



# POWER SOURCE

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

FEBRUARY 2006

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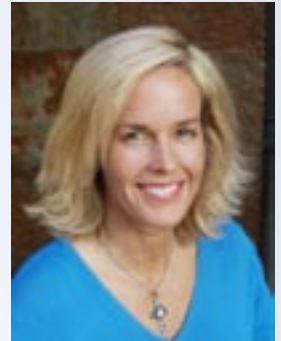
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### WELCOME

*Jane Birr, Life Coach*

Welcome back to the POWER SOURCE newsletter where we build up, support and inspire one another toward achieving great health. A big THANK YOU to the overwhelming response from you who bought my new book, "Just Get it Over With: A 12-Week Jumpstart to Great Health," or ordered my free e-course, "5 Keys to Looser Pants" on my Web site [www.janebirr.com](http://www.janebirr.com). I pulled a tendon in my arm responding to all of you but it was worth it. You inspire me and so many around you as you claim victories for your body, mind and spirit. Keep at it and keep your stories coming.



Have a great day,

Jane

### VICTORIES

"I lost 10 pounds and now drink 64 ounces of water daily. I am most proud of taking control of my life. I am living it now instead of it just happening around me."

*Susan Roberts*

"My best new habit is that I keep everything in my life clean, specially my apartment. By keeping things clean, I feel full of energy and happy. When things are messy, I tend to feel lazy and sad."

*Megan Evenson*

"I am proud that I haven't quit. I haven't given up. I feel more focused. I am sticking to a routine of exercise."

*Jaime Carbo*



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## RED LIGHT, GREEN LIGHT

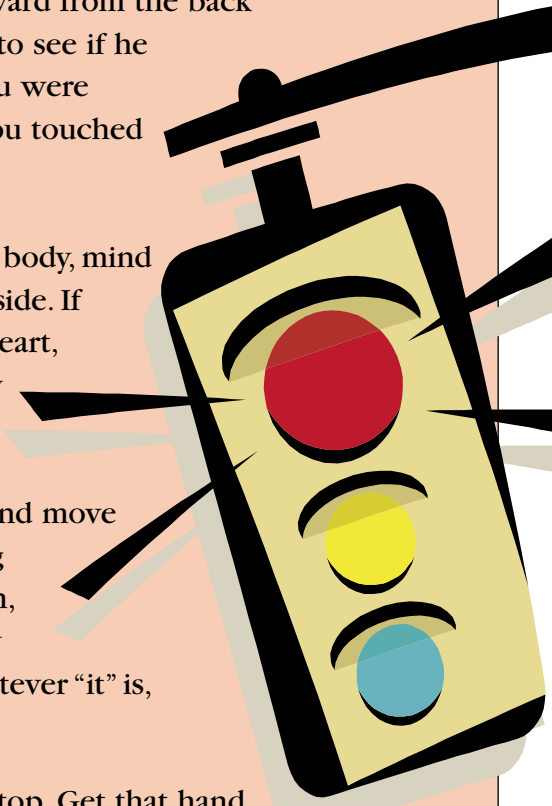
*Jane Birr*

Remember the classic backyard game **Red Light, Green Light**? One guy was "it" and stood with his back turned. On "Green Light!" the rest of the pack began creeping forward from the back of the yard until "it" shouted "Red Light!" and turned as fast as he could to see if he could catch anyone moving. If caught, you were sent back to start. If you were wiley, you could keep creeping forward without being detected until you touched "it" and you became "it." Go ahead and play sometime. It is still fun!

Let's apply **Red Light, Green Light** to your quest for great health in body, mind and spirit. You are at one side of the yard and your goal is on the other side. If it is a goal that you don't really care about, you won't play with much heart, you will lose interest and beg to play tag instead. But if you passionately want that goal...if you really, really need to be "it" like you need air, you will move forward, get caught, start over, study what successful **Red Light, Green Light** players do, move forward, get caught, start over and move forward until that glorious day when you will have the awesome feeling of claiming you're "it." Maybe it is a body weight you would like to attain, a time in a race, a career goal or family vacation, or the level of intimacy you have always desired in your key relationships and spiritual life. Whatever "it" is, define it with clarity. Then start.

For example, when you reach for a second helping, yell "**Red Light!**" Stop. Get that hand back. When you don't want to go for a walk, scream "**Green Light!**" until you convince your brain to go. When you are thinking about reading your Bible, shout "**Green Light, Green Light!**" and do it. When you are about to rip into your spouse, "**Red Light!**" Want a donut? "**Red Light!**" Make the choice for Cheerios with a banana, "**Green Light!**"

What is your "it?" Feel free to e-mail me your **Red Light, Green Light** plan. I am still riding high from achieving two big "its" recently — my first book, "Just Get it Over With: A 12-week Jumpstart to Great Health," and a Black Belt in self-defense. What an incredible feeling! Go for it. Elevate your game. Inspire. Be the one to break out and lead the way. "**Green Light!**"



**Want to shape up? Check out Jane's very popular FREE e-course, "5 Keys to Looser Pants" at [www.janebirr.com](http://www.janebirr.com).**



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## Just Get It Over With

A 12-week Jumpstart to Great Health in Body, Mind and Spirit

Jane A. Birr

## Out Of Shape and Sick Of It?

Enough is enough. Rise up, my friend. Let's "Just Get It Over With."

Join me for a 12-week journey to:

- Tap into your passion
- Define and awaken your personal values
- Decide what in your life is worth fighting for

Use these strengths, along with 10 strategies for success, to bash through barriers and get into the best shape of your life.

You are Worth it. You can do it. Great health starts today.



Jane Birr, Life Coach, Powered Up, LLC

## Want to Shape Up in Body, Mind and Spirit?

Jane's new book *Just Get it Over With, A 12-Week Jump Start to Great Health* will get you started.

Logon to [www.JaneBirr.com](http://www.JaneBirr.com) and click on

BUY STUFF. \$19.99

If you prefer to pay by check, please contact Jane at [janiebirr@aol.com](mailto:janiebirr@aol.com). Great health starts today!

Series #1



## ATTACK of the Weiner Dog

A One-Week e-Course Including the Strategies:

- \* Dream/Fear
- \* Snap! Snap! Snap! You Can Do It!
- \* Beep.Beep. Beep. Nothing Good Happens After Midnight

This series is designed to motivate you to great health. You will receive a strategy every other day for one week to support and encourage you in making the decisions necessary to reach your health and fitness goals. Need room around your waistband? Start here.

## Bashing Through BARRIERS

Key Strategies to Rise Up, Strike Back, Lose Weight and Claim Great Health



\$ 9.99. Logon to [www.janiebirr.com](http://www.janiebirr.com) and click Buy Stuff.



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## FOOD FOR THOUGHT

Need some energy on the run? My friend Carmen, a registered dietician, marathon runner and mother of twins, passed this recipe on to me and it is pretty good! I didn't even have the shredded carrots, flaxseed meal (what on earth is that?) or oat bran and it still got raving reviews from my husband, Tim. Try it.

### Carmen's Homemade Energy Bars

1 cup honey

1 cup natural peanut butter

3-4 cups oatmeal

1 cup dried fruit- any or several varieties

1 cup shredded carrots (broccoli slaw works very well says Carmen)

Sprinkle of flaxseed meal

Sprinkle of oat bran

Melt honey and peanut butter in a large microwave bowl until smooth and easy to stir. Add remaining ingredients. Mix well and press into 9 x 13 pan. Cut and wrap into bars.

Need nutritional help? Carmen is awesome! Contact her at [foodpower@new.rr.com](mailto:foodpower@new.rr.com)

## POWER QUOTE

"There are 1,440 minutes in a day. Devote at least 30 of them to exercise." from "Overcoming Barriers" at [www.cdc.gov](http://www.cdc.gov). To see it, click [www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)

There is a cool test you can take to identify the barriers in your life to exercise. Check it out.

## SOUL TALK

Think of a person you know who inspires you. For me, it's Brett Favre, Rocky, Frodo, Jesus and many of you who are fighting for your worthwhile goals. Fighters know where they are going. They are passionate. They are focused. They get knocked down but they get back up wiser, stronger and with more resolve. They inspire in us a belief that if they can do it, why not us? Hold the following quote next to your heart as you stake your own claim to great health in body, mind and spirit. Inspire forward!

"I am pressed on every side by troubles, but not crushed and broken. I am perplexed because I do not know why things happen as they do, but I don't give up and quit. I am hunted down, but I know, God, that you will never abandon me. I may get knocked down, but I will get up again and keep going."

*2 Corinthians 4:8*

