

Yes You CAN!

While doing our website features this month on shorts and dresses we kept butting up against my least favourite 4 letter word, **CAN'T**.

- "I can't wear shorts, I'm too old (or fat, skinny, short, tall, pasty, veiny, etc.etc)"
- "I can't wear dresses; they're too fancy (or choose any aforementioned reasons for not wearing shorts)"

Can't is an expression that we hear over and over again at the store and always leaves me wanting to scream YES YOU CAN!

The most popular "I can't" phrase is definitely "I'm too old". This one really gets me crazed as it usually comes from some hot mama that definitely CAN wear whatever she wants with her toned Pilates body that is filled with leafy greens and omega 3's. However, I do completely appreciate that at a certain age we don't want to wear what our teens are wearing (but that would mean you're grocery shopping in your pyjamas and UGGs and I'm sure you haven't gone there). As far as fashion is concerned, it's much more about what you feel beautiful in and what suits your body type rather than putting an age requirement on a look. I walked into The Urban Rack last week and saw my 73 year old mother trying on a pair of hot pink jeans (which she rocked) and asking the girls if they had a tattoo parlour (yes, parlour) they could recommend. That is my role model, and I thank the Lord above every day for her.

Next time you are shopping (I do realize it may be somewhere other than The Urban Rack) and you find yourself saying that four letter word I challenge you to ask the sales associate to give you a short (or dress, or coloured jean) in a style that would work best with your figure (not your AGE). Look in the mirror with an open mind and soak in the beauty of this woman that has lived thru so many amazing experiences of life and try and tell her she CAN'T. Then duck, 'cause she might take a swing.

CAN'T creeps into our lives all over the place, not just while trying on clothes, and usually results in us playing a smaller game in the world. While getting into that discussion would require a Coach's Condo not Coach's Corner, I will suggest that if you can start saying I CAN more in the changing room you may find the game you play in the world gets a little less small.



Rockin' the pink jeans at 73!