

## FOR FASHIONS SAKE 40 YEARS

by: Joelle Goddard-Cooling of Joelle's



So, my fortieth birthday has come and gone. What a great day it was!

For those of you who have been reading this column, you will recall that a year ago at this time, I made the life changing decision to use a personal trainer. Sue Abell of Abell Bodies has become an integral part of my life – my mind, body and soul. Her enthusiasm and spirit is contagious. She has had such an impact on me and many others.

On the morning of the big birthday, I headed downtown to do Sue's new programme called Tread Powerfully outdoors. A few hours later, I took my boys, who are 4 and 5, to the YMCA for a fundraising, parent and kids workout, which was also taught by Sue. We had such a great time – the boys did the whole routine right there with me. They got to use little weights and the tension band. It was so much fun! I never would have been able to do that a year ago!

Later that evening, I was totally surprised by an amazing party arranged by my husband Jeff. I was surrounded by family, great friends, mentors, and all of the staff from Joelle's and Jeff's Guyshop. The impact of my life and experiences thus far were overwhelming.

I look forward to what the next decade has to bring and am grateful for the community in which we work, live and play – Burlington.

Speaking of fitness, starting in May, Joelle's will be the starting point for Sue Abell's Tread Powerfully outdoors class for the Spring/ Summer season (which lasts for seventeen weeks and at \$100 for an unlimited number of classes, offers really good value). "Tread Powerfully is a new fitness concept that combines the benefits of muscle building, with the focus on upper body strengthening, while walking your way through controlled lower body and core strengthening exercises." The indoor version is what I have been doing at home with much success. The outdoor session is a great, economical chance to get fit and an opportunity to surround yourself with some really good energy and some wonderful women! Sue has added a Stroller class, which is something I would have loved when I was a new mom! I hope to see many of you out there. I cannot say enough about investing in your health and wellness. I am certainly not as disciplined as some, but I am happy that I have made the effort to get fit.

I hope I can encourage you to do the same! No matter what you can do, it is better than nothing. Shorts and bathing suits are right around the corner!

*On Wednesday, May 7th - 10:00AM to 11:30PM and Thursday, May 8th - 5:00PM to 7:00PM, tread over to Joelle's for the opportunity to meet Sue Abell, Creator of Tread Powerfully. To learn more visit [www.treadpowerfully.com](http://www.treadpowerfully.com)*