

## **`Tis The Season**

It is that time of the year where we celebrate the holidays with family and friends and rip through wrapping paper like crazed wolves. So let me be the first to wish all of our athletes and their families a Merry Christmas, Happy Chanukah and Happy New Year!

This is the time of year we have a tendency to lose our focus on what is really important. We race like Earhart from store to store to make sure that everyone has that special gift and no one gets left off the list. We eat when we can and when our families' get together we shovel food into our mouths like there is no tomorrow. We cut in and out of traffic without fear of death and without care for the others on the road and our stress levels reach all time highs.

I want you to take a moment to think about what is really important to you. Take a moment to be thankful for what you have and for those that surround you and love you. Stop for just a second to appreciate the special to you and thank them and tell them that you love and care about them. I would suggest that we all too often forget to do this and then wonder where the time went or wish we would have told that someone special who we felt.

I believe this is especially true for our young athletes. We drive them like cattle to train and work hard all through the year and wonder why we can't consistently get a measured effort out of them. They go to training and work hard in the gym and we push and push. Take a moment to celebrate their efforts and who they are. Thank them for being in your life and for allowing you to be a part of theirs.

You might be amazed at what happens when they realize you appreciate them and love them for not only their successes, but also for just being. You might see changes and improvements and efforts at a level you have never seen by just saying thank you and letting your clients/family/teammates know just how important they are to you.

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Want to know more? Reach out to us at [ELITELEVELPT.COM](http://ELITELEVELPT.COM) to find out.

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