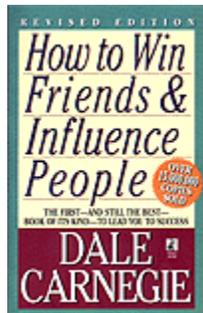

GRAY MATTER

Newsletter # 1 – January 2008

“Life is what’s happening when we’re busy making other plans.” (John Lennon)

BOOK OF THE MONTH



FRITZIEISM

“ Know the value of rest/recovery/deload. Too many people, day in and day out, train hard and heavy. I admire their work ethic but its imperative to take a mental and physical break. Listen to your body.”

ATHLETE SPOTLIGHT



Amanda Beard (Swimming)

FITNESS PREDICTIONS FOR 2008

There are two things you can always count on:

(1) Nature's laws of cause and effect and (2) human nature.

I PREDICT that if you focus your thoughts on your goals and how you are going to achieve them, all day long, you will reach your goals at a rapid pace..

I PREDICT that if you accept complete responsibility for the way your body looks today and you believe that you have the power to change; then you will take action and keep taking action - even through the tough times.

I PREDICT that the more patience, long term perspective and ability to postpone immediate gratification; the more likely you are to be a success one year from now.

I PREDICT that the more you seek “miracle pills” or “quick fixes”, the more likely you are to be a failure one year from now.

I PREDICT that if you recruit just one friend or support partner that stands behind you and the lifestyle changes you want to make in 2008, you will double your chances for success. If you surround yourself with numerous support partners, you will become virtually unstoppable.

So how does your future look for 2008?

Based on my "predictions", if it doesn't look as bright as you'd like it to be, then don't worry, because a prediction is not predestination. Peace of mind is determined by how much we are able to live in the present moment. You can't do anything to change the past but by changing your thoughts, attitudes and actions in the present moment, the future is yours to create. Don't miss out on life – learn to live in the present moment.