



POWER SOURCE

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

DECEMBER 2006

IN THIS ISSUE

WELCOME

VICTORIES

ARTICLE

FIT IS AS FIT DOES

SUCCESS STORY

FOOD FOR THOUGHT

SOUL TALK

POWER QUOTE

GIVE THE GIFT OF GREAT HEALTH

Powered Up, LLC

Jane Birr, Life Coach

www.JaneBirr.com

Newsletter design by

Astro Graphics Design

contact me at:

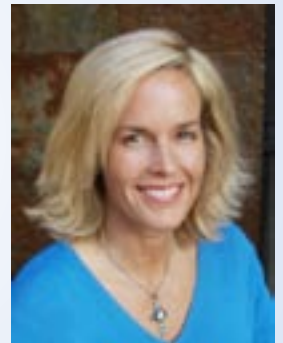
teresa_k64@hotmail.com

WELCOME

Welcome back to the POWER SOURCE where we motivate and inspire each other to great health. This month, check out what incredible shape Cheryl and Jerry Hansen are getting in to after 22 years of marriage. Get fired up and follow the great example of one of my most favorite people in this world, Sister Carol Juckem. Everybody is getting in great shape and you can, too! Go for it!

Jane

Jane Birr, Life Coach



VICTORIES - THE FOUNTAIN OF YOUTH!

"Hey, Jane. I just wanted to let you know that I am finally getting my weight under control. My husband wanted to lose 30 pounds and I wanted to lose about 15. We went on Weight Watchers on-line together. I have met my goal and Jerry has lost 23 pounds! I found the on-line recipes very helpful. I'm about four pounds away from being the same weight that I was when we got married 22 years ago and I actually weigh less than my 19-year-old daughter! It feels great! I am still walking, using the airdyne, stretching and doing some strengthening several times a week. I hope all is well with you.

Cheryl Hansen



Way to make it happen Cheryl and Jerry! Got a victory you are proud of? Please send it to me at janiebirr@aol.com so we can motivate and inspire each other to great health.

Contact me at janiebirr@aol.com to arrange a "Just Get it Over With" program for your friends, family co-workers. It's fun and gets results!



POWER SOURCE

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

PAGE 2, DECEMBER 2006

FIT IS AS FIT DOES

Jane Birr

I remember a few years back when my friend Carol was moving out of town. Good, quality friends are such a treasure. I don't like it when they move. Gloomy and downcast, I said to Carol, "Well, I hope we can still keep in touch." What she said next has always stuck with me. She stopped walking, looked me right in the eye and said with confidence, "Of course we will Jane. That is what friends do." It was Forrest Gump-like to me in its simplicity and wisdom. A friend is as a friend does.

Another incident was similar. I was stretching out on a mat at the YMCA. Grunting and straining to close the large gap between my nose and knee, I noticed a woman across from me who was gracefully stretching and practically bent in half. I never saw anyone that flexible before. I had to know more so I caught her attention and asked her, "How did you get so flexible?" She replied with the same attitude that Carol had. She said, "It's because I practice everyday." My Forrest Gump interpretation was, "Stretching is as stretching does."

Take a moment to think about the people you know who you look up to. What are the behaviors that allow them to excel? I think of:

- ⊙ Craig Johnson. Craig is my jaw-droppingly good Blackbelt instructor. His actions say to me, "Blackbelt is as Blackbelt does."
- ⊙ Mom. At 84, size 6, full of life, on no medicine and walking 2 miles a day. I observed last weekend that she takes the smallest portion of any of us and is the last one done eating. She enjoys every glorious bite. "Size 6 is as size 6 does."
- ⊙ Corrie Berrigan is the most fit friend I know. She is an expert-class skier and biker and very mentally tough. When it rains, I never hear her complain or say, "I'll workout tomorrow." "Fit is as fit does."

What about you? What do you want? A fit and healthy body? A great marriage? Fun friends? Come up with your own Forest Gump-like statement below:

_____ is as _____ does.

For example, Craig taught me that a Blackbelt, among other things, kicks the heavy bag 1,000 times per workout. A blackbelt is what a blackbelt does. So that is what I did, especially when I didn't feel like it.

Corie is fit. Fit is what fit does. Corie taught me to toughen up. If it is raining, put on a raincoat.

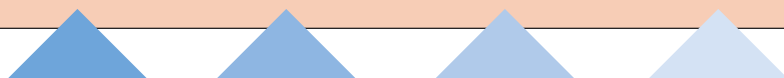
Mom taught me discipline. I stop after one helping. That is what size 8 does.

Who do you look up to? What are their habits that got them there? How would your life be different if day in and day out for 1 year you did as they do? I have witnessed people realize they value family and initiate a game night. Couples start date nights. Smokers quit and put the money they save toward a family trip. Unfit people start doing what it takes and soon are proud to run 1 mile, 2...3 and even marathons.

The habit the person I look up to has is : _____ .

My everyday commitment is: _____ .

Draw the line and start today, brave warrior! Fit is as does. Go for it!





POWER SOURCE

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PAGE 3, DECEMBER 2006

SUCCESS STORY

Sister Carol Juckem

Sister Carol is an inspiration. She went from being overweight with the threat of needing cholesterol-lowering medication, to reaching her goal of being a healthy and fit instrument of God. Her doctors and nurses are proud of her and she is a motivation and inspiration to others. She decided for great health. So can you!

Q. Sister, what is your best physical habit?

Walking at least 30 minutes per day is my very best habit. I love to walk especially in the early morning when the birds are singing or the stars are out.

Q. What is your best eating habit?

Right now my best eating habit is stopping after one helping. I also allow myself one chocolate per day.

Q. What is your best all around habit?

My all around best habit is a positive and determined attitude. I have made it a habit to look at life through eyes of trust in God and this makes everything have a purpose, a positive meaning for me.

Q. What is your best strategy in the face of obstacles?

My best strategy in facing obstacles is to talk. I talk to God, talk to myself and talk to friends, which puts situations in perspective for me.

Q. What physical accomplishment you are most proud of?

The physical accomplishment I am most proud of is being able to do eight stretches and strengthening exercises on a regular basis. The results of flexibility and strong muscles is very rewarding in my daily activities. I notice this especially at mass when I sit down. Before, I would get down just so far and then "plop" to let gravity take me the rest of the way. It was a hard landing because my legs and back did not have the strength to get me all the way down. Now I have stronger legs and back muscles so the distance of the "plop" lessened until it became virtually non-existent. A lot of people "plop." I've been noticing this since my "plop" has gotten under control. It was really time to stop the "plop" and strengthen those muscles. How's that for a healthy slogan?



Sister Carol Juckem

Age: 53

Career: Franciscan Nun





POWER SOURCE

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

PAGE 4, DECEMBER 2006

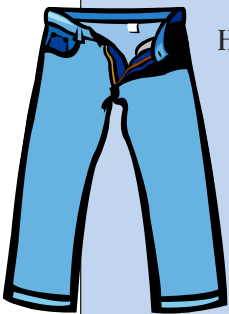
FOOD FOR THOUGHT: PORTION SIZES

- Eat more than you need = tight pants.
- Eat less than you need = loose pants.
- Eat what you need and stay even.

Women: 2,000 calories/day (moderately active, age 26-50)

Men: 2,600 calories/day (moderately active, age 26-45)

How many calories do you consume per meal? How about in snacks? Drinks? Pick a day with a family member or friend to find out and compare results.



Here is what I discovered:

2 slices Pizza Hut Pan Supreme = 640 calories

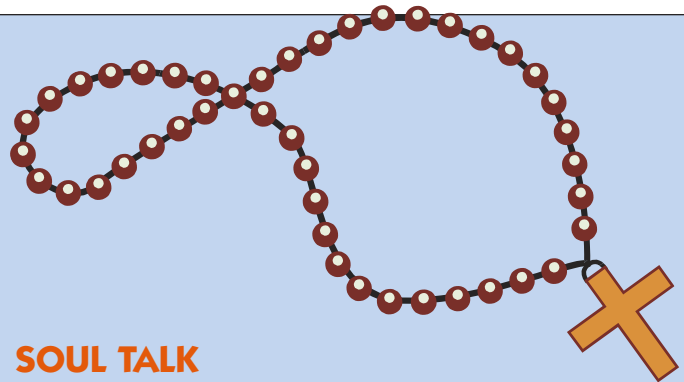
2 breadsticks = 300 calories

1 dipping sauce = 50 calories

990 calories

or about 50% of my daily calories.

Great resource: www.mypyramidtracker.gov



SOUL TALK

Sure, chocolate tastes great and gives a boost. But so does my favorite verse below. Check it out and repeat as often as needed. Good news: It energizes better than chocolate and won't even land on your hips.

"The joy of the Lord is my strength!"

"The joy of the Lord is my strength!"

"The joy of the Lord is my strength!"

(If you know what book, chapter and verse in the Bible this is from, please e-mail me at janiebirr@aol.com. Thanks!)

POWER QUOTE

"Your vision is a mental picture of what could be fueled by what should be so you can be what you were created to be."

~Andy Stanley

A clear vision can give purpose and passion to life! It makes it easier to say no to things that can pull us off track. Energize and focus yourself by answering the following questions. To be what you were created to be:

What could be and should be for your body? _____

What could be and should be for your family/friends? _____

What could be and should be for your career? _____

What could be and should be for your spiritual life? _____

What is one action you will take today? _____

Get the cat out of the bag and share your answers with someone. I would love to hear your answers, too. E-mail me at janiebirr@aol.com.



POWER SOURCE

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

PAGE 5, DECEMBER 2006

Just Get It Over With

A 12-week Jumpstart to Great Health in Body, Mind and Spirit

Jane A. Birr



GIVE THE GIFT OF GREAT HEALTH

Just in time for Christmas! Give someone you care about a jumpstart to Great Health. See what others have to say about "Just Get it Over With":

"Jane's book, 'Just Get it Over With. A 12-week Jumpstart to Great Health in Body, Mind and Spirit' has excellent fitness guidelines, inspirational examples and a Christian emphasis. Great job...I have nothing to add to a superb publication."

--Dr. Wayne Westcott

Author of 20 fitness books including "Building Strength and Stamina." Editorial advisor for Prevention and Shape magazines National Strength Training Consultant

"Jane has a gift for translating principles of coaching psychology into turns of phrase which make you want to get out of your chair and do it! Whether you are a wellness coach or a client, don't miss her book and its wonderful stories and energizing wisdom."

--Margaret Moore,

CEO, Wellcoaches Corporation



www.janebirr.com

NEW AND IMPROVED

Check out Jane's newly redesigned web site at www.janebirr.com. Thanks to Beth Cole at proimpact.com.

NEED A LAUGH?

Check out the complimentary "Embarrassing Fitness Moments" at www.janebirr.com

WHAT IS WORKING FOR OTHERS?

Check out the habits of success under free stuff at www.janebirr.com. Send your best habit to Jane at janebirr@aol.com to motivate and inspire others to great health.

HELP SPREAD THE GOOD WORD

Thanks for reading the POWER SOURCE. Please feel free to forward it to friends. If they would like to regularly receive the POWER SOURCE, have them logon to www.janebirr.com and become a subscriber!