
GRAY MATTER

Newsletter # 2 – February 2008

“The mind is like a parachute. It only works if it’s open.” (Paul Chek)

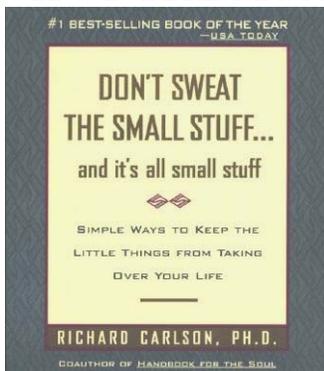
Do you want to be remembered as someone who did just enough to get by, or do you want to be remembered as someone who did something special?

ATHLETE SPOTLIGHT



Blaine Wilson (Gymnastics)

BOOK OF THE MONTH



Dear Fortunate Reader,

There's been a lot of talk about the book, *The 4-Hour Workweek*. It makes some great points on time management, retirement savings, and a host of other value lessons. While it's a good book, I think people has taken it out of context.

For some reason people have come to believe that my job is very easy because I don't have the typical "9-5 schedule". Its not that easy! How many 4-hour fitness professionals are using that leftover time to read the latest research, call other coaches/trainers, or attend seminars? You know at least one - me. I dedicate time to get better at what I do because I love my job. I work efficiently, not less. You won't make it far in any industry if you hate your job so much that you only want to be involved with it four hours per week.

How many hours do you think Oprah Winfrey works each week? She's got her show, book club, magazine, website, online community, African leadership academy for young girls, and a host of other things that I'm forgetting. I've never heard her advocating *The Four-Hour Work Week* in her book club.

Facebook founder, Mark Zuckerberg, at the age of 23 is worth an estimated \$3 billion. He also has over 400 employees working for him in multiple locations across the country. Meanwhile, he dresses like he shops at the Gap, and works at a regular desk alongside everyone else. For all intents and purposes, he looks and acts like another employee. How do you think his 400+ employees would feel if he decided to cut back to four hours a week?

Take home message: I'm concerned that people as a whole is studying calculus when it ought to be mastering algebra first.

Train Hard, Play Hard, Rest Hard.

Your Coach has spoken,
Fritzie Villegas