



# The Most Beautiful Imperfections

## The Eye Of The Beholder

I have been honored to personal train some amazing women in my 26-plus years in the fitness world. One question I always ask is what two areas they most want to see change on their body. I'm always surprised by the answers. As an IFBB Pro Physique Competitor I've learned to have an eye for symmetry so when a woman with a great asset complains about a part of her body I see as her least to worry about it really makes me want to evaluate where that mindset originated from.

For example, as a little girl I remember my mother always grabbing my legs "in a loving manner" and in Spanish saying "Que' peirnas grande!" This means, "What big legs!" Although my mother never meant it in a ugly way, she had no idea the damage she was causing to her young daughter. For years all I saw when I looked at my reflection in the mirror was HUGE legs. This mindset followed me through my adulthood without me realizing it.

One day, as I was getting ready to go teach a Fitness class, I scrambled looking for my typical black long tights I always wore for the many years I

taught. This particular day, I was hopeless in my search. Reluctantly, I threw on some short tights and ran out the door frustrated that I forgot to wash clothes. I arrived with only a few minutes to get my music ready and put batteries in my headset mic when one of the gym members said loudly, "Wow! After all these years you finally wear short shorts." It caught me off guard and all of a sudden all I could hear in my head was my mother's voice..."Que' peirnas grande!" I froze for a second when another member said, "Yeah! You have nice legs! I thought maybe something was wrong with your legs...like they were burnt or something." At that point, I found myself laughing. It was an automatic response because I finally realized what I had been doing all these years hiding my legs. I shared my story with my class and we all had a good laugh but it was a turning point for me. I was able to come to terms with a past warped thought created in my mind as a child.

Words are powerful and although my mother meant no harm when she would say those words, those words changed the way I saw myself. The

ironic part is being an IFBB Pro Physique competitor I could only wish my legs were bigger!

The one area I hear most from women with children is they wish they could rid themselves of or "fix" their stretch marks on their stomach from child birth.

The first time a woman turned in progress pictures (as I require) for personal training and complained immediately how much she can't stand the "mark's" across her stomach I was taken back. So, I shared my view with her.

"I am 47 years old. I have never given birth, but not out of choice but because I medically am unable to. When I see those marks, I see the most beautiful symbol of love...something I could only wish I could claim as my own. It's a mark of sacrifice. A mark of love. A mark of life. A mark of the most greatest gift you could give to the world, yourself, and your spouse. Your weight will go up and down but doesn't define you. Those marks tell the world how amazing you are!"

Sometimes your imperfections are the most beautiful things about you. Remember that!



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