

MOVING THROUGH THE DARKNESS – HONORING SUICIDE PREVENTION MONTH WITH THE POWER OF EXERCISE

September is Suicide Prevention Month, a time when we come together as a community to raise awareness, extend compassion, and remind one another that none of us are alone in this journey.

At JMB Personal Training, we believe that health is not only about the strength of the body, but also the resilience of the mind. Just as we train muscles to become stronger, we can train our thoughts, emotions, and hearts to carry us through the challenges life places before us.

THE SILENT STRUGGLE

Every day, countless individuals silently battle feelings of isolation, hopelessness, or overwhelming stress. These struggles are often invisible, tucked behind a smile or hidden within the busyness of life. The truth is—mental health matters just as much as physical health. When left unattended, mental pain can feel unbearable. But when we unite as a community, when we open the door to connection, movement, and encouragement, the burden lightens.

WHY MOVEMENT MATTERS

Exercise is not simply about burning calories or chasing a number on the scale. Much deeper, It is a lifeline. As my saying goes Motion Changes Emotion and Science with lived experience alike show us that movement heals:

🧠 Boosts Mood Naturally – Physical activity stimulates endorphins, serotonin, and dopamine, nature's own antidepressants. A simple walk, a stretch, or a strength session can shift your emotional state in powerful ways.



♥ Builds Connection – Moving alongside others creates community and reminds us that we're not alone. The encouragement found in a class, a coaching session, or even a shared smile can be the spark someone needs to keep going.



👉 Rebuilds Confidence – Achieving small victories in the gym—lifting a weight, walking a little farther, moving with less pain—translates into greater confidence in daily life. Confidence becomes courage, and courage fuels hope.



🌱 Offers a Healthy Outlet – When life feels heavy, exercise gives us a safe release, a way to channel stress, anger, or sadness into something constructive and healing.



AT JMB, YOU ARE NEVER ALONE

Our vision has always been to join mind and body—to empower individuals not just to live longer, but to live stronger, more confident, and more whole. For us, this month is not just about raising awareness, but about extending an open hand to anyone who needs a safe space, a listening ear, or a community that uplifts.

When you walk through our doors, you don't just find equipment. You find people who care, coaches who listen, and a family that will walk beside you through both victories and valleys.



A CALL TO ACTION

If you or someone you love is struggling, please know that you matter. Your story matters. Your life matters. And movement can be a step—sometimes small, sometimes giant—toward hope.

Here are a few ways to honor Suicide Prevention Month with us:

- Commit to Moving Daily – Even 10 minutes can shift your perspective.
- Join a Community – Whether here at JMB Personal Training or elsewhere, surround yourself with people who uplift you.
- Check on Someone You Love – A text, a call, or an invitation to work out together could save a life.
- Share Your Story – Strength comes from vulnerability; your courage may give someone else permission to heal.

And if you're in immediate crisis, please call or text 988—the Suicide & Crisis Lifeline—where help is available 24/7.

TOGETHER, WE RISE

At JMB Personal Training, we honor this month by reminding every member of our community that wellness is about so much more than reps, sets, or calories. It's about creating space for healing, connection, and growth. Let us move through the darkness together—because hope is stronger when shared, and every step forward is a victory.

This September, let us not only exercise our bodies, but also exercise compassion, courage, and connection.



Peace, Health & Wholeness,
Coach Joshua Bankes

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💙 “No Excuses, Only Solutions.”

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