

# Winning Routines!

- 1. Have a Simple Plan - STICK TO IT... EVERYDAY!**  
*Make a Decision! It's the most powerful gift God gave you.*
- 2. Build your life around your plan - until you learn it.**  
*Eat Less/Move More*
- 3. Set a Goal. There HAS TO BE A FINISH LINE!**  
*More Excuses/ More Regrets - Eliminate Excuses/Eliminate Regrets*
- 4. Embrace Positive Change- write it down, live it out!**  
*Your Body Has a Shape! Make the Most of What God Gave You!*
- 5. Go! Do! Be! Quitting is the hardest habit to break.**  
*Live Forward - Spend the Money!*

“I’m not where I want to be...

but thank God I’m not where I use to be.”

unknown

## *The Story of The Bicycle Mechanic*

**Behind a table laden with bananas**, rag in hand, he greeted me at the top of the hill: “Can I clean your bike chain? Check the air in your tires? Rest a minute. Have a banana.” Eyeing him suspiciously– through sweaty sunglasses- “Free?” I asked. “It’s all free.” “What’s the catch?” By now, eager for any excuse to rest, I was off my bike and peeling a banana. One of his bananas.

“**I’m a mobile bicycle mechanic by trade**”, then, pointing towards an old van, “everything I need to do business is right there.” His smile, his confidence, his attitude were all so incredibly refreshing. Just being near him made me want to be near him... to have my air checked and chained cleaned... to rest from the mid-day sun in the shade of the eucalyptus trees and discover what was up with this guy... to learn.

**Recreational cyclist summated**– some stopped– some sped by as my bike was being pampered. The next guy to stop, more inquisitive than I, asked how much? Soon he was making a weekday appointment with this happy man who said his schedule was full for over a week at \$60– an hour, had a tough time getting to all his clients... 40 hours a week, 50 weeks a year at \$60– an hour with no lease space or employees is an income of \$120,000. The guy with the appointment asked for a card, asked to pay in advance. “No cards. No worries. I have your information. I’ll be there.” It was easy to see they were going to be friends.

**Looking into the young mans face I asked: “Why do you do this?”** “I love the bikes and the people who ride them.” And then: “You only had 40 pounds of pressure in your tires. Should have been 120. Your climb could have been easier.” I rode away amazed: new energy from the banana, a clean chain and air in my tires to make the ride easier and most importantly with a bigger vision for the road ahead. I’d learned so much from the bicycle mechanic at the top of my hill.

# Fit For Today

*A cheerful look brings joy to the heart; good news makes for good health.*

*Proverbs 15:30*

**Sunday - Church? Pick a Day of Rest and give your body a break. Mine is Monday.**

**Monday:** *Record your actions and daily weight. Circle a happy, lost or sad face. Did you ask for help?*

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Tuesday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Wednesday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Thursday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Friday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Saturday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**None of us enjoy being around a "sour puss."** In general, we associate a long face with bad news and we're often quick to turn away. Great health begins with a Great Attitude! When you wake up in the morning, stare yourself in the mirror and say: "I feel fantastic!" Smile at yourself and then head in to your day. We don't always "feel" fantastic - but we're working to step away from letting our feelings control us. Trust God's Word and give it a try!