

**“Just Get it Over With”  
Personal Conditioning Class**

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

Jane Birr

[www.janebirr.com](http://www.janebirr.com)

**Weekly Life-line**

**Focus: Fall 2007 Results**

**38 “Just Get it Over With” Personal Conditioning Students**

	<u>September</u>	<u>December</u>	<u>Change</u>	<u>% Change</u>
Aerobic Minutes	158 min	190 min	+31 min	+ 20%
Strength Days	1.6 days	2.6 days	+ 1 day	+ 63%
Flexibility Days	1.2 days	3.1 days	+ 1.9 days	+ 158%
Eat Fruits/Veggies	2.4 F/V	4.2 F/V	+ 1.8 F/V	+ 75%
Rank how you feel about: (1 = very unsatisfied, 10 = very satisfied)				
Health	6.5	8.2	+ 1.7	+ 26%
Aerobic Fitness	5.6	7.8	+ 2.2	+ 39%
Strength	5.3	7.5	+ 2.2	+ 42%
Eating Habits	5.0	7.7	+ 1.5	+ 54%
Weight	5.6	7.1	+ 1.5	+ 27%
Work	6.8	8.1	+ 1.3	+ 19%
Family	8.4	9.0	+ .6	+ 7%
Social Life/Fun	8.1	8.7	+ .6	+ 7%
Finances	5.7	6.9	+ 1.2	+ 21%
Spiritual Life	7.7	8.4	+ .7	+ 9%
How Happy	7.7	8.4	+ .7	+ 9%
Energy Level	6.1	8.1	+ 2.0	+ 33%
Confidence	6.4	8.1	+ 1.7	+ 27%
Feel about Self	6.2	8.2	+ 2.0	+ 32%
Know what I Value	8.0	8.9	+ .9	+ 11%
Know what I Want	7.5	8.9	+ 1.4	+ 19%
Forming Daily Habits	6.0	7.9	+ 1.9	+ 32%
Dealing with Obstacles	6.3	7.9	+ 1.6	+ 25%

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<b><u>Women</u></b>	<b><u>September</u></b>	<b><u>December</u></b>	<b><u>Change</u></b>	<b><u>% Change</u></b>
Weight (lbs)	138.3	134.0	- 4.3	- 3%
Sit-ups (min)	40.8	52.8	+12.0	+ 29%
Push-ups	25.6	29.6	+ 4.0	+ 16%
Flexibility (inches)	13.8	15.8	+ 3.0	+ 23%
Miles in 12 min	1.3	1.6	+ .3	+ 23%
<b><u>Men</u></b>				
Weight	173.8	168.0	- 5.8	- 3%
Sit-ups (min)	46.8	57.0	+ 10.2	+ 22%
Push-ups	32.9	44.4	+ 11.5	+ 35%
Flexibility (inches)	10.8	15.3	+ 4.5	+ 42%
Miles in 12 min	1.5	1.8	+ .3	+ 20%

**Comments**

This class showed me that anything is possible with determination! I can run again without dying. Whitney.

Great class! It inspired me to be the best person I can be! Jaime

This course helped me do what I always wanted and by having to keep a record and turn in progress I was forced to keep up with it and stay focused. I wanted to lose weight and I did just that and more! I now eat healthy and exercise 5x/week. I look better. I have energy and my pain levels are great. I even rid myself of several pain medications. Now my wife is starting a program, too! Mitchell

This was the best class ever! I loved everything. Perfect! I gave up smoking and feel so much healthier. It is amazing. Not smoking is cheap and getting easier by the day! Andrea

I can't even describe the person I have become. I am strong, independent and truly happy. I can do anything. It is a wonderful feeling! I overcame thinking I couldn't and the weak person that I had let myself stay for the past three years. I am me again! I went from being a couch potato to running a 15K race! It was so empowering to make a goal and complete it and achieve something that seemed so out of reach! Kelsey

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I feel more energetic, financially stable, healthier and confident. I feel less burdened. I cut my calories down from nearly 9,000 when I started to around 4,000. I need to get it to 2,300. I have regained my stamina and doubled the amount of push-ups, sit-ups and miles that I can do. Andrew

I am proud of eating 4-5 fruits and veggies per day, being able to bike 14.7 miles in 30 minutes and reading my Bible everyday. I realized how bad soda was for me. I stopped drinking it and feel great! I learned how to avoid procrastination and never give up! Lynsy

I ran a 5:01 mile after starting with a 6:51! Noah

I feel more comfortable knowing that I can turn down junk food. I am more aware of what I am eating and it feels great! Ashley

Thank you so much for the lessons you taught me and reminding me how great I am! I now feel confident in myself and happy to be me. It feels so powerful and content. Katelyn

I lost 16 pounds and plan on losing even more and getting even healthier! Samatha

I was proud that I overcame stress, excuses and negativity and got my butt into the gym. Jaclyn

I learned that I need to write down my goals and look at them everyday to provide me with encouragement and help me organize my time. I have also become more spiritual. My faith in God will help me overcome many obstacles in my life. I have reduced my stress and stabilized my moods. Jessica

I dropped a jeans size! I pay more attention to the foods I eat and I don't drink soda as often. The weekly summaries really helped me stay on track. I will always remember this good feeling and strive to always have it! Tesia

I accomplished so much and with out hurting myself. I increased my bench weight by 40 pounds. Ricky

I lost 10 pounds. I have changed for the better and am happier and healthier! Amanda

I have come a long way. I used to work out maybe once every couple of weeks. Now I workout 3-4 times per week! Ashley

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The biggest strategy I now apply to my life is to not let excuses rule what you are doing. I now have a consistent workout schedule of 5 days/week and have regained my stamina after not running much for over a year and a half. Tim

I was able to stop smoking, slowly cut out fast food from my diet and increased my workout routine. I feel I am in the best shape of my life and plan to keep slowly progressing into an even more healthy and fit lifestyle. Mark

I realized that you sometimes have to give up something to get something in return. Sacrifice and hardship will come, but make the best of them. Life is hard, love is hard, work is hard...but overall if it makes you smile and happy, it is worth it. This class really changed me. It motivated me to better myself. Thank you for inspiring me that you can do anything no matter what point you are in your life. Kyle

If you really want to change, you can. I know if I keep this outlook, anything is possible. Sarah

I am proud of the fact that I can recognize my negative thoughts and replace them with something better. I also eat more fruits and vegetables and have more energy to do things. Melanie

I correct myself now when I say such things as “I can’t.” I change it to a positive message so I just get it over with and do it! Shawna

Quitting smoking was my most important goal and I did it! I learned that if I make a mistake, my life isn’t over and I can learn from it. This class made me realize how much I used to let excuses run my life. I now recognize an excuse and deal with it. Melissa F

I can see my relationships growing. I am very happy about that and expect to continue to work hard and progress with that. Melissa T

I am down 5 more pounds for a total of 30. Plus I go to church 2x/month and am finally OK with who I am and how I look. Alyson

I learned that getting into a routine is one of the best things you can do because it helps you focus and motivate yourself for the day. Brent

I went from getting 5-6 hours of sleep to getting 7-9 hours. I have so much more energy! Tesia

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What stands out to me is the bond between my mother and I. When I started, I hadn't talked to her in months. By week 12, we were talking weekly. Julie

I learned that failure at some point is guaranteed. You just can't give up! Josh

I learned that I can do anything for 10 more minutes! Laura

I feel like a changed person! I grew in confidence. I plan on giving my book to a friend. Hopefully it will help motivate her to better health and happiness. Aimee

What stands out to me is that there are so many obstacles that life can throw at you unexpectedly. I learned how to overcome these obstacles. In week 1, I didn't know how to “Just Get it Over With.” By the end of week 12, I knew how to do just that. Christopher.