

Jillian Michaels Quote

When hearing the statement "Fitness to me isn't about a crunch or a push up. It is about taking your POWER back." by Jillian Michaels, there are many ways that it can be interpreted it all depends on who you are. I view it as you are the one and only one that is in control of the decisions you make. No one can take your power from you if you know your worth. No one can push you past your limit, only you know what you are capable of and if you are willing to share it with the rest of the world. Even if you do not know your worth, it does not mean that your power is any less than others around you.

With taking this spinning class, it showed me that it isn't about the distance you reach or the speed you achieve but rather it is about taking charge in the first place. Taking the first step of many steps that will lead you to hopefully a positive outcome. A crunch or a push up does not define you and it especially does not classify you into a certain category. Your POWER is anything you want it to be, it can be the voice you use to speak your thoughts or it can be the thing that pushes you to strive for greatness in your life. Your POWER can be one or many things that make up who you are, there is not right or wrong answer. Your POWER at the end of the day is what makes you different from everyone else, not everyone in world is looking for whatever you are searching for.

With applying this to fitness, it shows that fitness is not something that you keep measure off. It is not something that you need to define by a number but rather it is something that allows you to unlock something within you that will bring you closer to fulfilling your happiness or whatever you want to achieve in life. Having spin class as my fitness, allowed me to see how much I could push myself not just physically but also mentally. Yes, there were days where I would not hit the marks that I had set for myself but that just encouraged me more to reach them the next time. Because I had set my timeline and it was up to me on how I wanted to achieve my goals. I was in control and lying to myself that I reached those goals when in reality I did not, would have not affect on anybody but me. I wanted change so I created change, I took my POWER into my own hands and I allowed myself to see what I could change in my lifestyle. And in the end, the decisions that I made only pushed me to continue to take matter into my own hands because there are times where the only one that has your best interest is yourself.