

GRAY MATTER

Newsletter # 8 – August 2008 – www.fusions.net

FRITZIEISM: The difference between a champion and a loser is in the mindset. Champions welcome pain. Losers avoid it at all costs. Champions seek out challenges. Losers have an aversion to challenges. A champion embraces grueling workouts that push his mind and willpower to the brink. A loser runs quietly on the treadmill. Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

ATHLETE SPOTLIGHT



Kelly Slater (Surfing)

READ

Eliminate Blame, Complaining, and Procrastination

QBQ!

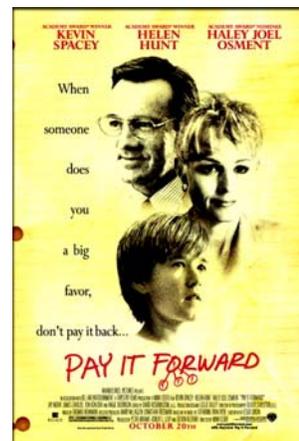
THE QUESTION BEHIND THE QUESTION

By John G. Miller



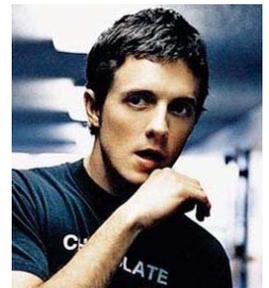
By Stewart O'Nan

WATCH



Small miracles inspires living everyday.

LISTEN



JASON MRAZ



ADELE

Someone who "works out"	Someone who "trains"
<p>Actually says, "I am going to the gym to workout. Then carries their cell phone with them into the gym. Always does the same routine and looks the same as (s)he did 3 years ago. Complains about getting calluses. In between sets or during a set reads a magazine. Uses the term "I don't want to get big or bulky" whenever anyone mentions squats or dead lifts. Instead spends 45 minutes training biceps (while wearing Under Armor) or would do a yoga class and consider it a workout (a form of "crap" in my book). They are ecstatic about the new treadmill.</p> <p>Conclusion: those that "work out" will never know what it's like to be in shape.</p>	<p>Has a purpose and mission each and every day (s)he steps into the gym. (S)He is proud of their calluses (has a pet name for each one). Brags about the "battle scars" on their shins. Doesn't feel that women and men need to train differently and knows there's more to life than 3 sets of 10. Matter of fact, anything over 6 reps is considered cardio. They get mad when it's NOT squat or dead lift day. In less than 75 minutes they are in and out of the gym. They need nothing but a power rack and a barbell to kick their own ass. Doesn't ever use straps for lat pull downs and actually looks like they lift weights.</p> <p>Conclusion: Those that "train" are in shape mentality and physically.</p>

August Things to "Watch For": Beijing 2008, Blue as the new environmental movement's color du jour, cooperative & vicarious consumption, couch surfing, DNA-based exercising, Facebook suicides, lipstick trumping lip gloss, Musicoverly (music tailored to moods), selfless as the new selfish, tequila as the new wine, (Video) Gaming Olympics, X-Games.