



Geneva Fit



You Can

I've heard it said that, "whether you think you can or think you can't, you are right." One of the things I love most about owning Geneva Fit is seeing people's confidence grow. It is quite common, particularly with someone new to exercise, that there is rapid progress made within the first couple weeks - more progress than can be explained by improved strength, mobility or endurance. One thing that accounts for this phenomenon is the improved confidence that happens when we let ourselves believe we "can." With every workout, every movement learned, every "success" - we build our mental strength. We become more apt to believe in ourselves, not just on the gym floor, but in every aspect of our lives. Before consistency, before commitment, before any workout, one must decide, "Maybe I *can*."

Negativity can destroy us if we don't approach life with an attitude of "I can." Making a decision to focus on the positive - a compliment, doing something well, a simple thank-you - will have the opposite effect. I think that the reason people experience such a confidence boost here at Geneva Fit is that every small (and large) accomplishment is recognized. My job is to help you see and achieve accomplishments in the gym, but my hope is that you see those strengths in other aspects of your life. Stop by Geneva Fit anytime - or come to our Open House on February 21 - to talk more with me about positive steps you can use on your path to physical fitness and mental well being.

-Jan Silverman

Owner, Geneva Fit