

Let it Flow

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Awareness

As I sat to write this month's newsletter, I got stuck. I had trouble getting my ideas on paper. To find some clarity, I went for a short run. It was a beautiful fall day and I thought the fresh air would do me good.

As I jogged on the sidewalk of a busy road near my home, I approached the entrance of a church. It was there that I found my inspiration for this month's newsletter. No, it wasn't divine inspiration; it was inspiration from the woman driving into the church parking lot. She was looking at everything except the road, had a cigarette hanging out of her mouth, a cell phone attached to one ear and looked shocked after she realized she nearly hit me. It was at this moment that I decided to focus this month's newsletter on AWARENESS.

This month I challenge you to become more aware of yourself, your work, your family and your environment. The awareness quiz will help you assess your current level of awareness. Take time to practice the tips I've included for how to become more aware. Open your eyes, open your heart and open your mind. Who knows, you might learn something new about yourself or maybe you'll realize life has so much more to offer than you originally thought.

**Fitness starts on the inside.
When you feel good, you look good.**

Stacey Shipman



How Aware Are You?

Awareness has many forms including emotional, physical, intellectual, environmental and spiritual. How aware are you? Take this quick quiz to find out! **BE TRUTHFUL WITH YOURSELF.** No one else has to see your answers, and without the truth you cannot become more aware.

	Yes	No
Emotional		
1. I am able to handle day to day pressures with ease	<input type="checkbox"/>	<input type="checkbox"/>
2. I am comfortable expressing my feelings with others	<input type="checkbox"/>	<input type="checkbox"/>
3. I am happy with myself	<input type="checkbox"/>	<input type="checkbox"/>
4. I take responsibility for my own behaviors	<input type="checkbox"/>	<input type="checkbox"/>
Physical		
1. I exercise regularly (30 minutes, 3 to 4 times per week)	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not smoke	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to and use various holistic methods to manage my stress	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not abuse alcohol or binge drink	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual		
1. I am able to set personal limits in an intimate relationship	<input type="checkbox"/>	<input type="checkbox"/>
2. I am tolerant of other's views about life issues	<input type="checkbox"/>	<input type="checkbox"/>
3. I make attempts to expand my awareness of different ethnic, racial and religious groups	<input type="checkbox"/>	<input type="checkbox"/>
Environmental		
1. I conserve energy	<input type="checkbox"/>	<input type="checkbox"/>
2. I recycle trash as much as possible	<input type="checkbox"/>	<input type="checkbox"/>
3. I enjoy, appreciate and spend time outside in natural settings	<input type="checkbox"/>	<input type="checkbox"/>

How did you score? Mostly "YES" or do you have some work to do? **Regardless of how you scored, continue reading below to learn various methods you can take to start creating more awareness in your life. We all have room to become more aware.**

Adapted from *Plymouth State University's Personal Wellness Quiz.*
www.plymouth.edu/wellness.quiz.html



Creating Awareness

- **Journal** – Writing is a great release. When we're not ready to express ourselves verbally, writing can often have the same effect. What happened lately that you don't want to talk about? Write it down. Write all the specifics of how you feel physically and emotionally. Notice if you're placing blame, reacting or holding yourself accountable.
- **Challenge Yourself** – Try something new! Take yourself to the next level. What's stopping you? Are you intrigued by yoga, but intimidated to attend a class? So what if you can't touch your toes, if you never practice you'll never get there. Start where you are and participate in whatever activity you've wanted to try. You'll be all the better for it.
- **Starting Doing** – Do you often find yourself saying things like "I wish I had time for..." Well make time. We find the time for the things we want to find the time for. Stop talking about what you want and start doing what you want!
- **Notice Yourself** – Do you often feel tension in the shoulders, hips, and lower back? Do your shoulders look attached to your ears these days? The next time you're feeling that neck pain, think about what happened that day. Then stretch. Stretching can help release the tightness and relax your mind.
- **Be Quiet** – We don't take enough time to sit and do NOTHING. Watching TV is something, reading is something. Next time you have 5 extra minutes, DO NOTHING... EXCEPT BREATHE. Notice how you feel – are you fidgeting? Anxious? Thinking about the laundry? Sit through it and see what happens. It's working through those uncomfortable moments that can make you stronger. You can do it. Just give it a try.

News and Events

- **Hike Yourself Fit™** – Join Let it Flow at Blue Hills and Hike Yourself Fit! This series is a great addition to your current workout, plus it will help you enjoy the outdoors this fall!
- **Runners XT** – Join us at Lake Massapoag in Sharon, MA for this cross training series for runners. We will focus on strength, endurance, and stretching during this 4-week session.
- **Managing Stress during the Holidays** – Coming in November. Visit the website for more information including dates and locations.

For information and continuous updates, visit our website www.letitflowfitness.com.

Breast Cancer Awareness Month

October is Breast Cancer Awareness month. There are road races, fundraisers, and stamps to purchase at the post office. But how much do you really know about breast cancer?

Did you know...

- **Every two minutes** a woman is diagnosed with breast cancer.
- Breast cancer is the leading cause of death in women between the ages of 40 and 55.
- **1,600 men** are expected to be diagnosed with breast cancer this year and 400 are predicted to die.
- When breast cancer is found early, the five-year **survival rate is 96%**.
- **Exercising 4 hours per week** can decrease a woman's risk of breast cancer.
- A **high fat diet increases risk** of breast cancer because fat triggers the hormone estrogen that fuels tumor growth.
- The more alcohol you drink the more you increase your risk
- While studies have not yet proven that smoking causes breast cancer, it can decrease your survival rate once diagnosed

Help lower your risk for breast cancer by...

- Getting an annual doctor check up
- Getting annual mammograms, especially if you are a woman over 40
- Being aware of your family history
- Eating a low fat diet
- Exercising regularly

Visit these websites for more information.

<http://www.nationalbreastcancer.org>

www.komen.org

<http://www.nbcam.com/>

<http://www.cancer.org> (American Cancer Society)

Source: www.nationalbreastcancer.org/questions.html

