



## Eureka!

Some of our most groundbreaking discoveries result from the explorations we make into our own psyches and lives. We asked *Experience Life* readers what important discoveries they'd made in the past year, and they responded with the personal "ahas" that led them to greater satisfaction and fulfillment. Want to share some insights of your own? Check out our next "Works for Me" question at the bottom of the page.

**I've discovered how my own thoughts** and beliefs hold me back. I've been working with a trainer for the last year and a half and have learned so much about my abilities regarding fitness. I've overcome many preconceived notions about myself, which has helped me make great strides in my strength training and overall fitness. Gina C., Troy, Mich.

**I had a body-age analysis** one year ago and was blown away when my "age" was 51 — not 43 like the calendar said! Nothing has ever gotten my attention like that, so I started to do cardio and eat properly. Shortly after I began making these changes, my mother passed away. I knew I could either pick up the fork and eat (blaming my sadness) or work harder to improve my health. Thankfully, I chose health! I now have a totally different outlook on nutrition, I actually like going to the gym, and my "age" is 41 even though I'm 44! My mom would be proud. Diane N., McKinney, Texas

**It's refreshing to realize** and accept that I'm continually evolving. Right now, I'm a better person than I was six weeks ago, and in six weeks, I'll be a better person than I am now. I understand that I can't do it all, no matter how much I try, and that I need to focus on the areas where I can utilize my strengths.

Wendie C., Stevens Point, Wis.

I spent years eating terribly because of low self-esteem and working out like a fiend so people would approve of the way I looked. Then I spent 10 years rebelling: not working out at all and still eating terribly. Finally, this past year, I've learned that I am worthy. I eat well because I deserve it. I work out because I deserve it. It feels so good to accept myself the way I am. Laurie B., Woodbury, Minn.

**After many years of life** (I'm 58) and introspection, I believe I have discovered the formula for a long and enriched life. It can be summarized with "REWARDS":

R: Rest and Relaxation  
E: Exercise frequently  
W: Water, Worship and Work  
A: Active, ongoing learning  
R: Recreation  
D: Diet  
S: Socializing with others, and Sex

Ken B., Austin, Texas

I discovered that hidden under excess pounds were muscles that relish exercise. I trained with three personal trainers in 11 months, dropped 40 pounds, and gained muscle strength and size. I love training so much that I'm now a NASM-certified personal trainer working with clients who are ready for change. Life is truly amazing! Anne S., Columbia, Md.

**I have discovered that I am still capable,** at age 47, of change and personal growth. Last year, I moved to the Minneapolis area from another state. As difficult as it was to leave family and 13 years of beautiful friendships, I discovered that if I embrace change, it can be a positive experience. I turned it into an opportunity to reinvent myself, adding yoga to my fitness repertoire, deciding to study to become a personal trainer and forming new friendships. As far as the friends I left behind, I discovered they will always be my friends, no matter where I live or how I change. Jude C., Excelsior, Minn.

## What Works for You?

For our November 2007 "Heal Yourself" issue, we're wondering: **In what ways have you healed yourself, or sought healing, in the past year?**

Please send your response to [worksforme@experiencelifemag.com](mailto:worksforme@experiencelifemag.com) by July 11, 2007.