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Cole keeps community centered

By Lydia Kremer
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Tomorrow we'll hang 2011 calendars on the walls of our homes and offices, turning the page on 2010 — a chance to start the new year with a clean slate.

After the fog of New Year's Eve celebration lifts, we will likely focus on our goals or aspirations for 2011.

For some professional advice, I consulted motivational speaker Scott Cole who specializes in lifting spirits, opening minds, toning bodies and inspiring hearts.

Cole has travelled the world competing in fitness challenges; he also won the National Aerobic Championship in 1987. Since then, he has made “interactive keynote” presentations at various conventions for Cisco, the U.S. Navy and many other organizations.

He has made numerous national media appearances as a health and wellness expert including on ABC's “The View,” CBS' “The Early Show,” “LIVE with Regis and Kelly” and The Food Network. He also can be seen every Monday at 6:32 a.m. on KPSP Local 2.

Cole, whose many fitness DVDs are available on Amazon.com, also teaches Tai Chi to a group that meets every Wednesday at Ruth Hardy Park — the group recently celebrated its 10-year anniversary.

Don Perry, who takes Cole's classes at the Spa Fitness Center, described him as a “gifted” teacher.

“Personally, I have enjoyed the meditative quality of Tai Chi with its focus on balance between physical, intellectual and spiritual,” said Perry, KPSP general manager.

I caught up to Cole the day after he returned from making a wellness/motivational presentation in Chicago. He offered this sage advice: “To make change happen in your life, you must look at which elements are working for you and which elements are not working for you.”

Cole suggests creating simple life-affirming rituals such as:

take a 10-minute walk every morning;

have as an accessible form of meditation, allow yourself 10 minutes of quiet reflection without a phone, TV or computer;

commit to avoiding sodas, high-fructose corn syrup or any processed foods;

exercise three times per week;

sit on the edge of the bed breathing quietly, setting your intention before and/or after you go to bed.

These small steps are encouraged to help you center yourself and find inspiration within. Renowned author and self-help guru Deepak Chopra recently stated in the Los Angeles Times that he doesn't believe in New Year's resolutions unless they're backed up by something deeper. "I think if (you) go beyond motivation and find true inspiration, then the resolutions will stick," Chopra said.

Cole shared a similar philosophy: "I believe that if you set a goal with great intention and enthusiasm, whether it be to have a healthier diet, complete a work project, get in better shape physically, it all must come from you, that internal self-love of life that makes you want to be your best."
