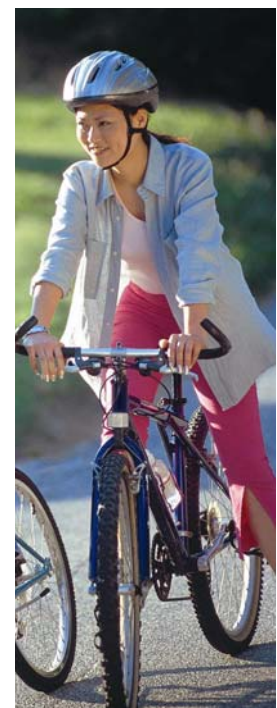


## Motivation—The Key to Success

Motivation, whether it be striving to be the best golfer at your club or the finest singer in your church choir, or professionally, driving you to excel in your company, is not something developed by happenstance.

As with all positive traits, self-motivation is something that is only acquired through determination and hard work. No venture ever comes to a successful completion without an individual being totally committed to and passionate about the project.



*Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.*  
- Leonardo da Vinci

Tiger Woods didn't all of a sudden wake up one day to find himself with the ability to drive a golf ball 320 yards. It is obvious that the desire to be the best in his sport motivated him to spend countless hours on the driving range.

In the business world, motivation is the key to building a successful career or a company, whereas, the idea of "good enough" is often the recipe for mediocrity.

The following are some tips for developing a more motivated approach to your personal and business endeavors:

- Become passionate about whatever activity you are pursuing. It is easier to motivate yourself to go that extra mile if you love what you are doing.
- Forget about the mistakes of yesterday and the fears of what tomorrow may bring. Concern yourself with what you can accomplish today.
- Constructively encourage your employees and develop goals and challenges for them.
- Encourage your employees to offer input about their assignments, giving them a sense of ownership regarding the outcome of their projects.
- Take the time to enjoy your successes—large and small. Once you finish a task, pat yourself on the back or treat yourself to a healthy lunch for a job well done!

## Focus on Exercise

Exercise can provide immediate feedback. When you do aerobics or lift weights, you immediately feel better—more stamina, energy, and strength. It's addictive!

### Mix It Up

Our minds and our bodies need variety to stay interested and challenged. Instead of running one Saturday, hike in the hills with a heavy backpack. Or for a whole week, replace your spinning class with running.

### Get a Partner

If you're committed to someone else, you do a better job of sticking to your resolution. It's part social and part "positive guilt"...the fear of letting someone else down.

### Spread the Word about your Goals

Tell all family and friends about your goals to shape up. This will shame you into not ordering a piece of chocolate pie when you're out with friends. And it'll keep your family from complaining when you have to duck out early from Uncle Joe's birthday party to do your run.

# Step Up to the Challenge

A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week. How easy is that! Coworkers, students, families, and friends across America can take up the 10,000 Step Challenge. Just 10 minutes a day can increase your fitness level. All you have to do is set your goals, get a pedometer and start counting your steps! Here are a few ideas to help increase your count:

## At Work

- Use the coffee machine or water fountain that is the farthest from your office.
- Park far away and walk.
- Walk to your coworker's office to talk instead of emailing.
- Fit two 10-minute walk breaks into your day.

## At Home

- Walk around the block each time you go to your mailbox.
- Don't use the car for short trips.
- Get up and change the TV dial instead of using the remote.
- Take your family or dog out around your neighborhood.

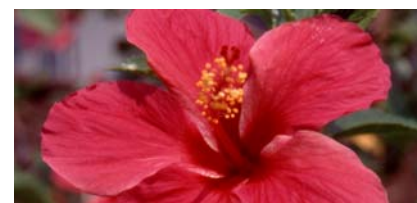
## Did you know?

Walking has the lowest dropout and injury rates of all exercise programs.

Just 30 minutes of walking a day can reduce your risk of dying prematurely and of developing numerous chronic diseases.

Walking helps control your weight; builds and maintains healthy bones, muscles, and joints; reduces your risk of falls as you get older; and elevates your mood.

You don't need a pair of expensive shoes to do it. A well-fitting, comfortable shoe with good support is all you need to get started.



## Hawaii Employees Walk to Texas

It was a little tough with all that water in the way, but 60 employees mapped out their journeys. When their steps got them to Texas, they celebrated with a Tex-Mex party. At each stop tourist brochures and prizes were distributed and the winning team received a special prize. One employee lost 38 pounds walking and plans to lose 32 more before returning home.



## Sweat for a Cause

Does helping others motivate you? Here are some easy ways to burn a few calories while making a difference in your hometown. Ask your family and friends to join you.

- Consider building homes for the disadvantaged
- Help an elderly neighbor with yard work
- Tidy up a local school
- Coach a local youth sports team or volunteer at a youth camp
- Participate in local charity walks or runs

Activity	Calories burned in 30 minutes
Walking	180
Running	324
Bicycling	288
Carpentry	126
Construction	198
Painting	162
Yardwork	167
Moving boxes	252
Basketball	288
Swimming	216
Bowling	108



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