

PARALIMNI, CYPRUS



FIT STORIES

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TABLE OF CONTENTS

3

WELCOME NOTE

Editor-in-chief's note to readers

4

FACE THE STATS

Introduction in the subject

5

TRAIN.SLEEP.REPEAT

A powerful story about motivation and dedication

6

5 - MINUTE - MIRACLE

Benefits of YOGA and tips about integrating this sport in your daily routine

8

BRING LIFE IN YOUR ROUTINE

Easy steps to find time for excercises in your schedule

DEAR READER,

I am drinking my morning coffee and planning my day. It's a busy one like always, but there are some things that have to be in my schedule no matter what. My class at Zumba, my massage appointment and a meeting with a new client. Having a tight schedule can make you sometimes forget about yourself and about giving your body and mind the right treatment that they need.

I am writing this short note to remember you that today is a day for no excuses, today it has to be the first day in your new lifestyle.

With Love,

Vera



SPORT IN YOUR LIFESTYLE - FACING THE STATS

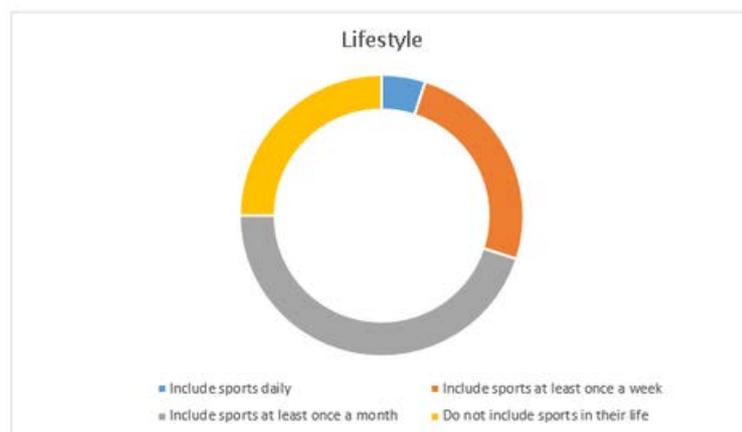
There was a time when kids spent their whole evening outside playing football, running after each other or enjoyed other types of activities and games.

Nowadays, they can barely be seen without a piece of device: smartphones, tablets etc, forgetting about the pleasure of playing outside.

This things are shortly becoming a very big problem for the community. Stats show that 40% of the people from the age group 8-18 had to wear glasses due the overuse of smartphones. Also, 55% of the people from the same age group are overweight and 15% obese.

As a result of a questionnaire on 500 people, male and female, younger than 18 years old:

- 5% include sports in their daily lifestyle;
- 25% include sports at least once a week in their lifestyle;
- 45% include sports at least once a month in their lifestyle;
- 25% do not include sports in their lifestyle.



This stats show how big is the problem for our community so, Fit Stories decided to raise the awareness and help the younger generation.

Mihai Cibia

TRAIN.SLEEP.REPEAT.

Some of us enjoy doing a sport and some of us don't feel that it's important in their life. I deeply believe that daily sports can change not only your body, but it can change your mind as well in a positive way. How to include sport in our daily lifestyle?

Firstly, you should find a reason to motivate you to start doing sports. Six years ago, I saw a dangerous fight between my friend and a stanger on the beach. I was scared and I didn't know how to help. After that, I decided to practice sport every day. It takes me 15 minutes. I warm up and after that I do 40 push-ups. Few years ago, I added some habits because of training. For example, I set an alarm in the morning with my motivational voice, I do a 15 minutes training and after that I look in the mirrow and I am smiling to myself even if I don't feel to. This habits increase my self-confidence.

Secondly, you should act no matter of the presence of lack of motivation. A farmer, who has to wake up at 5 a.m. to feed the chickens doesn't need motivation. He just get up in the 5 a.m. to feed the chickens. So, when you make a decision to start sport, try not to speak a lot, but just do it regulary.

And last but not least, be prepared for changes in your life. Explore new sports, be ready to get support and help for the others. Take a risk. Boats are safe in the ports, but the main role of boat is not standing in the port. Some time ago I was trying windsurfing. I was standing on the board only two seconds and I was falling in the water. The proffesional windsurfer observed me and offered to help. I've answered : "Thank you, I am fine, I don't need help." I completely couldn't use the help of others and after two hours of my tries this windsurfer come back to me and told me: "Standing on the board is OK, but swimming on the board gives the most satisfaction."

To sum up, including sports in your daily lifestyle can give you a chance to change your lifestyle. Maybe the best method to start practice it is learning from somebody's success to have inspiration, but in my opinion if you find your own reason to start, it makes you fullfield.

Filip Mazur

5-MINUTE-MIRACLE

I always wanted to try yoga. However, I didn't have any idea from where to start. Half a year ago, I had the opportunity to participate to free yoga classes organised in my city. I just had to bring my mat and I was ready to start. That was the first time I felt it's worthy waking up early on a Saturday morning. I kept going to the classes. It was a calming and magical feeling after finishing the asanas.

First time I felt "I want to do it" and not "I have to do it". I found some really great videos on YouTube which were easy to follow. After work, I could practice yoga at home, too. Now I knew the right technique of breathing.

Every each time I felt better. One of my favorite videos was the so called: 5 minute miracle morning yoga. I had the feeling that I found the answers for all of my questions.

I also started to do some research how yoga affects on the human body, mind and soul. Yoga is based on breathing, that's why it's a great preparation for meditation. The most important thing is that you have to focus on now, just now. Not the past and not the future. Probably that's my favorite thing. People are so busy and stressed in my opinion that is the reason is hard to enjoy the moment, just now.

I also found some interesting facts about people that do yoga: those people who regularly integrate yoga into their daily routine can reduce their stress level more efficient. They can cope with difficulties easier than others. They are able to enjoy and stay in the moment, maybe they are happier and appreciate things in life more. Yoga improves the strength of the bone system. It helps with weight lose and keeps the balance between the mind and body. It has a positive effect on energy flowing in the body, that's why those people that practice yoga get sick rarely. It helps people to recover faster from illness and help them to be healthy mentally and physically again. Some people recognize hair growth, as well. Making stretches and asanas give you flexibility.

5-MINUTE-MIRACLE

It's said that yoga can improve people's sex lives with the help of accepting themselves and be in the moment and not thinking about the dirty plates, presentations and tomorrow's work while having fun.

Many yogis change their lifestyle, too. They report that less sleep is needed for them to be energized and rested. They often go vegan, not just because of ethical reasons. They say every animal has their own feelings. If you consume animal and dairy products, you consume their feelings, as well. These people don't want to interrupt the energy flowing in their own bodies with unknown feelings.



I think everyone should try this magical yoga out and make the conclusion by their own.

Personally, I can cope with stress easier and stay calm. I am more energetic. Yoga helped me to tone my whole body, flatten my belly and correct my spine. My posture became better. I feel less pain in my back. The most interesting thing that I realized was a month ago, it's in connection with driving. During traffic jam and driving I can keep calm longer and be empathetic for others. It was shocking to realize that it's because of yoga, but true. I am more conscious about eating habits, what to eat and what to avoid.

I am happy I could fit this habit into my lifestyle. For me, it's not just a simple sport but a very spiritual way to coordinate my body, mind and soul. The first thing I don't want to give up. If you are interested in yoga as well, go for it.

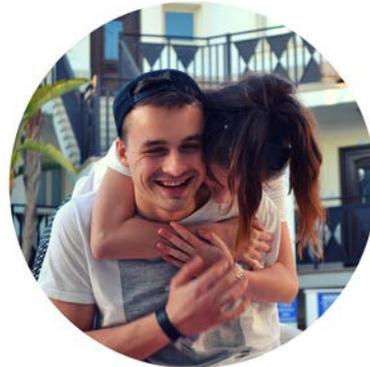
Dzsenifer Vass

BRING LIFE TO YOUR ROUTINE!

In my group of friends there is always this guy who have time for sports, time to go jogging in the morning, try different type of dances and eat clean. The rest of us are just complaining about our busy, stressful and unhealthy life.

Working for more than 8 hours per day may be a nightmare for others, but for me is really a delight. I am a workaholic, just like my friends. We have this "Friday reunion" just to keep in touch and talk about what happened through the week that just pass. I know almost all my friends since highschool and because we have difficulites in finding time for make new friends, we remained together. Miruna and I are working to our cases around 10-12 hours per day in our office, Mihai, Vlad and Gabriel are engineers and Sonia is a teacher. We all share the passion for what we do and we enjoy talking about our daily life at work. However, Vlad is the only one that is married and looks better than in highschool when he was the captain of football team. He has a busy schedule too, but somehow he manage to take one hour-sessions of jogging each morning, three classes of tae-bo per week and also to eat salad at every meal. How is this possible?!

I am on my way to "Carol's game", our local bar, when I met Vlad. Vlad is my friend since last year of highschool when we were deskmates. He was always into sports and healthy life and I always admire him for this. For Vlad, a normal day seems to have more than 24 hours which can be the only way I can explain the amount



of activities that he can do in such a short period. He is working as an engineer which you can think is an easy job, but trust me it is not. He has a beautiful wife, Cassandra, and they want soon to grow their family with a kid. Vlad is going constantly to the gym and is trying every new class of aerobic that is appearing and never miss his jogging hour.

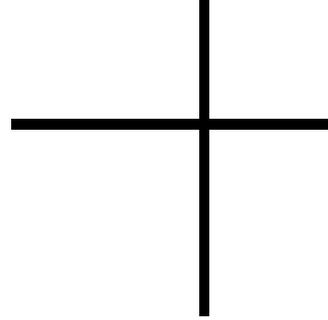
BRING LIFE TO YOUR ROUTINE!

I start to talk with him about my latest case about a widow that is accused by murder after 10 minutes I realise that Vlad must be bored about this so I ask him about his day. He woke up at 6 a.m., went jogging for an hour, ate the healthiest breakfast I ever heard about, took his wife to work, went to the office, took his lunch (another healthy stuff) and when he finished his papers he went straight to gym. WHEN? I mean, I am pretty jelous because my day was basically junk food, waking up late because I was working until 3 a.m to Miss Johnson's case and during the day another things for the case. I don't have time to go to gym because I am always busy, and when I am not busy I am tired, and when I am not busy, and I am feeling good all I want is my jar of chocolate and "Gossip Girls" marathon. I want to find Vlad's secret so I simply ask "How you do it?"

"I am just prioritise my activities. See, for me it's important to be healthy and be in shape, that's why I am always waking up early jog. It's not only about health, it's also about my mood. When I am doing excercises I am feeling better, I am starting the day with a positive boost and I can finish all my tasks faster and more efficiently. Eating clean and green it's not just a fancy habbit, actually it really helps you keep the balance of your life. Even though your mind is trying to work more and more, if the body is neglected and you don't focus on keeping both of them healthy and in the best shape, they will soon start to stop working properly. So, to give you more reasons to believe that you also have time, I will ask you how productive you feel? How much of the amount of work that you are doing you think it has maximum potential? I will answer for you, less than 50%. Why? Because your body is sick, your life is dirty. You don't make time for yourself and the time will not wait for you. You are young only once, but if you work for yourself now, you can feel young forever."

Vera

BONUS



Complete the blank spaces on horizontal using the text below the sentence.
Find the word that is hidden on vertical!

Before adding sports in your daily lifestyle, you need Sports like football or require lots of implication. You can “go over the net” and try for a better understanding with other persons. If you are up for a more fun sport, then is the right one for you. Try also to text your mobility. After some classes, you will never forget to is the key to succes. With a lot ofyou will be the best!

