



# POWER SOURCE

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

ISSUE 1 MAY 2004

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## WELCOME

Welcome to the first issue of the Power Source monthly newsletter, specifically designed to power you up to great health in body, mind and spirit. Ready to get some results? The **Power Source** will connect you to what successful people are doing and give you the opportunity to share what is working for you. Sick of average? The **Power Source** will inspire and motivate you to action. Your feedback is highly valued and appreciated. I look forward to hearing from you and celebrating your victories on your journey to great health.

Have a great day!

Jane Birr

*Life Coach*

*Powered Up, LLC*



## FOOD FOR THOUGHT

Check this out. My dietician buddy Carmen who knows all tells me the Mayo Clinic suggests we limit sweets to 75 calories/day for healthy weight loss. This is equivalent to 2 Hershey's Kisses or 1 TBSP of chocolate chips. That is for a whole day- not just breakfast.

How is this possible? Contact Carmen Gorniak at [foodpower@new.rr.com](mailto:foodpower@new.rr.com).

Carmen has the answers. She got me hooked on celery pizza, so anything is possible.



## SOUL TALK

Ponder this quote from Greg Laurie of Harvest Ministries. "It is going to cost you to follow Christ... but it is going to cost you more not to."



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## I AM A BARGE

*by Jane Birr*

"I am a barge." That was my thought as I plowed through water in my lap swim lane Thursday night. You've seen barges - broad and slow. They get where they are going but they sure don't set any speed records. Don't get me wrong, I love the water and I love to swim. Here I was with my mask and snorkel on so I could be entertained by band-aids and rubber ducks as they floated by. Maybe my swimsuit was slowing me down. The chlorine had zapped it of color and all form, leaving my niece Shannon to note "Janie, the butt on your suit is sagging so far it looks like you filled your pants." Could that be why I was so slow? I was dragging a parachute.

Next to me was a speedboat. With grace and little effort she streamlined through the pool leaving me floundering in her wake. Maybe she was trying to get away from my suit. Shannon boldly noted, "Janie, your suit is so worn out I can see your crack."

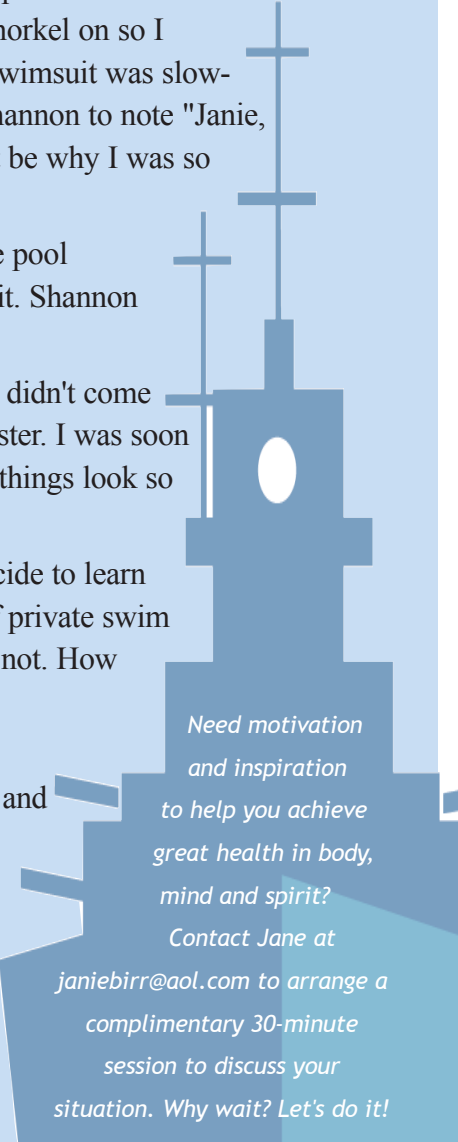
"I'll catch her," I thought, as I put my scuba fins on and kicked into overdrive. But I didn't come close. I don't think a dolphin could catch her. I tried harder and pumped my arms faster. I was soon worn out, exhausted and ready to quit. Sound familiar? Why do some people make things look so easy yet for others it is such a struggle?

Decision point. I could walk away dragging my beaten parachute butt or I could decide to learn what I could and move forward. It turns out I knew the speedboat. Teri, a teacher of private swim lessons, had learned herself from Olympic coaches. "Teri, I am a barge and you are not. How about a tip to increase my speed?"

She didn't say "Away with you, loser." She was more than happy to help. It is her passion and it spills out of her. She taught me how to turn my shoulders so they cut and streamline through the water. She reminded me to glide so I work smarter and not harder. She put visuals in my head and set a number goal of 20 strokes per lap for me to strive for. She gave me hope. I was fired up. Back into the pool I jumped. It was awkward and I really had to focus but it worked.

So what about you? What's your "baggage?" What is exhausting you and burning you out? Don't quit. Readjust. Do you know a speedboat? Ask them what they do. What are their habits? How do they deal with obstacles? What is a small target you could shoot for?

They are out there. Physical, mental and spiritual aces that can lead the way. A deck of cards only has four aces, but it has them. Find one and they'll help you cut the parachute off your tired butt and inspire you to soar. Easy isn't the issue. The possibilities are! (Oh, by the way, I got a new suit...a blue one.)



*Need motivation  
and inspiration  
to help you achieve  
great health in body,  
mind and spirit?*

*Contact Jane at  
janiebirr@aol.com to arrange a  
complimentary 30-minute  
session to discuss your  
situation. Why wait? Let's do it!*



# POWER SOURCE

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## I'VE GOT THE POWER!


I am very happy to introduce you to Colleen Ducke. Colleen is success in action. Check out her story and the many success habits that are moving her forward.

### WHAT I'M FIRED UP ABOUT:

I'm fired up about all of the changes in my life. I am fired up about losing 80 pounds. I'm fired up about still being motivated 9 months into my personal challenge of trying to get in shape (mind, body, and soul). I'm really fired up and a little nervous about doing my first triathlon in June. Nine months ago I would never have even thought about doing a triathlon. Now, I am training for one. Go figure! I am not crazy about swimming in a lake with multiple 200 pound fish with big teeth. But what good is training if you don't have obstacles to challenge you?

### SUCCESS TIPS:

- Don't give up!
- Eat a lot of smaller meals - I try to eat 6 smaller meals a day.
- Exercise - nine months ago at 305 pounds my exercise was getting off the couch to go to the refrigerator to get more food. Now I walk 4 miles a night, swim, bike, lift weights, stretch on a regular basis and have even started running.
- Know when to rest and take it easy. It's ok to take a night off.
- Surround yourself with like minded people who will drag you out of the house if you are just being lazy.



### MEMBER PROFILE

**NAME:** Colleen Ducke  
**FAMILY:** I have 2 brothers and 2 sisters.  
**CAREER:** Child Life Specialist  
**PASSION:** Shooting sporting clays



I recently started a buddy group of people interested in meeting with others who are trying to get in shape or get healthy and who want to have some fun. If you are interested in joining us, please contact me.

### HOW TO CONTACT ME:

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## LET'S GET PHYSICAL!

Want results? Get a pedometer. Or should we say and "honesty-meter." Flip the lid and how many steps you have moved is staring at you. No more "It isn't fair!" No more blame game. The trick is to move from a typical sedentary day of 3,000 steps to the national goal of 10,000 steps/day.



What I know personally and from observing people I work with is that weight loss and keeping it off seems to happen around 12,000-14,000 steps. A mile walk comes in around 2,200. For me a five mile run or walk plus a bit more movement than I feel like doing will yield 12,000-14,000. A lazy Packer Sunday? A mere 1,400 clicks.

Data from real live clickers: My mall walking 81 year old mom averages 9,000-10,000 steps/day. My sister Connie lost 10 pounds and at 53 is clicking butt! Susie gets up at 5am to rack up her clicks. With family and work she chooses to make results, not excuses. Colleen (member profile, page 3) entered a work contest to achieve 1 million steps. She did it! Barb discovered that she would have to click 4,400 steps to burn off the whole box of Junior Mints she just wolfed down. Her conclusion? They were not worth it.

Most of us know that we have to move more and eat less. Naked jumping jacks will confirm that. I bought my Digiwalker locally from Linda Jensen at the Broadview YMCA (920-436-9523) for \$20. She even was nice enough to program it for me. They also can be found at most sports stores. You will know when you are attached to your pedometer when you rescue it from the toilet.

## GET POWERED UP

Is it time for you to take some action toward great health in body, mind and spirit? I've helped many individuals and groups achieve just that and would love to hear your story. Please contact me at [janiebirr@aol.com](mailto:janiebirr@aol.com) to arrange a complimentary session. We can explore your goals and discuss how to get them taken care of once and for all. Wouldn't that feel great! Group coaching, seminars and retreats are also available.

## HELP SPREAD THE GOOD WORD

Now that you have read the Power Source, let's hear from you. What is working for you in body, mind and spirit? What is not? Got a funny story to share? Pass it along. As you can tell from my joke, I need some help.

Who do you know that would like to receive the Power Source? Please send me their e mail and I will write them, send them a copy and ask if they would like to be included in the mailing list. Contact [janiebirr@aol.com](mailto:janiebirr@aol.com)

Thanks for reading the first issue of the Power Source! Go make great health happen for you today.

*"Don't take yourself too seriously...your not going to get out alive anyway."*

### THAT'S FUNNY

Doctor to patient: **"You're overweight."**

Patient: **"Doctor, I can't burn fat."**

Doctor: **"Why not?"**

Patient: **"When I burn fat it starts smelling like bacon and I get hungry."**