



# BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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## Bucketfilling Fitness

By Carol McCloud

I've been active all my life. As a child, I rode my bicycle nearly every day during the summer. I loved playing baseball, basketball, and tennis with friends. As an adult, I've run many 10 K's, marathons, and bicycled across miles of our country. I'm one of those people who enjoys working out, but I didn't regularly include gyms in my regimen until recently when I discovered Planet Fitness. Winter workouts require a gym and I was searching for a place when Planet Fitness opened a branch right here in my hometown. It quickly became "my gym."

If you visit a Planet Fitness gym, you'll quickly discover an abundance of signs that assure you that, "You belong®!" and nearly every piece of equipment, bears the reminder that you are in "the judgement free zone.®"

Should someone act inappropriately or draw attention to themselves by slamming weights or grunting, a siren is activated to let that person know that their behavior is not acceptable. Planet Fitness strives to maintain a genuine atmosphere of respect for its clients and staff.

Yes, "PF" has become "my gym" because of its bucketfilling policy. I wish that every child could feel this accepting atmosphere in schools where everyone looks out for one another, feels accepted and respected. It would fill my bucket to hear, "This is my school," or even better, "This is my bucketfilling school."

"You belong®" is a bucketfilling philosophy that I totally embrace. Printed across an entire wall, the PF policy says it all:

*"We at Planet Fitness are here to provide a unique environment in which anyone, and we mean anyone, can be comfortable.  
A diverse judgement free zone where a lasting active lifestyle can be built.  
As we evolve and educate ourselves, we will seek to perfect this safe, energetic environment, where everyone feels accepted and respected.  
We are not here to kiss your butt, only to kick it, if that's what you need.  
We need you because, face it, our planet wouldn't be the same without you.  
You belong!"*

Planet Fitness removes the fear factor, levels the playing field, and reminds us to be kind and nonjudgmental, regardless of our differences; all of the things we want our children to learn.

Since beliefs, thoughts, and feelings underlie all behavior, including the mean and bullying behaviors that we all want to eliminate, I believe it would be much better if each of us would work to change irrational thinking and judgmental beliefs. When we change thinking, we change behavior. If we ignore negative behavior, we send the false signal that it is acceptable.

Why not establish a "No Judgment Zone" instead of "No Bully Zone?" Middle and high schools would especially benefit from this. Explain that non-judgment is not passive or a sign of weakness, but a deliberate, active choice based on a belief that all people belong. Explain that there is nothing to be gained and a lot to be lost when we put someone down. Nonjudgmental thinking is a good, strong character trait that can lead to a healthy, bucketfilling atmosphere, one that we all hope one day will exist in every family, school, and community.

Until then, I'm off to the gym, the one where "I belong."



### Making a Difference

### Congratulations, Christine!

Total appearances by the  
**Bucket Fillers Team**

September 2006 to February 2012

Sessions: 2,200

Attendance: 332,600

\* Visit our website for a complete list of bucketfilling schools and organizations.  
Designed and edited by Glennly Merillat

**Christine Shaljian**, Mount Sinai, NY is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com)

### Words of Wisdom

**"If you judge people, you have no time to love them." — Mother Teresa**