



# POWER SOURCE

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

DECEMBER 2007

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### WELCOME

Welcome back to the POWER SOURCE Newsletter where we motivate, inspire and kick each other's butt to great health in body, mind and spirit.

Thanks for sending your stories on how you are striving, clawing and rising to great health. I love it! Let's hear it for today's success feature, Sam Ruenger. What a winner. The question of the day:

"How can you live the best version of yourself today and every day this month?" Go for it and help a friend do the same. What a gift. Merry Christmas

*Jane Birr, Life Coach*



*Jane*

### VICTORIES - THE FOUNTAIN OF YOUTH!

*Check out what these winners are doing. Way to motivate and inspire great health!*

"I **improved 2 minutes** on my 1.5 running route!"

*Ashley*

"What fills my tank? Losin' weight and being healthy! My latest victory: I jumped on the scale and **lost 7 pounds!** How did I do this you ask? Salads, my friend, lots of salads. Creativity with salads has become quite the challenge in my house. I am sick to death of chicken and salad, but **my pants sure do feel good!**

Next goal...continued awareness of my portion control and healthy foods and more exercise! My mission, if I choose to accept it, is to get a stability ball."

*Jodi*

"Hi Jane,

I achieved a new record on "the hill". At the start of spring, it took me over 21 minutes to climb it. I got that down to 16:20 and then on Saturday, October 13 **I got up the hill in 14:52!** I about threw up afterwards, but I was almost in disbelief at the **quantum jump in my time.** "

*Jeff*



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## BLACKBELT ADVICE FOR LOOSE PANTS

*Jane Birr*

My karate instructor, Craig, is a 6th degree blackbelt. When he speaks, it's time to listen with all the respect that an Ace like that deserves. Craig recently found himself stuck and frustrated in his striving to meet a goal. How about you? **Are you stuck?** Have you beat your head against the wall to loose pants one too many times? How about after chasing a relationship goal or career goal? Has your disappointment frustrated you into the comforting arms of chips, chocolate or worse? Great in the moment...but the heavy feeling lingers in body and spirit...pulling you down, down, down and away from the best version of yourself. **What a drag.** Craig, master of obstacles overcome, help us!



Craig said, "I have been stuck on a personal goal for quite some time. It is draining to think of all I have to do to get through to the other side and I found myself avoiding it because it is just so much work and I have failed many times in trying to achieve it. Recently, I told myself enough was enough! It was time for a new perspective. So I got out a piece of paper and started **writing like I achieved it already.** I projected into the future and described how I worked through the challenges, what worked, what didn't, how great it felt to get this behind me, what I learned, ect. It was **liberating and energizing.** I highly recommend it!"

Melanie, a smoker and out of shape and a student in my "Just Get it Over With" personal conditioning class, recently tried Craig's strategy. Projecting 12 weeks forward, she said, "I never thought I would be able to quit smoking before I had kids. Not only did I accomplish that but I lost weight and feel great! I quit making excuses and overcame the urge to eat whatever was available. I **stayed strong and focused,** learned how to manage my stress, and sought the help of others .Unbelievable!"

I am proud to report that in week 8, Melanie's prediction came true. She stopped smoking! She is exercising regularly, eating healthy and energized. Victory to Melanie!

Now it's your turn. Unleash the best version of yourself. Unchained, fit and free. An inspiration to your family and friends. No longer dragging the burden of being stuck. Go for it, brave one!

### ACTION STEPS:

1. **Schedule 30 minutes** with yourself. You are worth it!
2. **Identify where you are stuck** in body, mind or spirit.
3. **Write like you are being interviewed** by someone you respect and sharing your story at a party in your honor. Project forward. What did it take? What did you fight for? How did you do it? How does it feel? Great job!
4. **Share your letter** with a friend. (or send to Jane at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com). I would love to read it!



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## SUCCESS STORY

**Sam Ruenger**

A student in my "Just Get it Over With Personal Conditioning Class, Laura Braaksma, interviewed her friend Sam to learn from her good habits. Laura says, "Sam has been an inspiration to me. She went from being overweight to a person who looks fit, healthy, and slender in less than a year!" Check out Sam's success below. You can do this, too!

### **Sam, when did you start working out and what motivated this change in you?**

I started working out in November of 2006. Why? I guess I was just sick of being fat. It sucks. I wanted to feel good about myself and be healthy. I also realized how much slimming down would benefit me in the long run as far as health risks go. I didn't want to have problems with diabetes or heart disease. I wanted to get back into better shape so that I could have fun and play sports without feeling like I died. My fitness level is something that I could control and I finally got myself motivated enough to do so.



### **What are some goals and victories that you have met and are proud of?**

I lost a significant amount of weight. I am not exactly sure how much because I never kept track of how much I used to weigh, but I went down 4 pant sizes! I gained some lean muscle mass as well. I am much healthier now. I monitor what I eat. I used to love fast food, but now it would be generous to say that I eat it twice a year. I am very proud that I have been able to keep this exercise and healthy eating program up for this long.

When I started working out, I never expected to be able to keep it up, but it just seemed to get a little easier each time. I have so much more energy now.



### **What were some of your strategies to meet your goals?**

I just started out a little bit at a time. I think that at the first exercise session I did, I only ran for 15 minutes and I was completely spent. Now I can run for over an hour without dying. When I don't feel like exercising, I just make myself. As far as eating, I just ate everything (besides trans fat) in moderation. When I go grocery shopping, I stick to buying items from around the perimeter of the store because the isles tend to have the more fatty foods.

I avoid the pressure from my roommates to go to Taco Bell. I think just getting into an exercise routine makes a huge difference because then working out becomes a daily habit. I try to always remind myself of the positive things I am gaining from exercising.  
*See Sam Ruenger on page 4...*



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## SOUL TALK

I recently asked a hero of mine, Tanya Crevier, the world's best female basketball handler and a totally world-class woman the following question to help me out in a presentation I was giving to some young women: "Tanya, what steps can a girl take to have a champion's attitude that will affect her and those around her?"

Check out Tanya's wise advice:

**Seek first the Kingdom of God and His righteousness, then all these things will be added to you.**

*Matt. 6:33*

**Start where you are; Use what you've got; Do the best you can!"**

Wow. Hold on to your socks! How would your life be different this week if you applied these quotes? Encourage a friend to put these words into action this week with you. Note what happens. Enjoy the ride!

Check out [www.crevierministries.org](http://www.crevierministries.org) for more information on Tanya. Have her perform at your youth event if you want it to be fun, engaging and high quality. She ROCKS!



## FOOD FOR THOUGHT

1. How much sleep do you **need** to be the best version of yourself?
2. How much are you actually **getting?**
3. What is **in the way?**
4. What is **the effect?**
5. What is **one change** that you can make today to get more sleep and take a step toward the best version of yourself? (Ex: Exercise, limit caffeine and TV, meditate, have a bed time)
6. **Evaluate:** What was the effect? Repeat if of value.

## POWER QUOTE

### Save the Drama for your Mama

"Bad attitudes can poison people. Gossip and drama are not tolerated by my cross- country coach here at the University of Minnesota because he knows what it can do to teams. If we are having a bad day, he tells us to leave it at home because practice is a time when we are working together as a team and we should be focused on that. He says to 'Save the drama for your mama.'"

From Shanna Bodilly, Jane's niece, 5:15 miler, 18:50 5K at University of Minnesota.

*Sam Ruenger, continued from page 3*

### Note from Laura:

I would like to say a special thanks to Sam for letting me interview her. She has inspired me to practice a healthier lifestyle. There are many occasions when she catches me reaching into the cupboards for more junk food and gets me to stop by reminding me of my goals.

**Who's your success inspiration?** Let me know at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com)



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## GREAT GIFT IDEA! JUST GET IT OVER WITH!

Help spread the word of great health! Please send your friends to [www.janeburr.com](http://www.janeburr.com) and sign up under Get Fit Now to receive the very motivating free e-course along with future **POWER SOURCE** Newsletters and **POWER SURGE** videos. Thanks...I appreciate it.



## HO HO HO! GIFTS FOR YOU!

### Gift #1:

Need a Speaker? In the spirit of Christmas, Jane is giving away one complimentary 30-45 minute motivational presentation on the topic, "Just Get it Over With. Three Strategies to Jumpstart your Great Health in Body, Mind and Spirit." \$300 value! Great for company lunch and learns. Be the first to email Jane at [www.helloworld.com](mailto:www.helloworld.com) with the subject "speaker" and win!



### Gift #2:

Need Motivation? Be the 5th person to email Jane at [www.helloworld.com](mailto:www.helloworld.com) with the subject "book" and receive her book, Just Get it Over With. A 12-week Jumpstart to Great Health in Body, Mind and Spirit." Go for it!

## COMING SOON!

Watch in January for the launch of Jane's new 12-week e-Course "Just Get it Over With." Pick the self-study course to motivate and inspire yourself to great health. Upgrade options include with Jane's weekly help via e-mail, video, phone or in person.

Great for corporate wellness programs or groups of friends who are out of shape, sick of it and ready for action! Email Jane at [janeburr@helloworld](mailto:janeburr@helloworld) for details or to be included in a pilot study.

