

Just ^{get} _{it} Over With

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

by Jane Birr, Author and Life Coach

September 2010

IN THIS ISSUE

WELCOME

VICTORIES

ARTICLE:
LET IT GO!

FOOD FOR THOUGHT

SOUL TALK

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WELCOME

Welcome to the Just Get it Over With Newsletter where we motivate and inspire each other to great health in body, mind and spirit. Do you worry a lot? Does your brain get all cluttered with fears that don't come true anyway? What an energy drain. This month we focus on letting go, going with it and moving toward fit and free. Enjoy. *Jane*

Jane Birr, Life Coach



VICTORIES

*"I am just surprised at how a little working out each day can make a **big impact** on your life!"*
~Kent Bardouche

*"My three mile run was a victory! From starting out getting tired at a half a mile to this. I am very happy and couldn't have done it without this program! I have **much more energy** and actually noticed that I am a lot more positive about things too. **I feel great!**"*
~Kortney Walters

*"My goal was to run 9 miles a week and I did it 100%. Hurray! I also have lost 16 pounds! I'll apply this hard work to everything I do. **I'm worth it.** Anything is possible! I'm most grateful for **finding my self.** I know who I am now."*
~Sam Albricht

The victories above came from people engaged in Jane's program, "Just Get it Over With- A 12-Week Jumpstart to Great Health in Body, Mind and Spirit." Recruit a buddy and take it on-line or have Jane at your workplace. It's fun! What's your victory? Please send to janiebirr@gmail.com.

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.



Just ^{get}_{it} Over With

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

September 2010, page 2

LET IT GO

How do you feel when you trapped in fear? I had lots of experience with fear from this past weekend. I think fear chokes. It makes my mind go hyper and cluttery with thoughts that rarely come true. It tries to get me to quit. Fear makes my muscles tight and breathing shallow. It warns me of danger. It makes me want to run from my goal, suck my thumb and go stuff my face in a bag of Ruffles. What about you? How do you react to fear?

I have come to realize that most fears don't come true...but sometimes they do and that really stinks. My brain, and I'm guessing yours, can get lost in fears of job or income loss, death or injury of loved ones, loss of youth, fear of rejection, fear of not measuring up or being good enough, tight pants... you name it. In the face of fear many of us run to food for comfort... or alcohol or shopping or whatever the distraction of the moment might be.

Facing fear and the choking weight of negative mind chatter is a formidable opponent. But in all places, a raging river, I learned and practiced a valuable strategy for when fear comes knocking at my noggin. Check it out.

I was at the Adventure Sports Center International (ASCI) and WISP resort in McHenry, Maryland (a GREAT place for a high adventure vacation) last weekend visiting my friend, Sharon. We decided it would be a good idea to jump into a raging river armed with nothing but a boogie board, wet suit and swim fins. Within two minutes I was trapped in a swirling eddie. I kicked as hard as I could, which is quite hard considering my personal trainer labeled my strong thighs "Quadzilla." I couldn't get out. I was being sucked into a rock and fear raised its ugly head. And this is what I do for fun!

The harder I tried the more tired I got. Finally I was exhausted. I layed my head and my bronchitis-laden lungs on my board and almost teary-like said "I can't do it." Enter my new hero, our guide Casey Eichfeld. Casey is an Olympian for the USA Kayak team. What an honor to be with this fine, fun and incredibly talented representative of TEAM USA. He came into the eddie and dropped this lifeline of advice to me. "Jane, you are fighting the current. Just let go. Feel the river and go with it." Hmmm. What a thought. Oddly, instead of aiming and fighting to go downstream, I turned upstream and went with the current and with a few kicks got out! Then, with a deep relaxing breath I let go and allowed myself to feel the river and just go with it. What fun! Instead of scared, exhausted and wanting to quit I experienced joy, awe and a deep feeling a satisfaction of overcoming my fear. Let go. Go with it. What a combo!



What do you need to let go of? Me, Jane, knows that Tarzan swings light through the jungle. He has to let go of one vine to swing forward to the next. If he gets loaded down by fear he doesn't let go. He clings. He grips. He chokes. He just loses all momentum and comes swinging to a halt as Jane enjoys a banana all to herself.

BY JANE BIRR



Just ^{get} _{it} Over With

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

September 2010, page 3

Let it Go continued from page 2

This week I am practicing my new “Let Go” skill. I know I must sharpen it during the calm if I am to have any chance of success in the storm. A driver just chucked a cigarette and it hit my car? Let it go...give them a smile instead. Fear of mom and dad dying? Let it go. Enjoy them today. Money worries? Let it go. Do what I can today.

Thanks, Casey, for the invaluable lessons of let it go and just go with it. I never remember feeling so one with the absolute power of nature as I did when I let go and just flew down that river. I'll keep practicing my new skill and I hope each one of you do too. All I know is that it feels happier, lighter and easier to breathe when I do.

ACTION STEPS

What does fear feel like to you?

What is good about your fears?

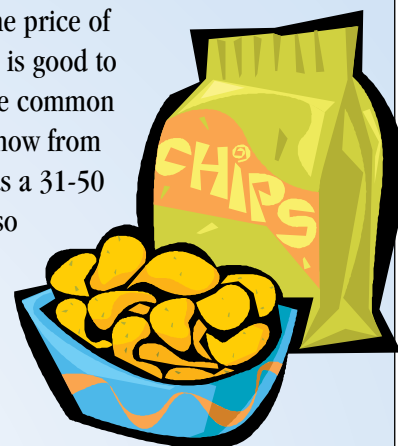
What is not so good?

What do you need to “let go” of and “just go with it?”

What can you practice on today?

FOOD FOR THOUGHT

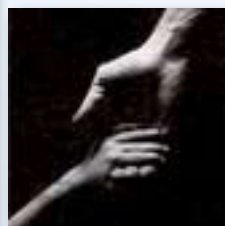
To keep healthy finances it is obviously good to know the price of items before you buy them. From a health standpoint, it is good to know how many calories you need, how many are in the common foods that you eat and what you burn. For example, I know from www.mypyramid.gov food intake patterns chart that as a 31-50 year old female I need 1,800- 2,200 calories a day. I also know from the back of the bag of Ruffles that 15 chips is one serving and 160 calories. That is 9% of my day. If I stop there and stay in budget the rest of the day, life is good. If I stress eat 4 servings during the Packer game the total balloons to 640 calories or 36% of my budget. Not good.



By checking www.healthstatus.com I find out for my size that walking a mile burns 78 calories, running it burns 92 and biking it burns 44. This information helps me mix up my activities to keep my body fresh as well as help me know that walking 5 miles burns 390 calories, running 5 miles burns 460 and biking 10 miles burns 440. All pretty close.

What about you? Get armed with knowledge so you can experience the freedom of living within budget versus the stress that comes when you don't.

SOUL TALK



“I am holding you by your right hand. I, the Lord your God, am holding your hand and I say to you, ‘Don’t be afraid. I am here to help you.’ I am the Lord, your Redeemer. I am the Holy One of Israel.” *Isaiah 41:13*

POWER QUOTE

“Just let go and go with it”

~Casey the Olympian

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