

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

February, 2009

IN THIS ISSUE

WELCOME

VICTORIES

ARTICLE
RAISE THE BAR

SOUL TALK

ACTION EXERCISE

JUST GET IT OVER
WITH

Powered Up, LLC

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WELCOME

Welcome to the “Just Get it Over With” Newsletter where we motivate, inspire and kick each other’s butt into great shape in body, mind and spirit. Today we are talking about raising the bar and pushing beyond our comfort zone to unleash that fit, free, smiley person inside of us who loves to come out, live life and uplift others. Let ‘em out, champ!

Jane

Jane Birr, Life Coach



FOOD FOR THOUGHT

Sick of being out of shape or stuck in a comfort zone that is anything but comfortable? My sister Connie is. After the heart-breaking loss of her husband Cliff and the tough year of adjusting, she is now raising the bar and deciding to break free and take great care of herself. What can you do today to kick your butt forward?

“2009 has to be a fresh start for me. There are many things I know I should do but don’t. It is hard to get out of my comfort zone.

So I gave myself a kick in the butt this weekend and went and bought healthy food like oatmeal, lettuce, almonds, eggs, and seafood. I am going to stop eating so much meat. I also started exercising from TV shows and pictures in magazines to do in chairs.”



Connie Bodilly with her champion bass!

JANE BIRR is the author of “Just Get it Over With”— A 12-week e-course designed to jumpstart your great health in body, mind and spirit. Check it out at www.JustGetItOverWith.com.

Just ^{get}_{it} Over With

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

February, 2009, page 2

RAISE THE BAR

BY JANE BIRR

I have to work out harder. My mom and dad, both 86, work out at the gym where they use rubber tubing for resistance work to get stronger. Mom wanted to continue some of her workouts at home and asked me to get her a tube. So I went and got her one this past weekend. Imagine my surprise when she called today and said, "Hey, what did you get me that wimpy rubber tube for? It doesn't even challenge me!"

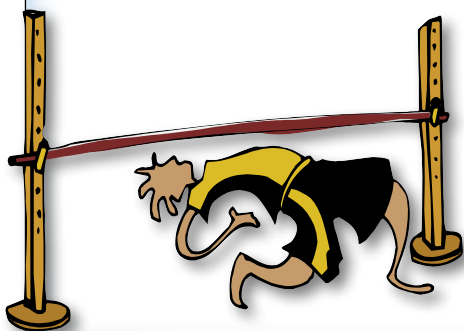
To which I replied, "Ahhh, well...I use that one, Mom."

"Well, your father and I went out and exchanged it for a stronger one."

Boy, what a spanking!

And that's not all. My 81 year-old friend Ellen ran up to me at church this past weekend and said, "Jane, you won't believe this. I needed more of a challenge so I got Bret (huge powerlifter at the gym) to help push me with free weights. I recently benched 50 pounds...now I am going for 60!"

Great, another octogenarian closing in on my tail!



Friends, is it time that we raise the bar? Have we been comparing ourselves to the wrong people? You know the drill.

- "Well, at least I don't weigh as much as Judy." or
- "Geez, I don't watch as much TV as Paul " or
- "Teresa eats many more candy bars and donuts than I do."

Enough of that. Let's look to people getting it done. Let's start pumping more iron! Let's eat like the champion who is so excited to be unleashed from us. Let's treat our friends and family like the precious gifts from God that they are. Let's push ourselves farther in body, mind and spirit than we ever dreamed possible! Let's raise the bar!

Just ^{get} _{it} Over With

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

February, 2009, page 3

Powerful continued from page 2

Action Steps

1. Think of someone you admire physically, mentally or spiritually.

2. What is it that they are doing that you are not?

3. How does it benefit their life?

4. How would it benefit yours?

5. What habit can you put in place today that would move you toward that ideal?

SOUL TALK

At church recently, the new pastor said something that really caught my ear. He said, "Hurt people, hurt people." I know I have sure hurt people to protect myself when I am hurting and have been hurt by the words and actions of other hurting people. You too? How about we raise the bar and heal our hearts and guard our tongues so we can live Proverbs 12:18 which says:

"Some people like to make cutting remarks, but the words of the wise soothe and heal."

VICTORIES

Want victory? Check out www.justgetitoverwith.com.

"I started in July of 2007. I've now lost 120 pounds and better yet, I've kept it off. Here's a couple of things I've learned along the way:"

- *It is a constant battle.*
- *It's worth the effort.*
- *I can shop anywhere & I don't have to buy something just because it fits.*
- *I can do more things with my grandchildren now; I can sit on the floor AND get up!*
- *I can easily get in and out of the bathtub. What a luxury!*
- *I would need a lot of plastic surgery to be able to wear a bathing suit, even now.*

"Learn from me! Commit to this huge project while you are young enough that your skin will respond and "fit" the new you!"

"I over eat sometimes, even now. I have to pick myself up, NOT feel overwhelmingly guilty, and start again IMMEDIATELY; not tomorrow."

"I need to be gentle to myself. I need to demand this of myself. I have to know when each one is appropriate to "manage" this part of me... forever."

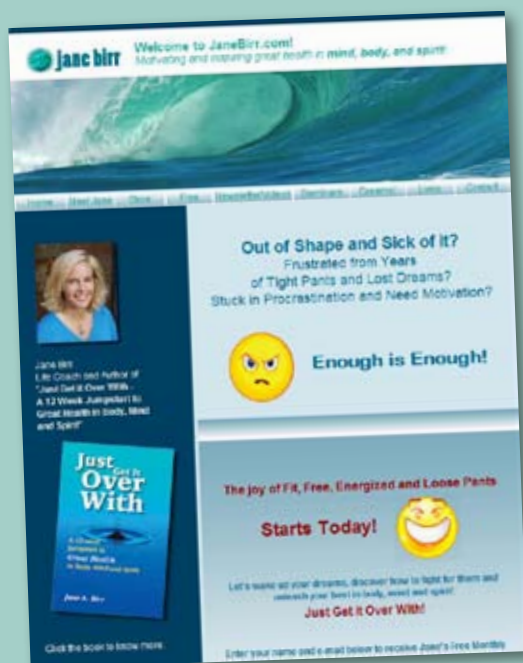
"I CAN DO THIS. THERE IS NO SECRET and NO EASY WAY TO DO IT."

Want victory? All the above came after taking Jane's 12 week "Just Get it Over With" personal conditioning program. Check it out at www.justgetitoverwith.com. Let the victories begin!

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

February, 2009, page 4



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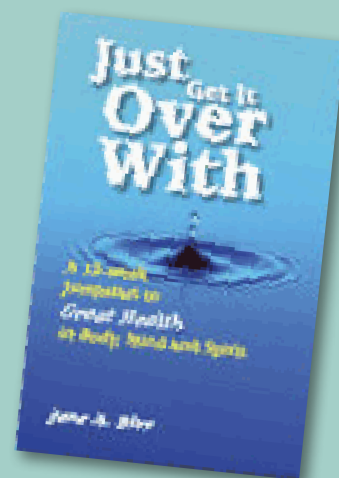
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