



# POWER SOURCE

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

VOLUME 2, ISSUE 3 MARCH 2005

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SPREAD THE GOOD WORD

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## WELCOME

*Jane Birr, Life Coach*

Welcome back to the POWER SOURCE where we believe in motivating and inspiring great health in body, mind and spirit. Thanks to all you who share your victories with me. It is so inspiring. Keep up the great job! This month, let's explore the concept of "either/or," check back in with Jodi as she commits to lose weight and get in shape, and get inspired by today's member profile, Jeanie Ackley. People are doing great things. So can you. Go for it!

*Jane*



*Jane Birr, Life Coach*

## VICTORIES

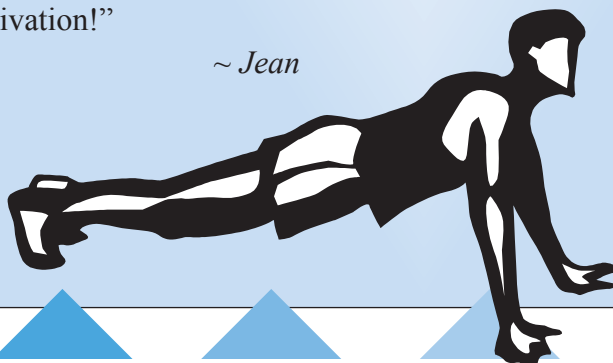
POWER SOURCE readers are living great health. Check out the victories that I received recently. They are invigorating. Anything is possible. Keep your victories coming!

"I am down 10 pounds in the last six weeks and down fifteen total. My plan has been to eat smaller portions and not stuff myself and to switch to diet soda. I hope to be down 20 more by my wedding in June."

*~Micah*

"I was so impressed to hear that your 82-year-old mother does 50 push-ups and 100 sit-ups per day (along with her two mile/day walk) that I started doing sit-ups and push-ups daily. I'm up to 60 sit-ups and 30 push-ups! My goal is 100 of each per day. THANK YOU for the motivation!"

*~ Jean*





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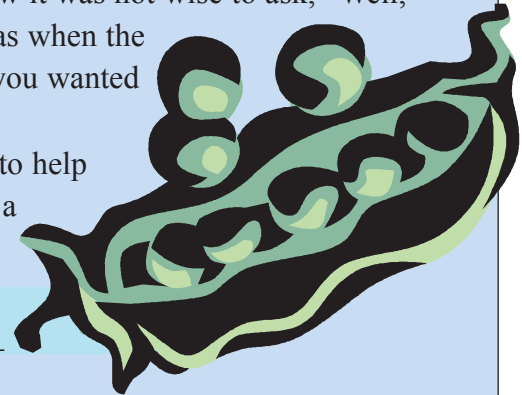
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## EITHER/OR...BUT NOT NEITHER

*Jane Birr*

Remember when you were short and your mom would say, "Either eat your peas or you're not getting any dessert." You were presented with a choice. Through trial and error you knew it was not wise to ask, "Well, what exactly is the dessert?" After all, who really wanted to swallow the peas when the prize was some green Jell-O with nuts in it? If you were going to swallow, you wanted chocolate.

Now that you have grown tall, let's make a new positive twist to 'either/or' to help you reach your goals in body, mind and spirit. First of all, you have to have a goal you are shooting for.



**My goal is** \_\_\_\_\_

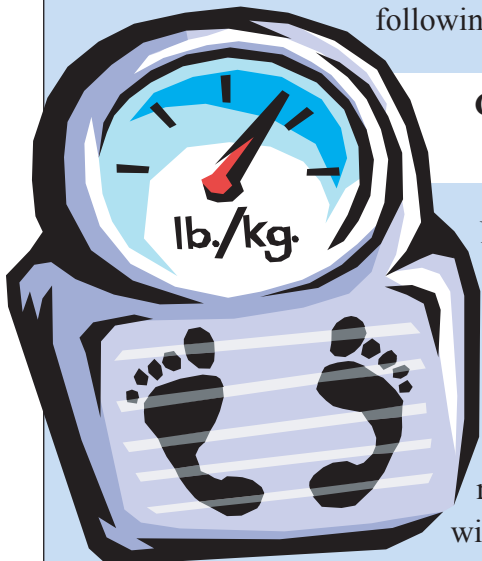
Next, you need to make a commitment. What is it going to take to reach your goal? What will you commit to doing this week?

**My commitment is** \_\_\_\_\_

For example, maybe you have a goal of losing ten pounds by the first day of summer. A pound a week will get the job done. Won't that feel great to not have ten pounds pressing against the buttons on your pants? So what will alter 500 calories/day to provide a one pound a week weight loss? You think about it and decide on the following two commitments:

**Commitment 1: Walk 2 miles/day.**

**Commitment 2: Cut back to 1 serving of junk food/day.**



Now, I don't know if this is grammatically correct, but I find the following strategy works. Let's say 6 AM. rolls around and it's time for your two-mile walk. You don't want to go. Say to yourself, "**EITHER** I will walk get up right now and walk **OR** I will do it at 5 p.m., but neither is not an option." You've given yourself a choice and a chance to prove your integrity. With food, let's say you are at work and someone offers you a donut. You recall your 1 junk food/day commitment. Then you process that, "**EITHER** I will have the donut now, **OR** my bowl of ice cream after dinner, but not both."

See *Either/Or*, page 4



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## MEMBER PROFILE

Jeanie Ackley is passionate about fitness. She has a big smile. Energy and enthusiasm just spill out of her. I spent 10 minutes with Jeanie and was so juiced up I had to go running. Who are you going to uplift today?

### Jeanie, what is your passion? What do you love to do?

I love to participate in multiple fitness activities. I will try anything at least once. My newest passion is triathlons. I have participated in three sprint distance tris and will be moving up to the Olympic and half iron-man distances next summer. I've also developed a new passion for cycling. My husband gave me my first "road" bike for Christmas last year. It's amazing how fun it is to go biking with a group of people.

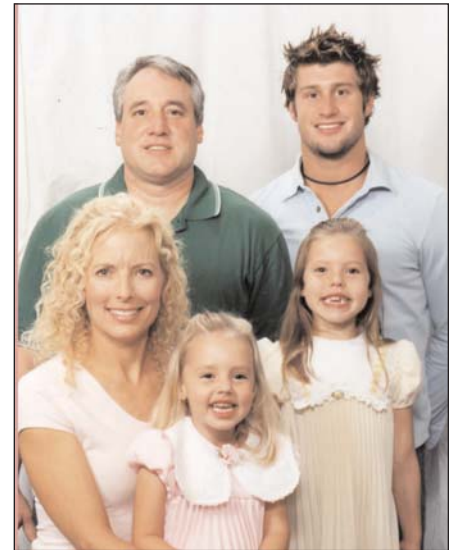
### What obstacles do you come against? How do you overcome them?

Time. Time. Time. I work full time and have two small children. Staying focused when I have so many other facets in my life that require my time makes it a challenge to stay on track with my exercise program. Therefore, I make sure that I always have a goal in my exercise routine. For example, in April I am running the Boston Marathon, in May I will run the Cellcom Marathon, in June I will participate in the Aurora High Cliff Triathlon and the Bellin Run, in July I will participate in the Lifetime Fitness Triathlon, etc. I make sure there's always a short-term goal that I need to work toward.

### What are your top 3 success principles that keep you moving forward?

The main reason I exercise is for my health. I'm an older (I use that term loosely!) mother of small children and want to be healthy and active as they grow up. I want to be a role model for my children. I want them to know that exercise is just another thing you do in your day. It's not a chore. It's a habit, a way of life. My girls know the difference between the run, bike and swim bags. Exercise clears my mind. If I'm feeling blue or lazy, I just need to get out and do some sort of activity and my mindset changes.

## JEANIE ACKLEY



## MEMBER PROFILE

Jeanie Ackley	Age: 42
Husband	Chuck
Children	Madison (7)
	Mercedes (3)



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*Either/Or, continued from page 2*

You look at the donut, and even though you want it really bad, as a person of integrity who honors your commitments, you pass on it, knowing you will have a scoop of ice cream later. To get you through, you remember your goal and how great it will feel to shed 10 pounds. Some other examples include:

- *"EITHER I'll read one chapter now OR at 9 PM., but neither is not an option."*
- *"EITHER I'll write a love note to my husband today, OR give him a long and lingering kiss when he gets home, but neither is not an option."*
- *"EITHER I'll buy the shirt OR the shoes, but not both."*

Try this strategy on for size this week. Pause long enough to remember your very worthwhile goals and decide for them. Decide. Even though it is hard. Let's hear if it works for you.

## SOUL TALK

Five minutes before I was supposed to take my little nieces Shannon and Emily to school, Emily sprouted a big, bad bloody nose. As she dripped blood into the toilet, the three of us noted how beautiful the blood looked as it spiraled into the water. But we also noted that Emily had blood all over her shirt. Not good. So as she dripped, I did what any Auntie would do who is clueless in these matters... I sprayed her with carpet cleaner. It worked pretty good. She was still stained, but not too bad. Plus we made it to school on time. God has something better than carpet cleaner. Check this out:



*"Come, let's talk this over! Says the Lord. No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained red as crimson, I can make you white as wool!"* *Isaiah 1:18*

## JODI CAM

Last month we met Jodi who committed to lose weight and start exercising once and for all. Here is an update on her progress.



### Victories:

I've lost 12 pounds, I'm down one pants size and I drink water.

### Obstacles:

I lost my exercise motivation because I'm still losing weight without it.

## March Commitments:

1. Stick to my Weight Watcher points.
2. Do 120 sit-ups everyday.
3. Walk three days/week at least one mile or do aerobic tape.

## Final Comments:

When I look in the mirror I don't see such a big head anymore. I like this!"

You can contact Jodi and cheer her on at [jhotz@wi.rr.com](mailto:jhotz@wi.rr.com) or check out her beautiful jewelry website at [www.oursignaturedesigns.com](http://www.oursignaturedesigns.com).