

# Mind Body Connection

## When a Seed becomes a Journey



By Andrea Metcalf, CPT, PES

Everyday we create our lives. We decide the moment we get out of bed whether we will be happy, sad, tired, energetic, nervous or confident.

Whether you believe it or not, you can change your life. It's not that it's easy or hard, but it is possible. This is the first step of my journey...

About five years ago, a seed was planted that lay dormant for the right moment of readiness. Although it was always in the back of my mind, I hadn't the time to nurture the thought and bring it to bloom. Something happened in the last four months that changed all that. I started to believe that I could pull together an inspirational show that could maybe spark something in someone out there to be moved, different and change for the better. What released the seed for reaching people through a voice larger than a private consultation to reaching many simultaneously is what the blossom came to be. I wanted to be able to give people more information to make better choices that would result in healthy changes lasting indefinitely. That is where FIT TODAY started to bloom.

I had never put together a television show before and up until this point, weekly 3-4 minute segments with the NBC5 Fitness Team and DVD's were my closest experience. But like those who want to start an exercise program or lose weight, you have to start somewhere! I started talking to potential sponsors and before I could get signatures on contracts, I started to believe it was possible.

Well, the truth of the matter is that none of those initial "I think they will sign" people did, but somehow I had managed to lead others to believe in me and it just steamrolled from there. When I knew we didn't have enough sponsorship dollars to cover expenses, I decided to throw my own pennies into the punch. I am still trying to recruit sponsors but more importantly we made it to

our first and subsequent shows airing regularly on CLTV on Saturdays at 11 am and Sundays at 8 am.

The remarkable thing is I sometimes sit and just marvel at this accomplishment given the fact that two close friends in the media industry said to me, "Why?" and "You are going to lose money on this project". The experience in hind sight is worth more than any dollar value. I can only imagine this is how it feels when you step on the scale and see that you have lost 100 pounds! Surreal, Infectiously Joyful, Grateful, all come to mind...

Now about the show...

I started nurturing that seed with the thought of radio first--after all it's less expensive and no one really sees if you are on air in your pajamas. Joanne Rusch, Publisher of Chicago Wellness was going to be one of 3 ladies throwing it down for the super-moms on how to keep it all together with food, health and exercise! We fizzled quickly when our third left for Greece and Joanne was asked by another partner to work on a food show pilot. Her pilot fell through and we picked her up somewhere in the second week of FIT TODAY tapings. Joanne's "food science" interest and "consumer" instincts made her an asset to the show. It was shortly after that I became acquainted with Leslie Goldman, journalist and book author. At the time I was researching the possibilities of appearing on the nationally televised "iVillage in the Loop" which had moved to Chicago last Fall. The show, as many of you may know, is a by product of the highly successful iVillage website, which is where I found Leslie! I noticed she was a Chicagoan like myself

and quickly called her to meet and greet. I loved her book, The Locker Room Diaries, caring smile and her ability to be insightful and resourceful. A few months later, I asked her to join our FIT TODAY team.

Last, but not least, our male counterpart, Dave Mellish. Dave is one of my training success stories which I have had the pleasure and joy of helping and watching from start to finish. I created an 8-week lifestyle change program teaching people about how to eat healthy, move daily and sleep better. Dave lost 150 pounds on the program and more importantly, has kept off the weight for over a year. His journey led him to leave his financial profession and become a personal trainer – ironically he is now teaching some of the very same classes that inspired him. Dave is funny,

confident and a great leader and was an easy pick to help us inspire others to become "Fit Today".

Every episode of FIT TODAY starts with an inspirational story of change and success. I am always impressed by the fantastic lives that so many people lead all around us, and it is important to share their triumphs and experiences.

Next we jump into the medical side of the story; some type of related information that supports their inspirational journey. We also include a recipe or two, shopping trips, or interviews with renowned guests that give us the "skinny" on eating and other lessons on wellness.

Naturally, we couldn't get FIT TODAY without moving around a bit, and so fitness segments will always be a part of our show. Sometimes we'll demonstrate moves you can use and other times we'll cover the latest research or fitness fads. Our segments

are wrapped together with "bouncing" questions and answers between commercial breaks in further support of each week's inspirational theme. We're also working to build an online viewer community at [fittodaytv.com](http://fittodaytv.com) including free registration for weekly E-letters, giveaway prizes and more. Stay tuned, we're just getting started!

Our goal is to pack in as much information as possible to get someone thinking and learning. We want to reach as many people as we possibly can and pull them off the couch to move. We want to help viewers find within themselves that one bit of information, medical advice, cooking tip, exercise or inspirational story that will motivate them to make a difference in their lives.

We have had no short supply of incredible stories to share thus far and I have found over the years, many people really don't realize how powerful one small change can produce big results...that one little seed that blooms into a journey of their own. The mission becomes clearer everyday. I hope to help people create their own healthy lifestyles that feel good! It's about the right fit, fitting it all in, getting, FIT TODAY and everyday.

*In addition to penning Mind Body Connection for CWM, Andrea Metcalf has also appeared in national publications such as MORE Magazine, Self and Women's World to name a few. Her expertise has also been called upon frequently as a contributing expert on CLTV, WGN, CNN Headline Newsmakers, iVillage in the Loop and the Today Show. Adding to her weekly "Wednesday Workout" segments as a member of the NBC5 Fitness Team in Chicago, Andrea can also be seen on FIT TODAY, the show she created and produced, on CLTV weekend mornings throughout the Chicago area. She can be contacted through her company, mbc Fitness, at 630-493-3000 or online at: [www.mbcfitness.com](http://www.mbcfitness.com). -CWM*



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