

# Just <sup>get</sup><sub>it</sub> Over With

Motivating and Inspiring Your Great Health in Body, Mind and Spirit

by Jane Birr, Author and Life Coach

January 2010

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## WELCOME

Welcome to a clean slate. A new year. A fresh start. Even a new decade! Many of us take our precious time and beat ourselves up about what we didn't get done in 2009. Focusing on tight pants, tight finances and disconnected relationships can sap our energy and it certainly is no fun! What went well for you in 2009? What was good about it? As you ponder it, I bet you even started to smile and got an energy burst! Let's build on the good and create a great 2010 where we all motivate and inspire each other to great health in body, mind and spirit!

*Jane*

*Jane Birr, Life Coach*



## VICTORIES

Victories energize and show us all what is possible. Check out the victories below from recent participants in Jane's 12 week, "Just Get it Over With" Personal Conditioning class. Check it out at [www.janebirr.com](http://www.janebirr.com) or email Jane at [janiebirr@gmail.com](mailto:janiebirr@gmail.com) with your victories or to get a class going on your worksite. It's life-changing and fun!

"I started with only being able to do 5 push-ups and now I can do 16! It **really feels great**. I also now eat three meals a day with way more veggies and fruits. It makes me feel more awake and in a better mood."

*~Amy K*

"I used to be an excuse maker. Now I have learned that making excuses gets me nowhere. **I love who I am** becoming knowing that I can accomplish anything!"

*Anonymous*

"I have lost 7.5 pounds in the last 12 weeks. I **feel so much better** about myself but realize I still have more to go. I only made little changes and they made a HUGE difference. Thanks, Jane!"

*Lauren*

**JANE BIRR** is the author of "Just Get it Over With"—A 12-week e-course designed to jumpstart your great health in body, mind and spirit. Check it out at [www.JaneBirr.com](http://www.JaneBirr.com).



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## **FIT TO LIVE!**

**BY JANE BIRR**

As I write this, I can't keep my eyes off the web cam for the Georgia Aquarium. My heart just started racing as a huge hammer-head shark just shook its mighty head back in forth in front of the camera. Oh my! Now my feet are stomping up and down as the huge whale shark just swam by! It is really long with quite the large mouth. Yikes! You see, my husband Tim wants to take me there in March with our friends John and Kristine and jump inside the tank! Talk about crazy, high adventure. And that's not all; Historic Banning Mills is nearby with the fastest zip line in North America called the Screaming Eagle which they liken to stepping off a 30-story building. Wow, will we all have something to talk about by dinnertime!



Why do I bring this up? Well, I am going to take a wild guess and say that you probably struggle with getting your work-outs in and eating to keep yourself at your ideal weight. So what most people do is beat themselves up about another year of failure, scream "I don't have time! I don't have time" and then go have some chips to feel better! You don't want to ride that ride again this year, do you Champ?

Let's try a new approach. Let me ask you, "what is most important to you in your life?" I bet you said some combination of "my family, my friends, and my faith" and others added in a career they are passionate about that can help others. Wonderful. Now please think of experiences that you have had with your family, friends, faith and career in the last year that really brought a smile to your face. Three pop immediately for me:

- Catching my monster musky with my brothers John and Billy
- Surrounded by family and friends and entering my Smiling Pig painting into an art contest and it wins third!
- Raising \$5000 to buy a well for the poor and watching my 13 year old niece Shannon do the same with a home and all the farm animals for the poor. Wow.

So how does this all fit into your health and fitness goals? Easy. Follow the progression. When you get your 7-8 hours of sleep you wake up with energy. Instead of turning the snooze button on, you get your butt out there for your workout even though you don't want to and experience that each time you do you feel better and proud of yourself. With increased confidence you turn down the second helping and have fruit for late night snacks instead of ice cream. Your mind is now calm and not all wound up on sugar or caffeine so when you go to bed you can sleep and start the good cycle over again the next day and even gain confidence to add regular weight training and stretches. Feeling good about yourself gives you freedom to enjoy your friends, family and faith without dragging the weight of feeling tired, disappointed in yourself or worried that everyone is looking at your tight pants! You start living more and engaging in life more fully with those you love instead of sitting around mindlessly eating chips watching someone else reality.

So what are three experiences that you would love to share with family and friends this year? Think about it, see it, feel it. Get

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your feet shaking up and down about it! How would getting your sleep and at least 30 minutes of exercise a day help you enjoy your key relationships even more than you do now? Experiment and see! You probably have enough data on how life works for you when you run on no sleep, no exercise and eating like crap. See what it is like on the other side! I have seen so many people do this. You can to! Live. Here's to quite the memorable 2010!

## ACTION STEPS

Good news! You don't have to feel tired, stiff and on edge all the time! Consider playing the energy game this week with a friend.

1. Rank your current energy on a scale of 1-10. My current energy is \_\_\_\_\_
2. Each day this week, rank your energy after achieving:
  - 30 minutes of exercise/day and/or
  - 7-8 hours of sleep per night and/or
  - Stretching in quiet or to a worship song for 5 minute a day and/ or
  - Eating five fruits and veggies a day and/or
  - Recalling a funny memory you have had with a friend or family member and calling them to laugh about it!

## FOOD FOR THOUGHT

Become your own personal scientist and really take an objective look at what you are eating and how much you are moving per day. Hold on to your socks! It is quite revealing. Here is what I discovered on my personal scientist day.

At [www.mypyramid.gov](http://www.mypyramid.gov) taught me that I need only 1,800-2,200 calories a day which is only 600 calories per meal. Yikes! How much do you need?

At [www.healthstatus.com](http://www.healthstatus.com) I discovered with horror that I only burn 78 calories for each mile that I walk at a brisk 4 mph pace. If I pick it up and run the mile I burn 93 calories. When I bike the mile, I burn 43 cal/mile. Oh joy. What do you burn with your work outs?

At [www.dietbites.com](http://www.dietbites.com) and [www.dietfacts.com](http://www.dietfacts.com) and on the back of my favorite food packages I discovered that 12 ruffles = 160 calories! Oh my gosh, that is two miles of walking! And who stops at 12? On the good side, I learned that I cup of broccoli or cauliflower has only 25-30 calories per cup.

A Taco Salad has 906 calories or 50% of what I need for a whole day!

My love is butter and mayonnaises. Oh boy, after measuring I discovered I was eating 510 calories/day of it or a whopping 28% of my daily caloric needs. No wonder my pants were tight and my cholesterol climbed to 238. What did you discover?

**Key learning:** Exercise is not enough. I need to really tune it to portion size and slow down when I eat and stay within my 1800-2200 calorie bank. What did you learn?

## SOUL TALK

How are your words affecting your life? Check this wisdom from Proverbs 15:4,15 and try them out today:

**“Gentle words cause life and health; griping brings discouragement.”**  
and

**“When a man is gloomy, everything seems to go wrong. When he is cheerful, everything seems right!”**



Got friends, family or co-workers who could use a boost? Please refer them to [www.janebirr.com](http://www.janebirr.com) to sign up and receive future newsletters. Thanks for your help!