

Observations on Exercise

It is well documented that for every minute that you exercise, you add one minute to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we have no idea where she's gone...

The only reason I would take up exercising is so that I could hear heavy breathing again.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go to the health club once you join.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I might have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

I don't exercise because it makes the ice jump right out of my glass.

A Workable Exercise Program

I started this on July 1st - It's for those of us getting on in years. I thought I would let you, my friends, in on a little secret I've found for building my arm and shoulder muscles. You might wish to adopt this regimen - 3 days a week works well.

I start by standing outside behind the house and, with a 5 pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks I moved up to 10 pound potato sacks, then 50 pound potato sacks and finally I got to where I could lift a 100 pound potato sack in each hand and hold my arms straight out for more than a full minute.

Next, I started putting a few potatoes in the sacks, but I would caution you not to overdo it at this level.

Courtesy of:

Mack Arrington, Business and Personal Coach
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Survey: What do you Really REALLY Want Out of Life?

Things to Consider for Your Health, Wealth and Future.

Here are some areas where coaching has been helpful to other people. Circle the **Yes** if this might apply to you.

- | | |
|---|-----|
| 1. I want to get clear about my goals and what I want out of life. | Yes |
| 2. I wish I had a plan or knew the steps I have take to reach my goals. | Yes |
| 3. I have all the skills and abilities necessary to reach my goals and am on track. | Yes |
| 4. I want to make or have a lot more money. | Yes |
| 5. I want to have enough time to do everything without having to rush. | Yes |
| 6. I want more time with family, friends and people dear to me. | Yes |
| 7. I need to stop “putting up with” things I don’t like. | Yes |
| 8. I want to be treated better. | Yes |
| 9. I want to work on my health,exercise and the way I look. | Yes |
| 10. I want or need to get out of debt. | Yes |
| 11. I want or need to make changes in my life. | Yes |
| 12. I want or need to improve or change my job, work or career path. | Yes |
| 13. I want to have better relationships with family, friends and people at work. | Yes |
| 14. I want or need to communicate better. | Yes |
| 15. I want to have more fun and/or less stress. | Yes |
| 16. I want or need to be more focused on what I need to do. | Yes |

Total number of areas where coaching could be helpful to you too: _____

For any item you marked as **Yes**, a Personal Coach could be very effective towards getting what you want to make your life really count and your dreams come true. For a **complementary** coaching session to see if coaching is for you, contact me at the number or email below. I’d look forward to talking with you.

Answer These 5 Defining Questions

Your Coach Can Help Clarify and Refine if Needed

1) What do you Really, Really, Really, Really want?

The 4 Reallys stand for: What you desire, What you are willing to ask for, What you truly intend to create in your life and What you are passionate about.

2) Why do you want it?

3) What is holding you back (or has held you back) from getting there?

4) What will your life be like once you get there?

5) What personal qualities would someone need to possess to effortlessly create the outcomes you desire?

To identify your growth opportunities, rate yourself from 1-10 on these qualities.

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