



POWER SOURCE

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

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Powered Up, LLC

Jane Birr, Life Coach

info at: janiebirr@aol.com

1-920-433-9605

Newsletter design by

Teresa Kennedy

contact me at:

teresa_k64@hotmail.com

WELCOME

Jane Birr, Life Coach

Welcome back to the POWER SOURCE Newsletter where we believe in motivating and inspiring great health in body, mind and spirit. Have you been an inspiration late? Today, let's learn a lesson from the Packers on the importance of getting back to the basics. We'll also get motivated from today's member profile, Shanna Bodilly. Inspiration takes perspiration. Go make it happen.



Jane Birr, Life Coach

Jane

HOW DO YOU MEASURE UP?

Take the guesswork out of healthy eating. Record and measure a day of everything you eat and drink and then check out www.MyPyramid.gov. Go to MyPyramid Tracker and Assess your Food Intake. Warning: People greatly underestimate what they eat. Record and measure as you go and don't rely on you memory at the end of the day. It likes to forget things that start with chocolate. Compare your results with a buddy and make some goals to clean up your act...not your plate.





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BASIC TRAINING

Jane Birr

I was recently driving in Green Bay near Lambeau Field and noticed that the Packers were warming-up up for their 11AM mini-camp. Cool. The quarterbacks were right in front of me and the running backs were about twenty yards beyond. A pack of about eight receivers were warming up to my right.

What stood out to me as I scanned the scene was Pro Bowl running back Ahman Green. Everyone on the field was an incredibly gifted athlete and I'm sure they work their butt off to stay that way. But there was a clear difference to me in the work habits and precision of Ahman Green compared to the others that I noticed.

Each guy must have gone through the same warm-up hundreds of times. You know how that goes whether it is in your workouts, marriage, job or spiritual life. You can lose interest and get sloppy. You start going through the motions, more concerned about just getting it done than doing it correctly and with focus and passion.

Ahman performed the basics with precision. That is one reason why I assume he is a Pro Bowl player and the others are not.

I also noticed that after the warm up, each group continued their basic training. The quarterbacks worked on handoffs to the running backs. The receivers ran 10 yards, turned and caught a pass. Over and over and over. Much later, all the parts came together as whole team and worked on more complex formations.

So do you want to be an All-Pro in body, mind and spirit or do you want to worry about getting cut? Instead of swimming and sometimes drowning in life's complexities, let's focus this week on the basics. Consider:

 Stopping after one helping.	 Stretching at least three times this week.	 Kissing your spouse when you get home. Focus on them entirely for 10 minutes.	 Smiling at work, looking people in the eye and saying hello.
 Lifting weights two to three times this week.	 Praying like you are actually talking to the God of the universe.	 Achieving 30 minutes of moderate aerobic exercise five days this week.	 Focusing on your child instead of blowing them off like a distraction.

Pick one of the above or think of another. You have a Pro-Bowler inside of you that is busting to get out. Train in the basics this week and let me know what you notice. Enjoy!



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MEMBER SUCCESS PROFILE

I love my niece, Shanna Bodilly, and can't wait to introduce you to her today. She is living great health. Check her story out. Thanks Shanna!

Shanna, what is a dream that you want to accomplish?

My dream is to compete in an Ironman Triathlon..

What kick-started you to begin a work-out program?

I started running cross country in eighth grade with some good friends. I did it because, "I just felt like running." Now I run to stay in shape, get outside, let myself think, relax and to be part of a team.

What would you say is your best physical habit?

Running six to seven days per week and 100 sit-ups per day.

What is your best eating habit?

Making sure to eat 3 servings of fruit and veggies every day.

How about your best all around habit?

Taking "a vacation" from life. Sometimes in the morning, before a run, before I go to sleep or whenever I need it, I stop what I'm doing and lay down and relax and listen to music and just stop thinking for a while to rejuvenate myself.

You run so fast that smoke must come out of your shoes. What is your best mile time?

5:01

What is your next goal?

Improve all of my times from my freshman year of college at Minnesota and eventually make the traveling squad (top 8 of 45).

I'm sure that is tough training. What strategies keep you motivated?

Everyone has days when it is hard to workout. Whenever I feel like that, it is important that I do not give in. I can't let my mind talk me out of what I need to do. On these days it is helpful for me to run with friends or change the play list on my MP3 player. It is also helpful for me to think of my long-term goals. I know I can't slack off if I want to be successful.



Name: Shanna Bodilly
Age: 18
Career: Sophomore,
Univ of Minnesota,
health-related study



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BLURRY VISION?

Are you running from one responsibility to another each day wild and wide-eyed and just hoping to make it to bed? There is hope! I teach a fun and invigorating workshop called **Bashing Through Barriers to Great Health in Body, Mind and Spirit**.



The focus is on:

- Catching Your Breath.
- Knowing and Living Your Values
- Creating Your Life Vision and Goals
- Forming a Plan and Tracking System to Make it Happen

Bashing Through Barriers can be planned for a one-day workshop or split over time to monitor progress toward a three-month goal. It's fun and interactive and people see life changing results. Contact me at janiebirr@aol.com to make arrangements for your workplace or your family and friends. One-on-one options are also available.

POWER QUOTE

"The race is long, but in the end, it's only with yourself."

One of Shanna Bodilly's favorites

ENOUGH

Have you had enough with the current condition of your health in body, mind and spirit? I've assisted hundreds of people in reaching their goals and living their values. Please contact me at janiebirr@aol.com for a complimentary 30-minute session to discuss your situation and to see if I can assist you in setting and reaching your three-month goal. Go for it. It's fun!

SOUL TALK

From a church bulletin:

Morning sermon: Jesus Walks on Water
Evening sermon: Searching for Jesus

