

# Live Your Best Life: An Evolution to Wellness



BY LAURA WARF AND MARLA ERICKSEN

**J**oin us this August at the Can-Fit-Pro conference in Toronto for a groundbreaking panel discussion on mind-body living and programming. The panel's goal is to introduce mind-body conditioning as it exists today, and to examine where we as fitness professionals can help our clients and participants live a more harmonious and balanced life.

One of the keys to finding this harmony lies in honouring the power of presence in your daily activities. It is easy to become so focused on a specific goal that one can lose sight of the moments that lead to the desired outcome. It is the process of the journey towards our aspirations that contain valuable lessons and insights. Here are a few suggestions for practicing mindfulness in daily life. Instead of forcing issues or resisting situations as they present themselves, surrender and allow life to flow along a more natural path. Take the time to breathe, clear your mind and let creativity flourish. Balance out stressful days with more passive, nurturing activities such as a walk in nature, a massage or a hot bath. If you are accustomed to challenging physical activities, try including recovery workouts such as yoga, tai chi, or light stretching to give your body a much deserved break during the week.

As you explore new methods of living and working, you will notice subtle yet profound transformation as a result. Permanent change takes time, patience and persistence. Begin with the intention to become more aware, and take small action steps towards your goal each day. Seize small moments throughout the day to notice all the qualities this present moment has to offer, such as: your breathing pattern, your posture,

physical sensations in your body, your sense of touch and smell, each distinct sound you hear as well as observing the beauty in your immediate environment. Now, notice how you feel following this short mindful break. Perhaps the smell of freshly baked cookies brings back a fond memory of your Grandmother's baking; maybe the headache you feel building is a plea from your body for some quiet time; or the bright red cardinal flitting in the tree outside is inviting you out for some fresh air. Gradually, the chaos that rules the day is transformed into calm, and you move through your day with greater ease and grace. The practice of mindful awareness enhances and informs your daily activities, workouts, sports performance and even your relationship with yourself and others.

Mastering wellness takes time. Remain a student and maintain a curious nature through this journey of life. Continue learning and evolving. Live what you learn and share your experience with your students and clients; you will be helping them live a more fulfilled life.

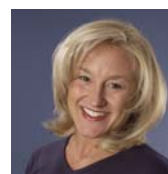
We would like to share with you our experience and knowledge on the subject of mind-body disciplines and how they can exponentially affect the fitness experience this August at Can-Fit-Pro. If you are looking to enhance your own life and those of your clients, it will be a wonderful opportunity that should not be missed. Join us to ask your questions, share your views, and learn from others through open discussion. Our participation in today is shaping the potential of the universal tomorrow.

We are looking forward to meeting you in our unique and insightful mind-body panel. □



**Laura Warf, B.Ed. (Fitness), Can-Fit-Pro FIS**

Laura is an established fitness professional in Montreal and is the recipient of the Can-Fit-Pro New Presenter of the Year award (2005). Laura's background and vast experience lies in personal training, club management and program coordinating. She is currently the Fitness Director for Interclub des Laurentides in Piedmont and the editor for Beyond Fitness magazine. Laura shares her talents as a consultant and health and fitness educator by helping others achieve a healthy balanced lifestyle through her business LauraLifestyles. Laura's strength as an educator, her dynamic personal presentation style and her studies with great yoga teachers has made her popular for her yoga and cycling classes and workshops in her community and within the fitness industry.



**Marla Ericksen**

Marla is a versatile, motivating and energetic presenter who thrives on entertaining and educating through fitness and yoga. She combines a solid academic background, a practical attitude, creative flair and enthusiasm with a warm, approachable manner to command the respect she has earned as an international fitness professional. Her specialties include recreation and facility management, program development, instructor training, athletic performance, corporate wellness and spiritual fitness. Marla is on the Advisory Panel for Can-Fit-Pro, a professional member of IDEA, a member of the Nike Elite Fitness Training team, and manages her career through Empower M.E. Lifestyles based in Ottawa, Canada. In 2002, Can-Fit-Pro honoured Marla by naming her Canadian Fitness Presenter of the Year.

**Join Laura and Marla for the mind body panel and more at the Can-Fit-Pro International Fitness Conference August 16 – 19, 2007 in Toronto!**