

**Just Get it
Over
With**

Jane Birr

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There are risks, including injury and death, with an exercise program. Check with your physician to proceed with a new program or make changes to an existing program.

No liability is assumed with respect to the use of the information in this book. Proceed at your own risk.

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Preface

I love to work with people who are out of shape in body, mind or spirit and sick of it. Pause a moment and think. Is that you?

The trouble for many of us is that we are too busy to pause. We feel like we are living in a pinball machine and getting whacked from one responsibility to the other. Who has time to think? Just making it to bed is a victory. Sound familiar?

But, as you well know, there is a hefty price tag that comes with being out of shape. Your pants feel tight. You feel tired climbing one measly flight of stairs. You are embarrassed in a swimsuit or disappointed when you go shopping. You can't move freely. There is the dark cloud of diabetes or heart disease, costly medications, insulin shots or early death looming on the horizon.

But that is not all.

Your lack of energy and the disappointment you feel for not having it together physically can make you crabby. You can find yourself snapping and getting short with the people you love. Medicating yourself with cake makes you feel better...in the short term. But later, you feel angry at yourself or sad and the downward spiral continues. Instead of great health in body, mind and spirit, you concede to average or worse. Your dreams shrink and shrivel. You shrug your shoulders and sigh, "I guess it just wasn't meant to be."

Enough is enough, isn't it?

Rise up, my friend. It doesn't have to be that way. Believe me. You can have energy and cool clothes. You can be healthy and fit and enjoy the freedom that comes with it. You

can be proud of yourself. Your loved ones can have huge smiles on their faces because you are alive and well. You can be someone who inspires and motivates great health in body, mind and spirit to those around you. You can be a difference-maker.

This book is a 12-week jumpstart to great health in body, mind and spirit.

It's not going to be easy but it sure is going to be worth it. Together we can do this. I know you can. Thousands have before you. Let's just get it over with and get it done. Great health in body, mind and spirit is waiting.

Did you ever wonder why some people are successful at reaching their goals and others are not? That question has fascinated me for years and I have pursued its answers since my college days. For my master's thesis, I explored the factors that lead some people to adhere to a fitness program and others to quit. For more than 20 years in the health and fitness industry, the question has continued to intrigue me as I've helped countless people start and stick with fitness programs. I've researched it and studied it and played around with what works and what doesn't. And I must say, I am very excited because I've found a 12-week system that really motivates and inspires ordinary people to extraordinary results. The good news is that it is relatively simple. It is not just about fitness. It is about connecting to your passions and personal values and living them out in the next 12 weeks by getting in shape. I'll lead you through a five-step system that will help you to motivate and inspire yourself and those around you to great health in body, mind and spirit. The five steps are:

1. Stop. Call "Time Out!" Evaluate the current condition of your body, mind and spirit.
2. Create the big picture. What do you want? What would you fight for?
3. Break it down into manageable pieces. Let's make a 12-week plan and tracking system.
4. Learn strategies to effectively deal with obstacles.
5. Live your values.

This pattern can be repeated on any goal you want to set.

The way I figure it, if you can look a bag of salty Ruffles or chocolate cake dripping with frosting in the eye and say, “No thanks. I’m going for a walk” what *can’t* you do in body, mind and spirit?

This isn’t just about losing weight. It is about getting inside of yourself and figuring out who you are and what you are made of. It is about investing in changing your inside so the outside can’t help but follow.

This journey is also about figuring out what is worth fighting for in your life. It is about setting up a plan that achieves results and living it, especially when you don’t feel like it. Step-by-step, this will create a new and improved you that chooses not to cave under pressure. Instead, you live your values.

Along the way, I’ll introduce you to everyday inspirational people who are living great health in body, mind and spirit in the face of obstacles. They made the switch. It is possible. Believe me, you can do this.

You’ll also hear the habits of success from individuals who have gone through this process so you can pick up ideas and motivation from what has worked for others. To grow in mind and spirit, each chapter will have a “Soul Talk” section that I hope you enjoy.

The lessons you learn and systems you develop to reach a three-month goal can be repeated and improved upon to meet the goals of the next three months, and the next three months until you find yourself where you want to be and beyond. You will be living your value of great health which will knock your socks off because you will be so excited. Reaching your health and fitness goals will also fire-up those who love you and want you around for years to come. In turn, they may follow your lead and turn their life around as well. And so it goes.

In the process, you can apply the principles of setting the vision, creating a plan, overcoming obstacles and living your values to your relationship, finances, career, fun

and spiritual goals. Doesn't that fire you up? It sure beats being stuck in the pinball machine, doesn't it?

Just Get it Over With

Listed below are basic guidelines for health and fitness, plus support systems to help you make it happen. I have confidence that by doing the exercises throughout the book, you will convince yourself to change your life and live your passion and values. Many before you have done just that.

This 12-week step-by-step program will help you identify where you want to go, create a simple plan and tracking system to chart your progress, and move you forward through obstacles toward your goals. Go at your own pace. As always, check with your physician before starting a health and fitness program.

Throughout the book, I'll ask you to refer back to the following page when you complete a step. When all categories are filled, congratulations! I'm not going to sugar-coat it. This requires effort and a change of lifelong physical and mental habits. You probably will rebel and kick like a three-year-old denied a Popsicle. But the alternative is to stay where you are, or worse. I'm sure you will find out that moving forward and persisting until your goal is met will be so worth it. And that, my friend, will deserve a celebration.

Just Get it Over With Personal Conditioning Program

Listed below are 10 foundational steps for moving from out of shape to great shape. Check with your physician for the OK to proceed. You will be directed when to do each step on a pace to complete all 10 steps by the end of 12 weeks. If you would like to go at a different pace, please do. Each step has a point value toward a final grade. Wouldn't it feel great to earn an "A"? Wouldn't you be so proud of yourself to just get this over with and start living great health in body, mind and spirit? Let's get it done.

Enter your points in the blank on the right when you complete each item. Total them up for your grade.

	<u>Point Value</u>	<u>Points Earned</u>
1. Identify Your Dream/Fear	10	_____
2. Big 1, Top 10, Mini 20, LTD & Values	40	_____
3. Pre-fitness Analysis	10	_____
4. Pre-diet Analysis	10	_____
5. Tracking System (At least 3 entries/wk x 12 weeks =36 entries)	50	_____
6. Success Interview	20	_____
7. Read Health Article of Interest	20	_____
8. Post-fitness Analysis	10	_____
9. Post-diet Analysis	10	_____
10. Final Goal Summary	<u>20</u>	_____
Total	200	

Your Earned Points

Grade

190-200

A

180-189

AB

170-179

B

160-169

BC

150-159

C

< 140

Call 'Do Over' and Restart!

Foundations for Great Health

Below are some basic health and fitness targets. When you feel satisfied that a step is a regular part of your life, check it as complete, adjust and move on. Way to go!

- _____ Aerobic Exercise-Health:
150 minutes/week at moderate intensity.
(Example: 30-minute walk at an “I’m late” pace x 5 days/week)

- _____ Aerobic Exercise-Lose weight and keep it off:
200-300 minutes per week.
(Example: 40-60 minutes/day x 5 days/week)

- _____ Strength Training:
1 set, 8-10 exercises, 8-12 repetitions, 2-3 days/wk

- _____ Flexibility Training:
1-4 sets, 8-10 exercises, hold 10-30 seconds, 2-3 days/wk

- _____ Healthy Eating:
5 servings of fruits/vegetables/day

Sources

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Guidelines for Reading This Book

1. Read it like a normal book. Pick a point or two that applies to your life and move on.
2. Use it as a 12-week program to help you reach your goals in body, mind and spirit.
3. Enlist a buddy or group of buddies, family members or co-workers to go through the 12-week journey with you. Encourage, inspire and motivate each other to reach personal dreams and goals and to live your values.
4. Join me at www.janebirr.com for the next 12-week class.