

Bridgeway to Success™

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**NO SELF-
DEFEATING
EXCUSES. IT'S
ALL UP TO YOU.**

Making a Real Resolution

It's that time of year again when resolutions sprout with fresh energy and renewed commitment. "This year I'm going to get in shape and stick with it!" If this is you then take inspiration from the father of the modern fitness movement, Jack LaLanne.

Jack LaLanne opened his first health club in 1936 at a time when doctors said that resistance-training would make women muscle-bound and cause middle-aged men to drop dead. He is best known, however, for having the longest running exercise program in TV history. Millions of housewives in the 1950s, '60s, and '70s did their morning exercises in front of the TV to the exhortations of Jack LaLanne.

No Excuses

LaLanne has little tolerance for the self-defeating excuses that have become so commonplace. Challenged by a talk-show host that the realities of today's business travel make a regular fitness program impractical, the 90+ year-old LaLanne gave no ground. "Garbage!" he retorted, as he got up from the cushy interview chair. "You've got a floor? You do push-ups." LaLanne went to the ground and demonstrated. "And sit-ups." Another demonstration. "You've got a chair?" The master was clearly on a roll. "You do dips." LaLanne's extending and flexing arms raised and lowered his body from the chair.

"It's all up to you", he concluded. "Anything in life is possible."

Anything in life is possible. Good advice from the now 96-and-still-going-strong LaLanne. So, want to make a *real* resolution? Resolve to accept no excuses in fulfilling your resolution.

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