sure can be a heck of a lot better. It also helps when you're upset at someone. Before you lay into them think about all their wonderful attributes that you are truly grateful for and it will make a world of difference. Start right now. Begin thinking of all the things you can be grateful for. I promise it will put a smile on your face.

Six short tips, but five very important things to remember. I hope in your search for well being I have provided just one little tid bit you can take with you on your way. Life truly is amazing and is a joy every day.

All Good Things,
Sandy Weston, M.Ed.

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