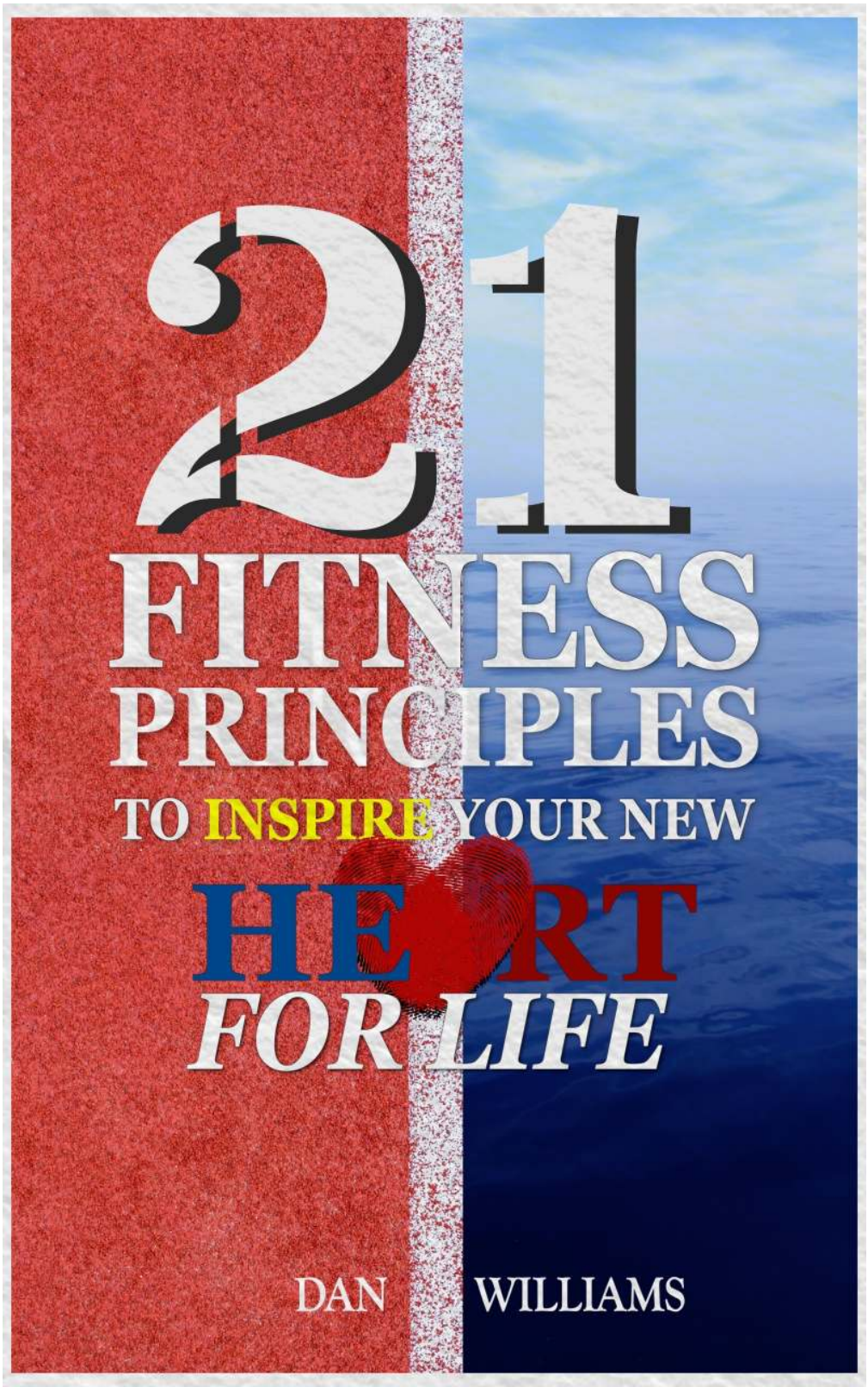
21
FITNESS
PRINCIPLES
TO INSPIRE YOUR NEW
HEART
FOR LIFE
DAN WILLIAMS

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About the Author



Dan Williams is a fitness influencer who inspires others to live a fit & active life by sharing his personal story and life experiences.

After surviving open-heart surgery where he was revived multiple times during the operation, Dan achieved top USA ranking as a masters track athlete, received All American honors from the United States Track and Field Association and is a gold medalist in the senior olympics.

When learning of his near-death experience and athletic accomplishments, The American Heart Association published Dan's story in their survivor gallery to inspire millions of people that it's more than possible to achieve a healthy and fit lifestyle.

Dan shares these experiences through his 21 Fitness Principles that can bring about change no matter your age or how dire your situation may be.

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Foreword by American Heart Association



Dan was admitted to the Veteran's Hospital in Washington D.C. for a stent procedure because of a heart attack. The stent placements triggered multiple heart attacks which required open heart surgery. “My heart surgeon shared that he would never immediately operate with any patient with any one of three conditions; in cardiac arrest, on blood thinners, or with pneumonia. I had all three. When my daughters asked why my heart surgery was not delayed, he shared, there was no choice. Your dad was going to die.”

He was in the hospital for five weeks, describing it as the toughest battle of his life. He had little energy, but he persisted one day and one step at a time. After five weeks, he was able to walk out of the hospital.

Three years later, Dan felt himself getting back into a routine of unhealthy habits and knew he had to change something. He committed himself to a lifetime of fitness and yearned for his younger days of running. Dan started by walking daily. “Ten minutes turned to twenty, then to thirty. I started to jog for two minutes, then five, then twenty.

The youthful energy from my earlier track days started to reappear with weight loss, a fresh spirit and a new outlook on life. My first competition was the Maryland Olympics in August 2016 where I won the bronze medal in the 100 meters."

Dan continued training and went on to receive a "Top 25" ranking for the indoor 200 meters. He returned to the Maryland Senior Olympics and won three gold medals, one silver and the All-American standard in the 50 meters from the USA Track and Field Association.

"My ultimate quest is to live a long, quality life through master's training and competition. On those practice days when winded, tired and sore approaching the starting line for another interval, my motivation comes from recalling those dark days in the hospital struggling just to walk.

But I am most inspired by the heart attack victims and their families that never had the opportunity for a second chance.

They are always in my thoughts and prayers. My hope is that my story might motivate others without a fitness program to also discover that it is never too late to achieve a new heart for life."



1. Decide

"My decision to live a fit & active life came from deep within when I reached an emotional and physical bottom."

Here are three experiences I learned through my journey.

1. Inner Voice

My decision did not happen as a direct result of my near-death experience with open-heart surgery.

No, it came two years later when I was slipping back into old habits of unhealthy eating and not exercising, all while experiencing tons of stress.

There was an inner voice that came deep within that was clear as the words I'm sharing with you today. It was a life-changing moment. Have you ever experienced that voice from within that speaks to you about the need to change?

2. More will be revealed.

The actual process for turning your fitness decision into reality is very straightforward and simple, but not easy. It will require change. You will need to take action, and you will need to focus. But, you do not need to have all the answers before you begin. A decision is all that is required.

Upon making my decision, a whole new world opened with new experiences and people that that came into my life that I never could have dreamed possible. Once your decision is made, more will be revealed.

3. Life Happens.

It is only human and natural to slip back into our old patterns once a decision is made because no matter how strong our conviction, life happens.

My passion is to inspire you with a series of one-word fitness challenges to help support your decision no matter what fitness passion you may pursue.

The journey towards fitness is not a straight line, nope, it'll be filled with ups and downs and curves that life will throw your way. This is when your decision from deep within will sustain you.

2. Goals

"Why are goals important?"

The answer was best illustrated to me with the quote; “that if you don’t know where you are going you could end up someplace else.“ In the spirit of helping you set your goals, I would like to share three lessons from my personal experience of surviving open-heart surgery to becoming nationally ranked as a master's track athlete.

1. Take baby steps.

My first step toward recovery was to reach the artificial Christmas tree at the end of the cardiac ICU unit. Although small, this provided me with a large sense of accomplishment. With your goals toward a fit and active life, start with baby steps.

2. The physiological power of setting small goals.

When the task is so small that it almost seems meaningless, the sub-conscious mind offers almost no resistance to it and since your mind does not consider it a threat you will find it easier to do.

I first started walking for five minutes, then ten which led to jogging for 15 mins then 30... and over time my fitness level gradually improved.

Setting smaller goals will move you closer toward your longer-term goals, one small step at a time.

3. There is no failure, only feedback.

At the beginning of my energetic quest to compete in masters track many injuries occurred and although discouraged, my inner voice kept providing me feedback that I should slow down, get more rest in-between practices and take the direction of my coach versus being driven by my ego to do more than I was capable.

What you think might look like failure is only feedback letting you know that it is time to change and adjust your course of action.

So, take baby steps, set small goals, and most importantly always keep in mind that there is no failure, only feedback.

3. Accountability

"Accountability is important when setting out on a fitness program or any endeavor in life."

After the initial burst of enthusiasm and energy to compete as a Masters Track Athlete started to fade the voices in my head started the constant battle of, "Should I workout or not? Perhaps it is too cold or maybe too hot. Is it too early or too late? Or maybe today my body *really* needs to rest."

Have you ever had these experiences with the committee chattering inside your head? Urging you to stay within your comfort zone?

My path toward fitness accountability came with joining a Masters Track Club under the direction of a very skilled coach and talented family of teammates

On many practice days, the voices would start a conversation about why it was better for me *not* to practice, but showing up and being accountable to my coach and teammates, won over the temptation of remaining within my comfort zone.

Why?

Because I felt a deep sense of accountability to not let them down.

How ironic that it's much easier to let myself down and give in the voices, than let my teammates and coach down.

Because of my accountability to them, I often found myself reluctantly lacing up my running shoes and dragging myself out the door, mumbling why this was not a very good idea. But I always returned energized and with sense of accomplishment.

To sustain a fitness program and avoid your comfort zones, you need to be accountable to somebody, whether it be a coach, teammate, life partner, friend, someone outside of yourself that can help you resist the change and break out of that comfort zone.

4. Consistency

"So what does it mean to become consistent?"

If there is one reason that keeps us from reaching our fitness goals, it is the lack of consistency, which is the most important part of building a new habit.

I always think of the 21/90 rule which states it takes 21 days to make a daily habit and 90 days to make a lifestyle.

Commit to your goals consistently, and after 90 days it will become part of who you are, both emotionally and physically.

Instead of saying "I am going to get fit and active," the shift will be that you *are* fit and active.

Reflecting on my Master's Track experience, having accountability to my coach and teammates, coupled with a consistent practice routine, helped me develop habits until the positive outcomes became second nature.

After setting your goals, have you found yourself slipping back into your old habits?

To shift this pattern, think consistency and the 21/90 rule of forming habits toward building an active, fit, and healthy lifestyle.

5. Routine

"Once fitness habits are formed a regular routine is essential to maintain momentum."

There are four phases in pursuit of any goal that apply whether it be launching a business, starting a new job, and of course planning your fitness program. They are Forming, Storming, Norming, and Performing.

The initial excitement phase of starting out is Forming.

You then have trials and errors with experimenting – that is the Storming phase. And adopting a consistent fitness pattern is Norming. Then reaching your peak performance by bringing it all together with the best practices is the Performing stage.

Building a routine is squarely with the Norming phase.

With my Masters Track team, our coach has laid out a very structured routine to build gradually over the track season in 12 week phases.

And our practices have a regular routine and cadence. Which is stretching, warming up with a slow jog to get the blood flowing followed with a series of drills that activate the nervous system.

Then we have individually designed interval workouts. Closing with a series of warm down striders to flush out any lactic acid to help avoid soreness the following day.

And although routines need to be focused, they also need to be flexible based on your situation. My coach always asks at the beginning of practice, how are you feeling? And based on the answer whether a strained muscle or just feeling tired he will adjust my routine accordingly.

The most compelling reason to develop a fitness routine is that it takes the thinking out of getting fit and allows you to focus on the exercise itself. I will say it again.

The most compelling reason to develop a fitness routine is that it takes the *thinking out of getting fit and allows you to focus on the exercise itself.* Routine overrides those voices that want us to stay within our comfort zone.

Make a routine, *routine* in your pursuit of a fit and active lifestyle.

6. Coach

"It requires many coaches to build a sustainable fitness program."

With the word “coach,” we typically image someone on the sidelines with a whistle, or in the center of a time-out huddled during a basketball game or encouraging you to pick up or slow the pace at track meet. Sure, these are types of coaches.

But the description can reach much broader when it comes to your fitness.

Through my fitness journey, coach has been my doctor for medical advice, chiropractor for healing stressed muscles, nutritionist advising me on healthy diets, and for sure my family and friends in loving support of my athletic pursuits.

It requires many coaches to build a sustainable fitness program.

The lesson painfully learned was that I thought I did *not* need expert advice and that led to many, many injuries and disappointments.

And without a team of coaches, I lost the experience of sharing the highs and the lows, the progress and setbacks, and the accomplishments.

And if you’re able to find a personal coach specialized in your fitness passion and goals, well, that is a huge bonus.

A great coach will know you better than you know yourself when it comes to a fitness program, both emotionally and physically.

So if you are fortunate to have a personal coach, I’d highly encourage it.

And if unable, remember, you do not have to do it alone. Your coaches are all around you to support you.

7. Teammates

"It is rare for any athlete to be great on their own"

My track teammates have five positive qualities. And they are:

1. Lead by example.

I really don't like stretching but one individual does, and he does it as part of his daily routine before and after every practice. Just observing his disciple has helped me get into the habit.

2. Approach practice and competition with a great attitude.

Before a track meet, one of my teammates asked me, "Dan, how are you feeling?" To which I said, "Tired and really not ready."

Without hesitation he recoiled with, "Dan, shake it off!" That type of mindset will affect your performance and those words helped me a lot. People with great attitudes, well, their spirits are contagious.

3. Encourage others to be great.

My team is always lifting me up to achieve higher limits that I doubted I could ever reach myself.

4. Give credit for success.

I am blessed to train amongst national champions.

Upon congratulating one of my teammates on his championship medal, his response was, "I owe it all to my coach."

5. Make it about more than you.

When you're trying to accomplish something and it is all about you, quitting is easy because you're only letting yourself down. When you make your success about other people you love, then walking away is much more difficult.

You need people around you to guide you, to push you, and help you achieve your fitness goals. These people are called teammates.

8. Variety

"Variety, as the saying goes, is the very spice of life."

And variety is one of the fitness principles that keeps your program from becoming boring.

"So, Dan, how so?" Because if you do not mix it up, your fitness level will plateau.

My experience has been, even with consistent training, improvement begins to diminish after 8-12 weeks without a variety of other routines.

There are five elements of fitness variety.

1. Aerobic exercise.

This includes any type of endurance activity that increases your heart rate for a prolonged period of time.

2. Strength.

Strength or resistance exercises uses a weight for your muscles to work against. It can be as simple as pushups, pull ups or sit ups that require you to lift your own body weight.

3. Core.

Core works the muscles in your stomach, pelvis, and back. This can happen with planks, crunches, or sit ups.

4. Balance training.

Without good balance, you're more likely to fall or become injured. Even simple exercises such as standing on one leg for an extended period of time can help improve your stability.

5. Stretching.

My least favorite but if you lack flexibility, without stretching your range of motion will be limited which impacts any fitness passion you are striving towards.

So, if you feel like you are getting bored and your fitness program is plateauing, add some variety to your fitness life.

9. Happy

"When you exercise, you feel happier. Just like a high five, laughing, or a good hug."

But it doesn't seem that way because unlike a quick and easy high five, exercise in the beginning will feel more like work than fun. But keep the faith, because here are five reasons why studies suggest that there is a direct link between exercise and happiness.

1. Release of happy chemicals.

Dopamine is a chemical in the brain necessary for feelings of pleasure and is released when we exercise.

2. Reduced stress.

Exercise helps your head just as much as it does your heart.

Because when you get your heart rate up and you use your body to engage your muscles, it will reduce the emotional stress in your life.

3. More energy

Experts have found that 20-30 minutes of moderate exercise most days of the week will give us more get up and go.

4. Sleep

After a consistent exercise program of over 16 weeks you will develop a sounder sleep routine but also be aware of working out too close to bedtime because those endorphins that bring us energy, may also make it harder for you to get to sleep.

5. Increased confidence.

When you master something difficult it builds your confidence. And exercise *is* difficult.

It makes us look good on the outside but what really matters is knowing how your workouts provide you with internal self-confidence and how that makes for the best version of *you.*

So, know that although not easy to get started exercise will make you feel happy, both on the outside and inside.

10. Lessons

"I have learned to appreciate that in life there are both lessons and blessings."

Surviving open heart surgery to becoming a nationally ranked masters track athlete was a great blessing. But there was a bunch of lessons learned along the way.

1. Get comfortable with being uncomfortable.

I despise discomfort but discovered in discomfort lies the magic of self-improvement.

2. It's never too late to change.

Age is just a number and a mindset. I have been in awe with all of my fellow master athletes who have embraced the concept of growing bolder, not older.

3. Time takes time.

I expected lightning fast results but like anything worthwhile in life, fitness takes a painfully long time to show tangible improvement.

4. Think technique.

I learned this valuable lesson from my masters track coach, The core of effective training lies with the technique. The right form pressures the correct muscles and protects the body from injury.

5. Baby steps

In the cardiac ICU unit, my first baby steps toward recovery was to just make it to the artificial Christmas tree at the end of the hallway. It was a small but important beginning.

Yes, the competition events are thrilling but the sustaining rewards of striving toward a fit and active lifestyle is the process of learning the fitness lessons while savoring the blessings.

11. Motivation

"What is motivation?"

The best definition I've come across is that we become motivated when the pain of *not* doing something becomes greater than the pain of doing it. Or said another way, the pain is in the resistance.

Here are three suggestions on how to get motivated and overcome resistance in your fitness pursuits.

1. Act.

Action Changes Things.

You can't *think* your way into a better life of fitness. You need to *act* your way into a better life of fitness.

There's a common misconception that motivation arises as a result of consuming a motivational speech, watching a video, or perhaps reading motivational quotes.

Those are forms of passive motivation.

Active motivation comes as the result taking action.

2. Momentum.

Getting started even in a very small way naturally produces momentum.

You can gain momentum by tricking the mind which wants you to hang in your comfort zone. This is done with small and easy tasks from which your mind offers little resistance because it doesn't consider it a threat to its natural tendency to resist action.

My favorite technique to begin is simply grabbing my running shoes and tying up my shoelaces.

3. Flow

The ultimate goal of momentum is the blend of happiness and peak performance. This is referred to as "flow." Flow is what athletes and performers experience when they are in the zone. Flow is the mental state you experience when you are so focused on the task at hand that the rest of the world fades away.

But why do we experience falling out of the flow? It is because our minds naturally suggest we take an easier path. They want us to hang in our comfort zone.

So, when motivation begins to fade and you hear these voices, just remind yourself that discomfort is temporary but the rewards are long-lasting.

The wisdom of motivation was best captured for me through the philosopher Aristotle who wrote, “The things we learn to do, we learn by doing them.”

Or the shorter version is from Nike, “Just do it,”

12. Grit

"What is grit as it relates to staying fit and active?"

There are a ton of ways to describe grit, but here are my top five. Grit is;

1. Sticking with your quest for fitness day in, day out, not just for the week, not just for the month, but for years, and working really hard to make your quest for fitness a reality.

2. Perserverance, or just plain stick with it.

3. Working hard even after experiencing difficulty.

4. Having grit means you are not afraid of failure.

5. And, grit means that when you experience failure, you bounce *forward.*

What I have also learned is that having talent does not make you gritty.

Without grit, talent may be nothing more than unmet potential.

I may be going way out on a limb here, but I bet I wasn't the only kid whose report card had notes like, "Lots of potential, but needs to apply himself."

Most of all, grit is a commitment to do what is hard and uncomfortable. A willingness to repeatedly leave your comfort zone on a routine basis.

I was going to use the word grind but decided that to get through the grind, you need *grit*.

13. Zones

"In life there are zones that we progress through toward accomplishment and fulfilment."

Here are the four zones as they apply to getting fit and staying active.

The comfort zone. This is where we feel safe and in control.

But contrary to its name, the longer we sit in it, the more uncomfortable it gets.

Because what keeps you stuck in this zone isn't being comfortable where you are at, it's being afraid of what's ahead. Just being aware of this with our fitness program will allow us to move toward zone number two, which is the fear zone.

This is the zone where there's a lack of self-confidence. We look for excuses and can be influenced by other people's opinions.

Not a single human on Earth is immune to fear. We all have it. It's installed in us to keep us safe.

But there comes a point where safe is too safe. There is a risk of being too comfortable which results in not moving out of our comfort zone, which can lead to problems both physically and emotionally.

But embrace this fear of the unknown because once you get comfortable with being uncomfortable, you'll be poised and open for the next zone, and that is, the learning zone.

This is where we deal with fitness challenges, learn to avoid injuries, and acquire new skills. To keep it simple, in the learning zone, we look for lessons in *everything*.

The growth zone is when we have gotten off the couch, conquered our fears, and achieved our fitness goals.

Soak it in and admire all the positive compounding effects and the hard work you've been putting in to get there.

14. Resistance

There's a quote that says; "The pain is in the resistance."

This can be applied to anything you "don't want to do," and the pain intensifies with delay.

Spoiler alert!

Resistance especially extends to your desire for a fit and active life.

But there is good news. You are not powerless against resistance. Here are three tips to overcome resistance.

1. Awareness.

Be more aware of those voices inside your head. Once you've observed the resistance, be willing to turn your mind toward acceptance instead of rejection.

2. Change your self-talk.

You may not even realize it but each time you resist something you're talking to yourself. Learn to recognize those messages, and then replace them with positive affirmations.

My favorite affirmation is, "I am (put in the affirmation)," and then I end with, "I am."

Here is an example; "I am becoming stronger. I am."

3. Delay instant gratification.

We innately desire gratification and immediate pleasure but when we put the time into things that help us grow as a person, the long-term effects are much more satisfying.

Next time you find yourself resisting something that would propel you toward your fitness goals, remember, you're stronger than that resistance.

15. Energy

"Exercise boosts your body's fitness and also your mood. Both of which contribute to increased energy."

Why? In a word, endorphins.

One thing that I know for certain about endorphins is their ability to make you feel *oh so good* because they block the transmission of pain signals which produces an euphoric feeling.

They are the body's natural hormones that get released when we are doing exercise which requires a burst of energy.

It is the release of endorphins that contributes to the feeling of euphoria.

Here are three reasons why your energy is increased with exercise;

1. It boosts your heart health which allows you to have greater energy throughout the day.

2. Sharpens your mental focus and makes you feel more energized and ready to tackle the world.

3. Reduces stress, which is a common cause of sleep problems.

So when you sleep better, you have more energy.

What are the best energy-boosting exercises?

From my experience they need to be something that you *enjoy* which will motivate you to invest the necessary time and effort.

Which will boost your endorphins leading to a more energized, euphoric feeling of *Energy!*

16. Recovery

"Are you still thinking that pain is gain? Here is some breaking news."

Your muscles don't actually grow while you are working out. They grow while *resting* in-between sessions.

Scientists are starting to discover that actively investing in post-workout recovery is just as, if not more important than the time you spend during your fitness workouts. What a concept!

Most of us know that getting enough rest after exercise is essential, but many still feel guilty, *like moi*, when we take time off.

But shed the guilt. The body repairs and strengthens itself in-between workouts and continuous training can actually weaken even the strongest of athletes.

Building short-term recovery time into any training program is important because it is that time when the body adapts to the stress of exercise and the real training effect takes place.

Getting quality sleep is also important as part of short-term recovery.

Long-term recovery techniques are built into a seasonal training program. My masters track coach designs our season into 12-week training phases which consist of building up, leading to and tapering down from major national and international competitive events.

During the week we practice on Monday, Wednesday, and Fridays with alternate light exercise like biking, easy swimming or walking on Tuesday and Thursdays. We then take off for the weekend allowing both for our *minds and body* to fully rest.

Time is one of the best ways to recover or heal from just about any illness or injury and this is especially true with your fitness program.

17. Technique

"If you are gifted athletically that is great. But talent is not enough."

You also need the correct technique to remain fit and avoid injuries.

One of the best ways to learn technique is through a personal trainer or coach.

Not only will coaches and personal trainers motivate you, but they can also show you proper techniques so you will be able to see the benefits with improved performance all while defending against injury.

But to gain the full advantage of learning the proper techniques it takes commitment and consistent practice.

I have gained a ton of benefit from my masters track coach with his emphasis on proper running technique.

I thought, “Running? That’s easy. Just lace up your shoes and start moving at a faster pace than a walk. Right?"

But having proper running technique, well, that’s a lot easier said than done. Your unique running mechanics are determined by the strength and flexibility of certain muscles and how your body is built.

As an example, in my early 20’s, I was training for my first marathon and attended a coaching workshop with Jeff Galloway, a member of the USA Olympic track team.

Being a sprinter and naturally running on my toes, I asked Jeff if I should adjust my foot landing for my marathon training.

His answer was profound and one I will never forget. Jeff said, “Dan, the body will adapt to its most efficient foot strike for you. So if you naturally land on the front of your foot, do not try to adjust it.”

Without that advice I would have made technique adjustments leading to many, many problems.

So, coaches can be valuable for letting you know *what* to adjust as well as what *not* to change.

It’s important to pay attention to technique because we are trying to do two things. One is not get hurt so that we can keep on doing the thing we love to do, and two, we’re trying to do it with less effort and more efficiency.

18. ACT

"Action Changes Things"

How often have you waited for the time to be just right? When reflecting back, you then realized you missed out on a great opportunity.

When you find yourself in that mindset think ACT - Action Changes Things.

Taking the leap from *thinking* about change to *taking* action can be hard and may take a long while.

As a personal experience from my life, after 50 years, I finally completed my college degree at the age of 70.

I wouldn't suggest that your goals take that long but it's an illustration that if we stay focused with persistent action, goals can be achieved.

In your quest to live a fit and active life, it is *never* too late to change.

It takes a commitment to yourself that you will keep your eye on the ball, and the goal, and take action to make it happen. Take baby steps, and when the goal becomes challenging, and it will, be aware of your mind talking to you with thoughts like;

"I knew I shouldn't have done this," or worse, "I need to backtrack out of this as fast as I can."

Instead, keep taking action while being mindful of the benefits that will accrue, sometimes slowly, sometimes quickly, but they will always materialize if we work for them.

There are no guarantees that any decision you make will be right, that any action you take will be successful.

What you can guarantee is your own absolute commitment to do it and constantly take action, no matter what gets in the way.

The most complex thing in life is to keep it simple, so when feeling the struggles in your fitness goals or any quest in life, just think ACT - Action Changes Things!

19. Intentional

"What does it mean to be intentional?"

It means being purposeful in both word and action.

If you don't intentionally make time for fitness in your life, it won't happen.

Here are some experiences from which I have learned to help me be more intentional.

1. Set up a reward system.

As an example, after track practice, I treat myself on my 45-minute ride home to the tunes from the '60's, which takes me back to positive feelings from my younger days.

I also layout my practice outfit and track shoes the night before.

I can't explain why but this helps lower the resistance to exercise the following day.

2. Invest in a personal trainer or coach.

When you have invested money in yourself, you want to get the most out of what you've spent. Just a quick phone call to my coach to ask a question or share a recap of my fitness routine often results in valuable feedback.

3. Being intentional is the difference between being proactive or being reactive.

Reactivity is action in response toward pain, symptoms, or a warning sign. Whereas proactivity is action taken *before* you feel the need to take action.

I've heard it said that there are three types of people; those that watch it happen, people that make it happen, and those that sit back and say, "What happened?"

So be intentional about being fit and active and *make it happen!*

20. Change

"Change is great. You go first."

I was taken aback when I first heard that saying.

It made me question. Why *are* we so resistant to change? At least resistant for ourselves?

In reflecting on the topic of change it takes me back to the early days of my career hearing at an awards conference an inspirational keynote from, Charlie “Tremendous” Jones who said;

“You’ll be the same person in ten years as you are today, except for the people you meet and the books you read.”

That certainly rung true when I read the provocative concepts about change from author Ken Wells.

My whole attitude changed when first reading Ken’s words; “Change is much easier than we might think."

He then went on to write that, Change begins to happen when we first establish a clear goal, put together a simple plan, and act on that plan.

Yes, we will need to take action. We will need to focus. But we will enjoy making change *real* in our life.

And, we will love to notice our new behaviors and become aware of the new thoughts and feelings that will emerge spontaneously.

This is how all change happens. But the more we remain *focused* on our goals, the more we should remain *flexible* in our approach allowing ourselves to realize that there is no failure, only feedback. Feedback letting us know when it’s time to change our course of action.

Ken goes on to write that, The great part about the change process is once we achieve one goal the next goal becomes even easier.

Why? Because our goal-achieving muscles get stronger and our confidence increases. When this happens, we literally start looking around our life asking, What else would I like to change?

And then we begin to feel completely solid in our ability to create the life we want.

To change, our job is to get clear on *what* we want. Put a simple plan together, take daily action on that plan and you will soon begin to build momentum.

And the change process gets easier and more fun as we see results happening quicker. Why? Because we are completely confident of realizing our goals to the point where any challenges are seen as fun little puzzles to figure out. And we can simply allow that confidence to grow stronger as each day goes by."

So thank you to Charlie “Tremendous” Jones for helping me appreciate that what changes us are the people we meet and the books that we read.

And to Ken Wells for allowing me to share with you, just how change happens.

Change *is* good. Now, *you* go first.

21. Journey

"It has often been said that you can't judge a book by its cover."

But I once did when I read the cover title of Steve Jobs' book ,"The Journey is the Reward."

Yes, goals are important to start you toward an active and fit life.

But sometimes a goal becomes so important that we often forget about enjoying the journey on the way to our destination.

If the whole point of your quest is achieving your goals, you will be disappointed because there will be times when you will fall short of achieving them.

Of course our fitness results matters. It is the reason you started in the first place.

But if you didn't get the result you wanted but still enjoyed the journey, then the sting from the disappointments won't feel so bitter. And if you enjoyed the journey *and* you achieved your goals, the taste of victory will be that much sweeter.

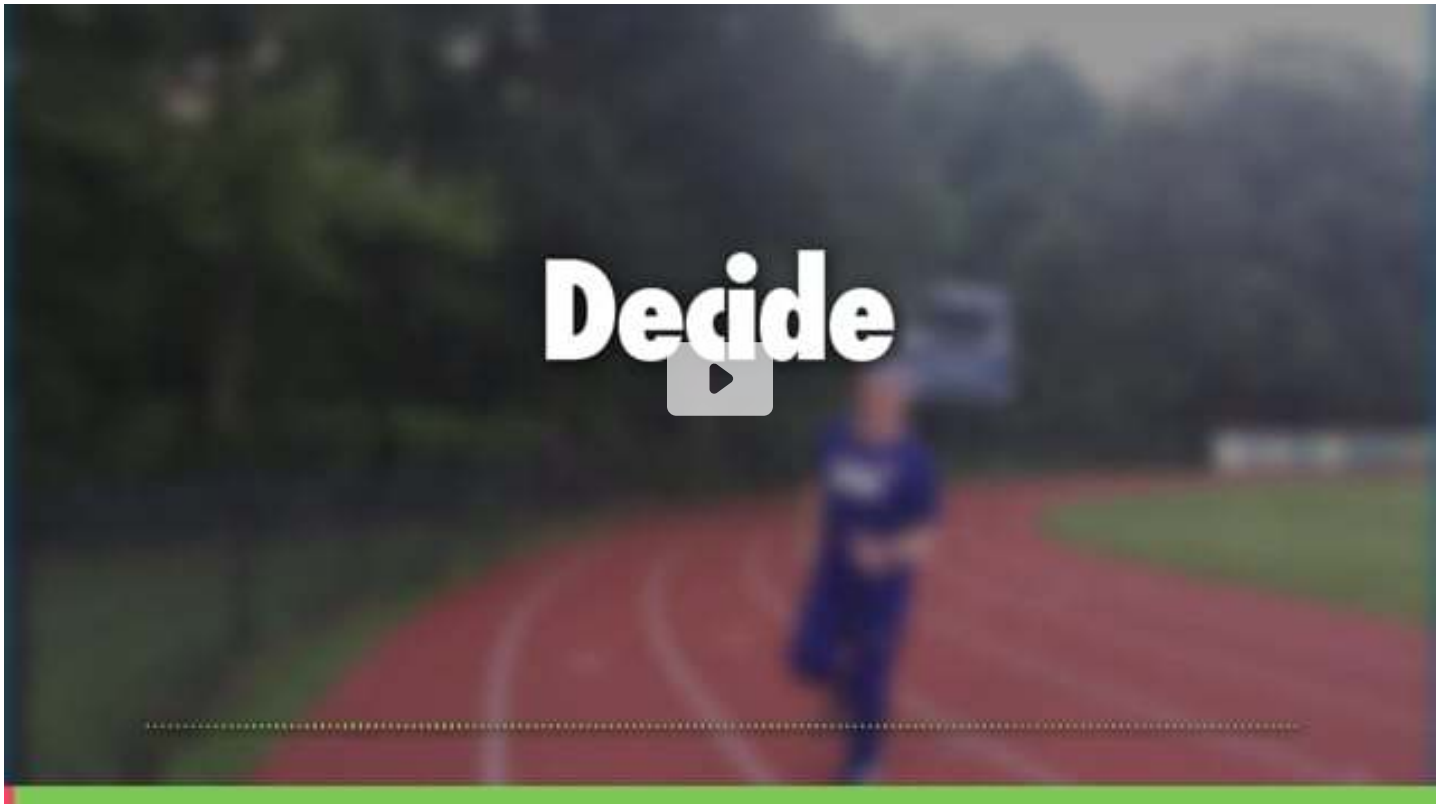
Every step along the way you will have a chance to get better, to learn something new, to meet new people, and to adjust your fitness routine in a variety of different ways.

The journey is what you will remember.

In a world where nothing is guaranteed, living in and appreciating each step of your journey toward a fit and active life can be the greatest reward of all.

Videos - 21 Fitness Principles

1. Decide



2. Goals



3. Accountability



4. Consistency



5. Routine



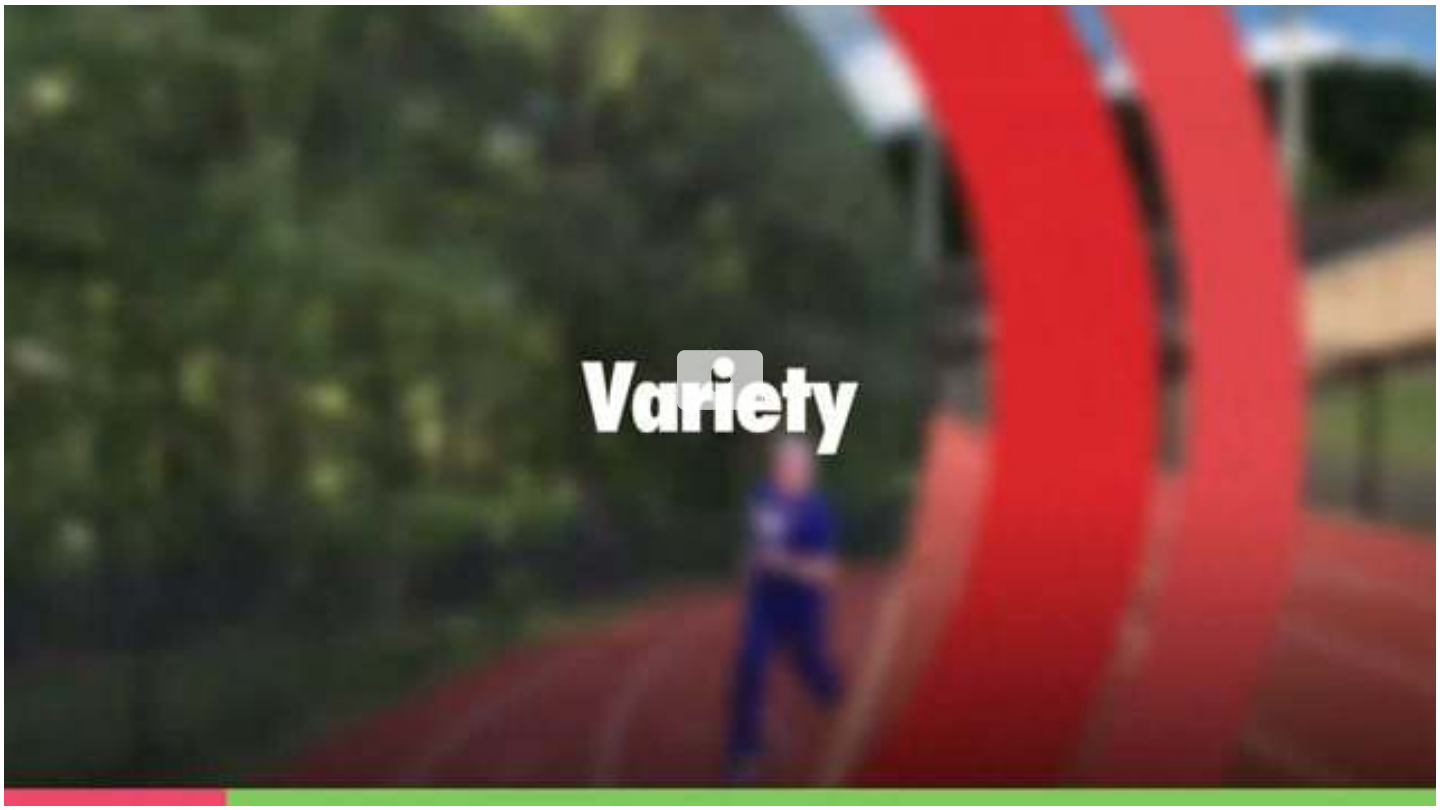
6. Coach



7. Teammates



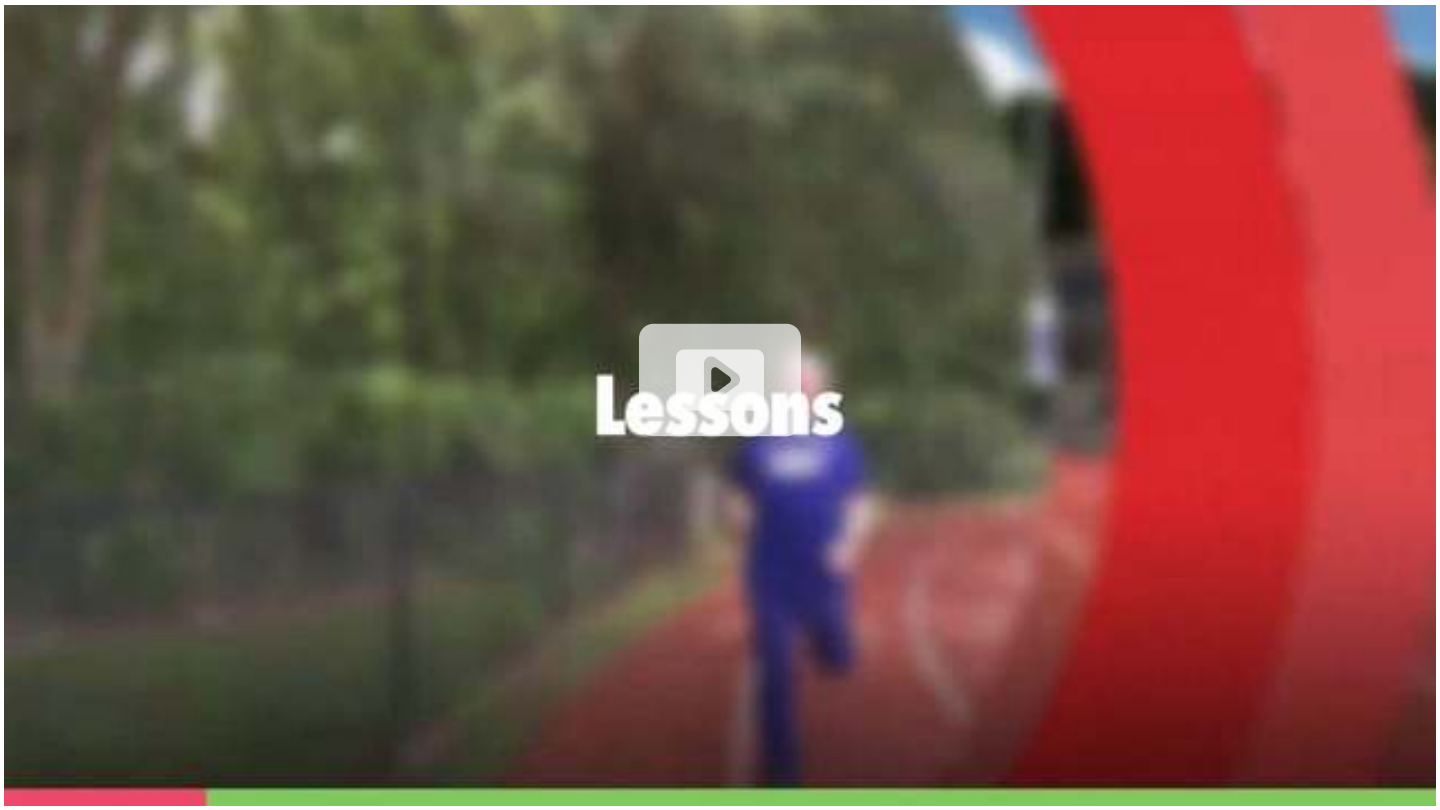
8. Variety



9. Happy



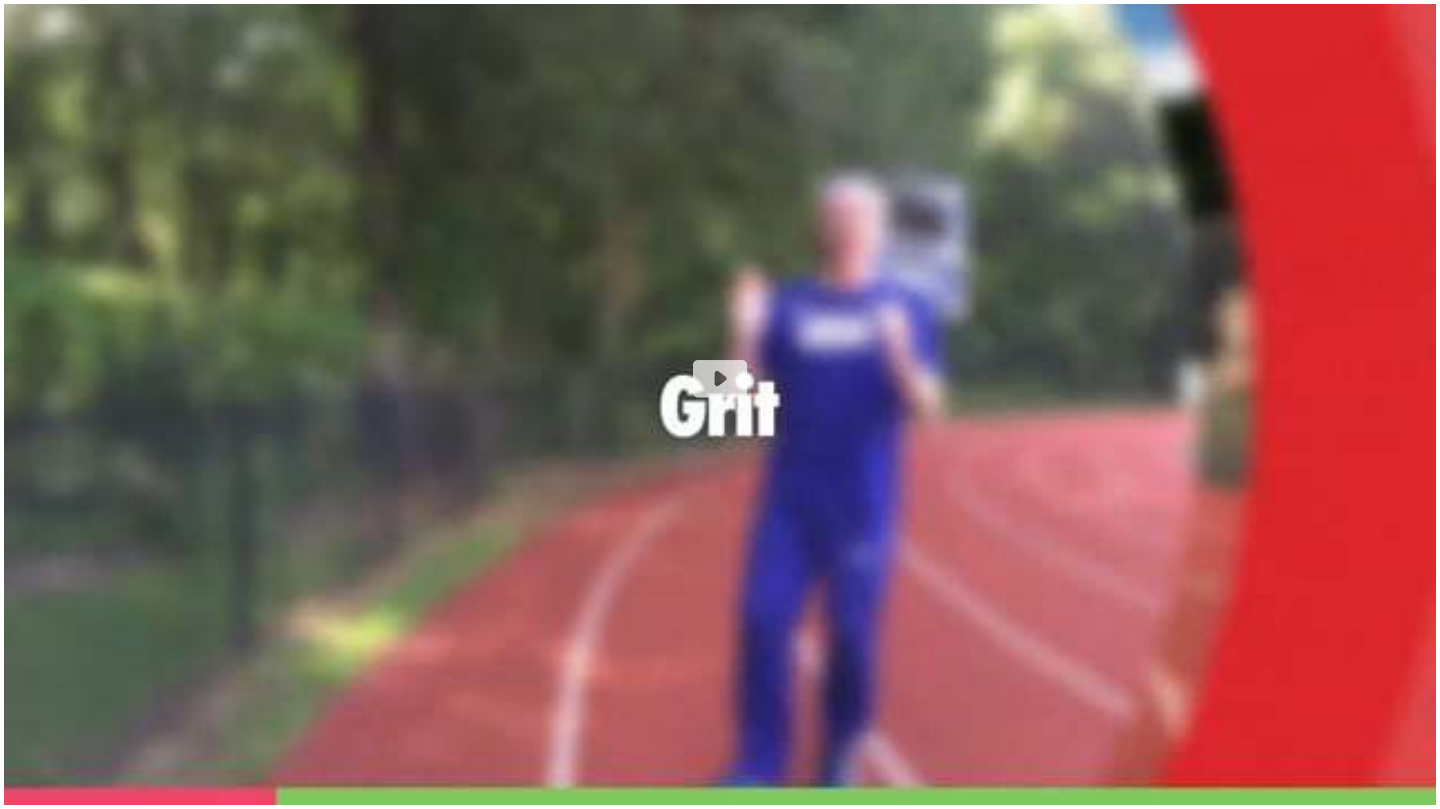
10. Lessons



11. Motivation



12. Grit



13. Zones



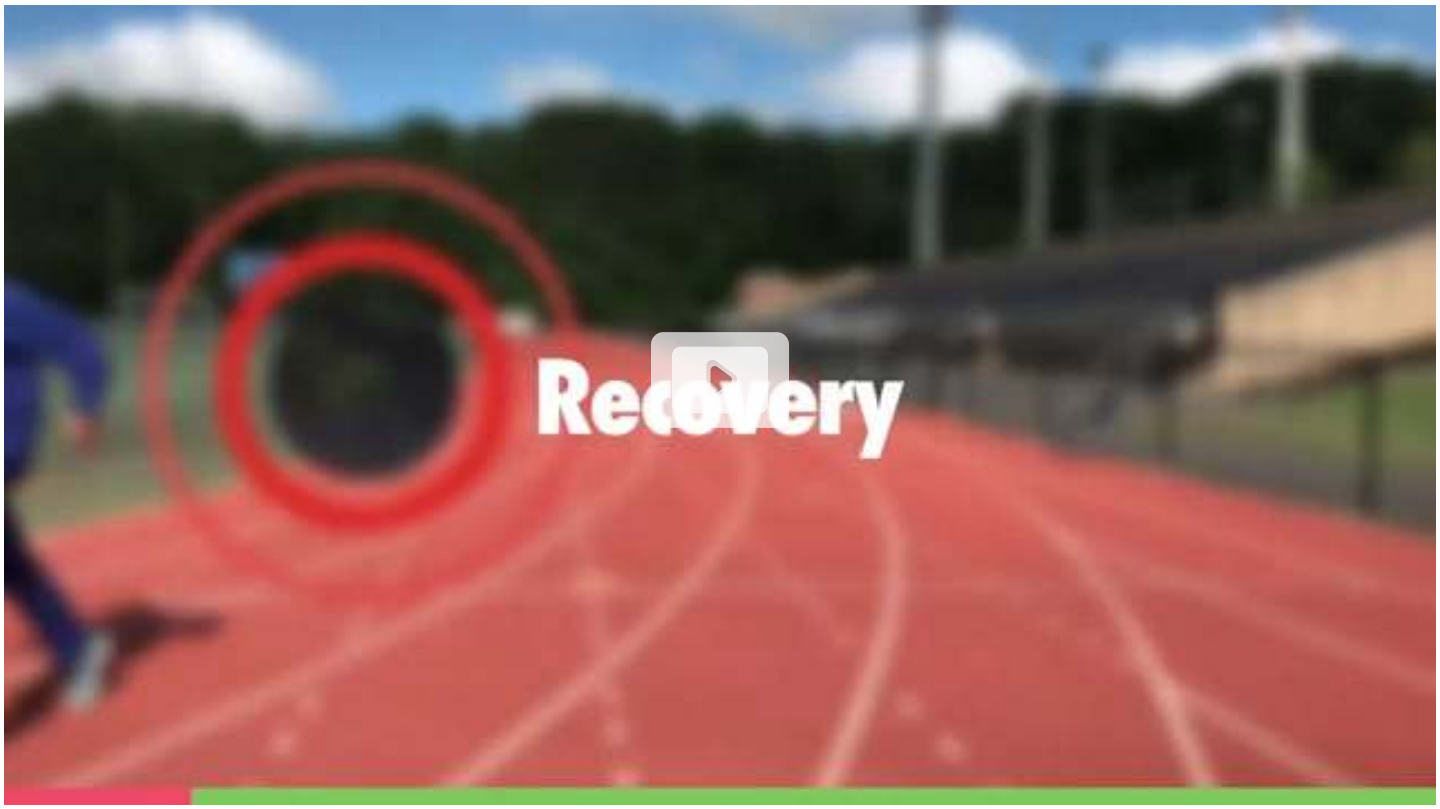
14. Resistence



15. Energy



16. Recovery



Embed Video

17. Technique



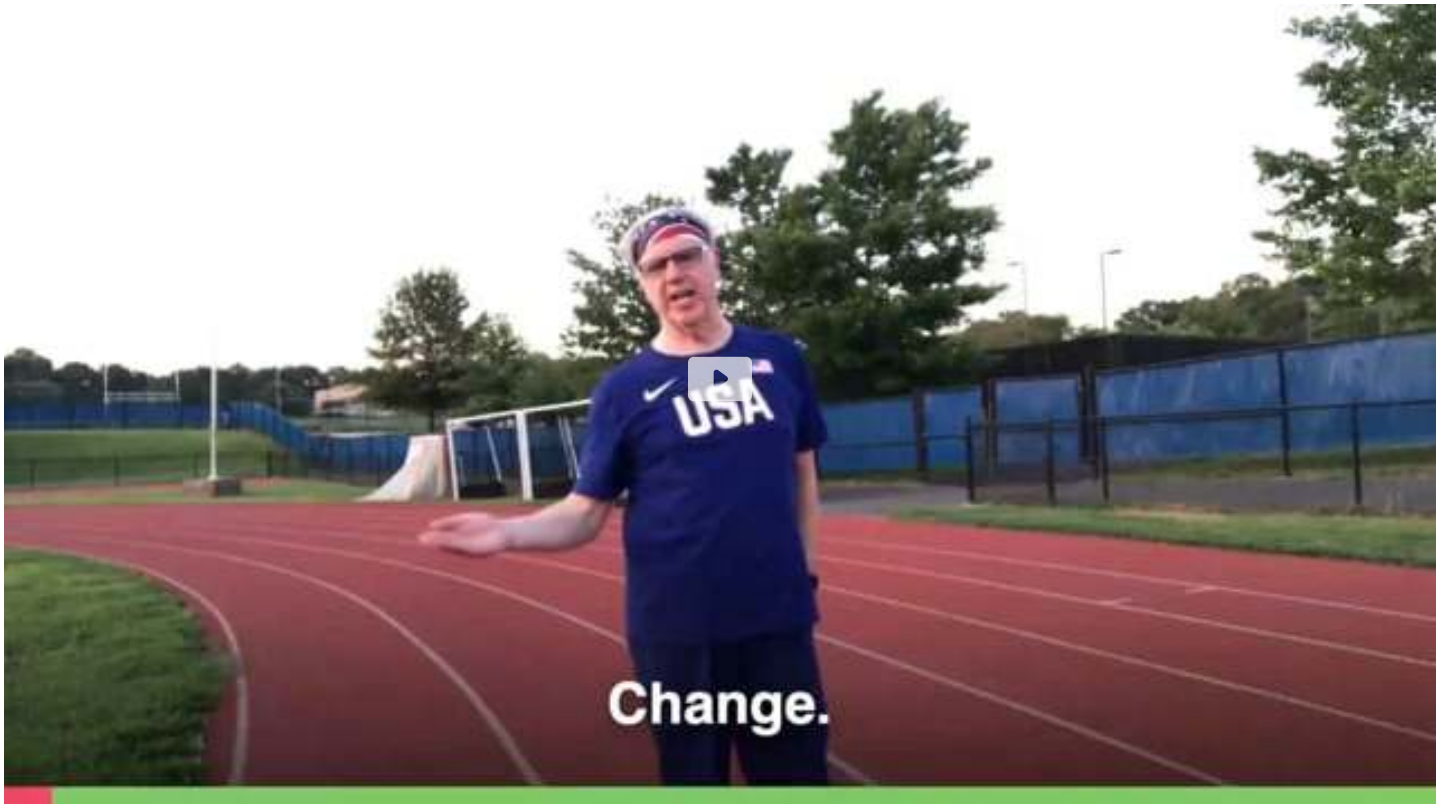
18. ACT



19. Intentional



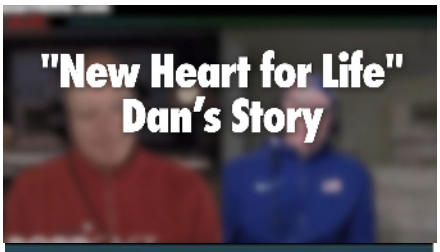
20. Change



21. Journey



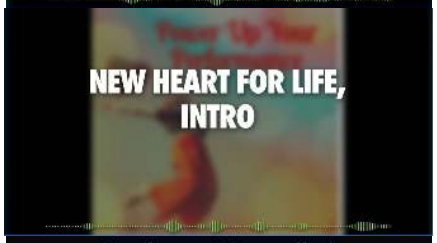
Dan's Spotlight Interviews













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Mike'd Up with Mike DiCioccio





Upside of 40 with Sean Mooney





Power Up Your Performance with Kim Peek



Resilience Unravelled with Dr. Russell Thackeray



