



# POWER SOURCE

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

VOLUME 2, ISSUE 1 JANUARY 2005

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### WELCOME

*Jane Birr, Life Coach*

Welcome to a new year and a new and improved you. The last two months we have moved through personal obstacles with "Just Get it Over With" and "Look Where You Want to Go." Today, with the help of POWER SOURCE success profile Kim Dodds, we can arm our self with "I Can Do



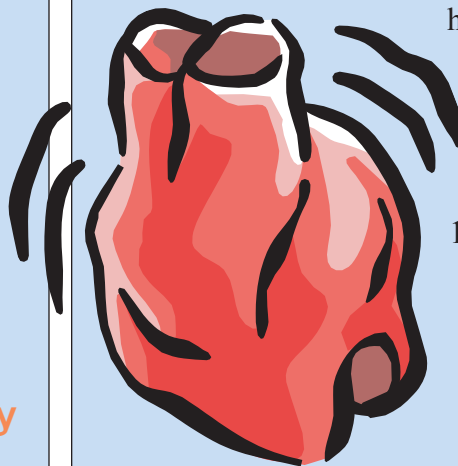
*Jane Birr, Life Coach*

Anything for Ten More Minutes." My wish for you is that it propels you forward to great health in body, mind and spirit. Go make it happen.

*Jane*

### THE HEART OF THE MATTER

A worldwide study of 30,000 people found that cigarette smoking, high lipid concentrations and stress to be the main risk factors for coronary artery disease. Other factors included diabetes, family history of high blood pressure and abdominal obesity.



The study identified three behaviors that are protective against a heart attack:

1. Daily consumption of fruits and vegetables
2. Regular physical exercise
3. Moderate alcohol consumption (3 times per week)

*IDEA Fitness Journal, Dec 2004*

Ask yourself: Do I value my health? Am I doing what it takes? What action will I do today to move me forward?



# POWER SOURCE

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## I CAN DO ANYTHING FOR TEN MORE MINUTES

*Jane Birr*

Today's POWER SOURCE member profile, Kim Dodds, makes my Hall of Fame of people who elevate me in body, mind and spirit. I love her positive attitude and mental toughness as well as her focus on building strong relationships with God, family and friends. To be like someone, it makes sense to get around them at any chance you can get. So when Kim asked if I would like to join her for early morning runs because her children had piano lessons before school in my neighborhood, I had to say yes.

First you must know that Kim is an accomplished marathon runner and much faster than me. Second, I am not a morning person. I am not a night person either. My husband Tim says I have a small window in the early afternoon when I am pretty nice.

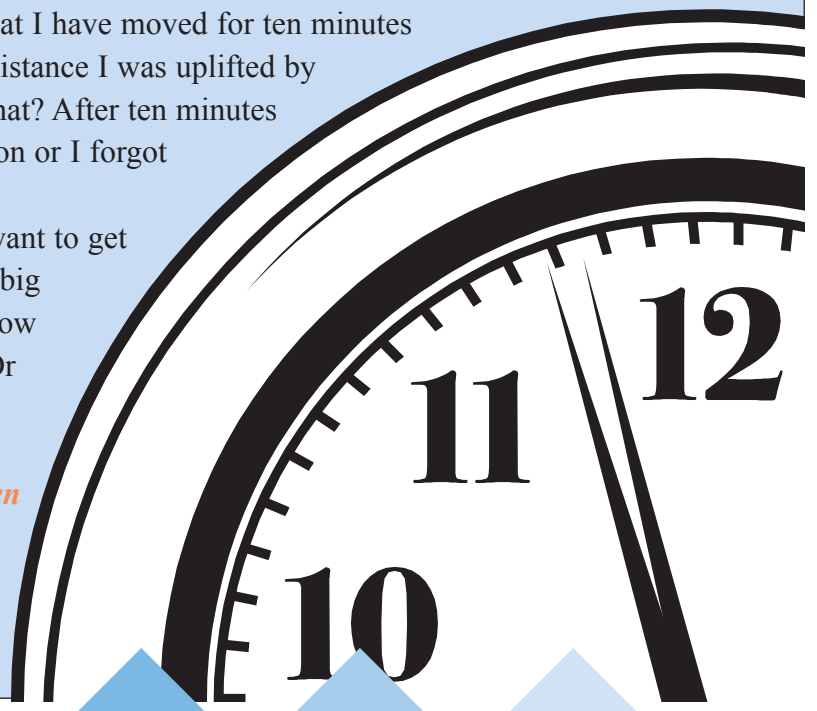
As much as it pained me, I knew Kim was quality and that I needed to suck it up. Tim would wake me up and say, "Kim will be here in 10 minutes. I think you better get up now." I would lay there for five more minutes groaning like a beached walrus, fall out of bed into my gear, and slug some chocolate milk as I headed out the door. What a champion.

Needless to say, the runs were torture for me. But I loved to be with Kim. Kim knew I was dragging, and as successful people seem to do, she lifted me up. She did not lay it on me for being a slouch, point out how slow I was or harp on the negative effects of chocolate milk. At very timely points she would say for my benefit, *"Boy, am I tired today, Jane. But I know I can do anything for ten more minutes. Let's keep running for ten more minutes Jane. We can do that."*

Yes, we could. How inspiring! I knew I could keep putting one foot in front of the other one for ten little minutes. How about you? My experience tells me that I have moved for ten minutes before. Instead of being pulled down by the whole distance I was uplifted by knowing I could do the ten minute part. As guess what? After ten minutes I was usually out of what ailed me and could move on or I forgot about because of the conversation.

So what obstacle is in your way? How bad do you want to get to the other side? Let's learn from Kim to break our big problems into measurable pieces that fit what we know we can do. Ten minutes. What's ten little minutes? Or how about ten steps? I had to break it down into ten steps on a big uphill skiing the other day.

*You can do anything in body, mind and spirit for ten more minutes.* Give it a test run this week and see where it takes you. Thanks, Kim!





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## MEMBER PROFILE

KIM DODDS

### Kim, what is something that you love to do?

I love a challenging work out. I especially like to do activities that really mentally push me. I just recently climbed 1800 ft in snowshoes out in Squaw Valley. I have always wanted to do that! The climb was incredible but what was more impressive was the view from the top; especially the sun coming up in the valley. I was in awe of the beauty of God's creation.

### What is your advice on staying motivated when you don't feel like it?

My thought during difficult times in a workout is "I can do anything for ten more minutes." Usually, after the ten minutes is up, I am either through the low point in my work out and feeling ok again or I am almost done. I say this many, many times when I am working out and use it as encouragement to others.

### Even though you are in great shape, it's not always a piece of cake to exercise, is it?

Despite the fact that I enjoy fitness it isn't always easy and I don't always feel like getting up early to work out. What helps is the commitment to meet others and also my own commitment to myself. I have 3 wonderful children and when I had them, I committed to a life as a mother and role model. I think it is important for my kids to see me taking care of myself and also for them to see me taking the time for myself. My kids know I work out to be physically strong and have a strong heart and they know it helps me to have a strong mind.

### What would you say are keys to a successful program?

- Meet people who enjoy doing what you like to do. After you establish a good relationship with them, set weekly meeting times and keep them a priority. The key is to commit.
- Surround yourself with encouraging people. Do not give up! If you have a bad day or bad week get back to it.
- Set short term goals and long term goals and share them so people will be encouragers in your life.
- Don't allow others attitude toward health hamper you. I know lots of people think I am strange because I

See *Member Profile*, page 4



## MEMBER PROFILE

Kim Dodds	Age: 39
Husband	Brian
Daughters	Jordan 12 Sydney 11
Son	Garrett 10

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*Member Profile, continued from page 3*

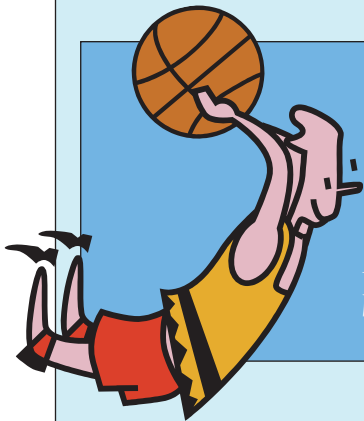
enjoy exercise and that next to God and family it is a priority. But I smile and just realize they don't understand and that is ok.

## SOUL TALK

Do you find yourself eating the apple? Well, that would be great if it was just an apple, wouldn't it? We all have our weaknesses, what's yours? Maybe it's eating more food than your body needs, playing fire with people who are not your mate, spending more than you have, or a sharp and judging tongue. There is hope:

Remember, no temptation is irresistible. You can trust me to keep the temptation from becoming so strong that you can't stand up against it, for I have promised this. I will show you how to escape temptation's power so you can bear up patiently against it.

*~1 Corinthians 10:13*



## POWER QUOTE

The game is scheduled. We have to play it. We might as well win.

*Bill Russell,  
Winner of 11 NBA titles*

## BODY SWAP 2005

Want to trade yourself in for a new and improved you in body, mind and spirit? This series is designed to help you reach a three month personal goal by learning to:

- Create a Personal Plan
- Overcome Obstacles
- Live Your Values

This program is excellent for companies desiring healthier employees and can be conducted for groups of up to 20. Private sessions are available as well, in person or on the phone. Contact Jane at Powered Up, LLC today at [janiebirr@aol.com](mailto:janiebirr@aol.com) or 920.433.9605.

**Body Swap 2005 classes start at NWTC Wednesday, Feb 9th at 8am and 6pm. Class space limited. To register, go to Workplace Learning Services at <http://online.nwtc.edu/wls>**

Hundreds of people have followed this system toward great health in body, mind and spirit. You can too!

## ONE-ON-ONE

Need help with a plan to shape up in body, mind and spirit? Contact me to arrange a 30-minute complimentary consultation.

## HELP SPREAD THE GOOD WORD

Thanks for reading the POWER SOURCE. Please feel free to forward it to friends. If they would like regularly receive the POWER SOURCE, please have them send me their name and e mail address, and I will add them to the team.