



Do You Feel the Need to Be a Transformer?

### Description



After an hour of yoga and a run/walk on the treadmill last week I had a trainer at my gym tell me I looked like Iâ€™d given myself a beating. Thatâ€™s just what every woman wants to hear. Most days if I make the effort to go the gym I try to get a good sweat going. It makes me feel better and Iâ€™m

getting rid of toxins. After the beating comment, he proceeded to try to sell me on the newest gym craze which is a 90 day challenge program.

I'm all for trying to improve yourself and be the best version of yourself you can be, but the more I thought about our conversation, the more annoyed I became. All sorts of comebacks popped into my head afterward which I wished I'd said. I was trying to be pleasant, and I understand the trainers are just doing what they are told which is to push certain programs and products. Every three months there seems to be some new test you should have taken.

So this is how the conversation unfolded.

**Trainer** "Are you interested in signing up for the 90 Day Challenge?"

**Me** "No not really."

**Trainer** "Well you don't really have much weight to lose, but you could do the transformation part. I'll give you my card and the information to look at in case you change your mind. It's only \$25 and you get etc,etc,etc."

I then changed the conversation to the Flex Fit Bit's sitting on the table because I recently purchased one and I'm amazed at all the information it can tell you about your sleep patterns and movement. I only recently started using it and haven't been too consistent, but I think it's a great tool. He showed me the style he was wearing. Garmin also makes one which can give you different information. He showed me he had taken 760 steps. I then let him know in my snarky tone that he needed to get moving.

The phrase, "you could do the transformation part" kept popping into my head. What would he like me to transform myself into? Can you transform me into Halle Berry? I don't think so, not for \$25 anyhow. I struggle with being comfortable in my own skin as it is and you're suggesting I be transformed. I have seen and experienced how diet, exercise and weight lifting can improve one's shape, but we are all different shapes and sizes and shouldn't try and look the same. After seeing my hair soaked with sweat I think it should have been pretty obvious I wasn't just sitting on a machine chatting someone up. I was already challenging myself.

That's enough of my rant. I choose to not take it personally. It's not about me, it's about him as Don Miguel Ruiz states in [The Four Agreements](#). At the end of the day, we have to be happy with the bodies God and our parents have given us to work with. There's always room for improvement, but as long as your happy with yourself that's all that should matter. I want to be fit, healthy and the best version of myself I can be. I don't need to become a transformer.

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