

PEOPLEONE HEALTH

FITNESS GAME

10+
FITNESS
MINUTES



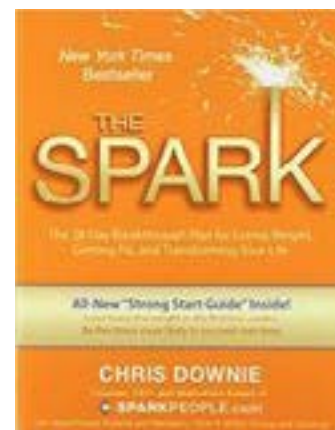
This free “mini-book” is connected to the PeopleOne Health Fitness Game software that makes it a fun game for people to track their fitness minutes. **The first five pages are most important to understand how the Fitness Game works.**

As **extra credit**, the mini-book also presents an overview of our full program and how it can motivate you to reach goals in all areas of your life – from weight management to your career! The full mini-book is about a 30-60 minute read. You can also use this mini-book without using the software if you’d like.

I was fortunate that my book, “The Spark”, became a New York Times Best Seller thanks to our members and our team’s help and support. Now I can share some of the best concepts from that book plus new material in a free quick read.

I’m so passionate about this program because I originally developed it to conquer my own social anxiety. Along the way, millions of people have used this program to reach goals, resulting in hundreds of thousands of success stories.

Since its original development, I have also used the program to recover from emergency surgery to remove a golf ball-sized benign brain tumor. My neurosurgeon told me that if I wasn’t otherwise fit and healthy, the tumor would have been more likely to either kill me or cause permanent damage. Now I tell people that in addition to all the other benefits, good fitness and health will also help you be **READY TO FIGHT** in the event of a true life or death situation like I experienced. I share a quick intro below, but if you’d like to learn more about my personal story, it’s at the end of this mini-book.



Here are the main parts of this book:

1. The five elements of the Fitness Game
2. How to win the Fitness Game
3. Top fitness concepts
4. Make it a Streak
5. The power of goal-setting
6. How to make setbacks positive
7. Weight loss/weight management goals
8. Crisscross Effects
9. More energy leads to exponential results

10. True happiness
11. Fit and healthy leaders
12. SparkAmerica
13. About Me

The PeopleOne Health Fitness Game is intentionally designed to help everyone from fitness beginners to busy professionals, busy parents, and even serious athletes.

I built this fitness program as part of a larger self-improvement program that integrates the best of fitness and health with the best of goal-setting, motivation, leadership and behavioral psychology.

This program helped me overcome social anxiety, become dramatically more productive at work which led to a big promotion, and then helped me become a successful entrepreneur when some friends and I built and sold an early internet company named Up4Sale to ebay as ebay's only pre-IPO acquisition.

Along the way, I "accidentally" motivated a co-worker named Pat to lose 50 pounds and she told me this program changed her life. Then she started a walking group with other co-workers who said, "Pat, if you can do it, we can do it!" Pat ended up reaching many goals in life. This made me realize that "your daily actions and words impact more people than you realize."

Like Pat, no matter your age, **YOU may have no idea what lies ahead as your true purpose in life if you follow a program like this!**

After selling our first company, I started a company with the mission to help people using this program. Since then, more than 100 million people have used the website/app and countless lives have been transformed. Our team now includes fitness experts, caring MDs, coaches, and behavior change experts who work together. We are passionate about helping people reach their fitness and health goals as a springboard to reach goals in all areas of life.

For the first time, we have developed powerful software around the Fitness Game program that acts like a coach to help you reach your most meaningful goals in life, all in a way that's fun!

FITNESS GAME GUIDELINES & PROGRAM

THE FITNESS GAME IS BASED ON FIVE ELEMENTS

1. Visualize Why You Want to be Fit & Healthy

When you know why you want to be Fit & Healthy, you have a motivator that will keep you going whenever anything gets in the way of your daily activity. This motivator is what makes fitness meaningful to YOU. This “why” will be different for each person and can include your purpose in life, specific goals and anything else that gets you moving. It can include specific fitness goals like training for a 5k or a marathon, but this isn’t required.

Once you write this down, you can look at your reasons or visualize them, anywhere, anytime. This visualization part of the game is like having a motivational coach with you at any moment. This step also helps build the connection between fitness and goal-setting. Practicing visualization in this fun way builds creativity which can help you reach goals in all areas of life. After working with millions of people, we know your “why” can change and deepen over time as you participate in this game.

2. Fitness Bursts

We believe you should base your fitness program on doing small amounts of activity at a time -- even as small as five or 10 minute fitness “bursts”.

This dramatically increases your odds of staying consistent, which is the most important element in any fitness program. Longer workouts are completely fine and encouraged when or if you are ready for them, but part of this game means understanding that following a fitness program doesn’t mean you must go to the gym for at least an hour. If you like your gym workouts, that’s okay! But when life gets busy and you can’t make it, you’re able to fall back on the shorter workouts at home or work, preventing you from falling off the wagon and losing the momentum you’ve invested in your fitness program. This single mentality shift can change your life.

Making shorter bursts the foundation of your fitness program makes it more likely that you will end up loving exercise. You only have to do five to 10 minutes, but many days, it becomes a game where you challenge yourself to keep going! Ironically, it's more likely that you will eventually WANT to do longer workouts than you would have done without this mentality shift.

This strategy trains you to live a truly active and healthy lifestyle, when you can incorporate multiple bursts of activity throughout the day, most days of the week, eventually working up to longer periods of physical exertion as you become more fit. Instead of being mostly sedentary throughout the day, then doing a 30-60 minute workout a few times a week, you are making movement a regular part of your day that your body comes to expect and crave.

3. At Least 10-Minutes of Fitness Most Days

To encourage consistency and prevent “yo-yo fitness” (similar to yo-yo dieting) we strongly encourage people to do at least 10 minutes of fitness as many days of the week as possible. This can be lower intensity activity like walking, higher intensity activity strength training or sprints, or somewhere in between. This strategy is one way to turn fitness into a healthy habit similar to brushing your teeth. It's a great way to get started knowing that you only NEED to do 10 minutes to successfully complete a goal, integrating both fitness and goal-setting.

We are intentionally helping you set the smallest goals possible so that “can't” isn't an option. Reaching these small goals will give you “sparks of hope.” We have seen this with real people who were depressed about their health in our coaching sessions. We assigned goals like this, and when they came back the next week, we asked if they reached them. “YES! What's next?!” they exclaimed.

This metric is not just for fitness beginners. It's for anyone who has a busy life full of work, parenting or other commitments. I know from personal experience that even if you are already very fit, this strategy will take you to another level. Most people never get to experience the full benefits of true consistency with their fitness program.

When you base your fitness program on short bursts, making 10 minutes of daily exercise the basis of your program, there are almost no excuses for not reaching your fitness goals. This increases your odds of making fitness a lifelong habit. This is the opposite of people who base their fitness program on going to the gym for 60 minutes or more. These people are at high risk of life getting busy, falling off of their program and then needing to start over.

It might sound silly to some people, but we have seen this work for tens of thousands of people with life-changing results. It's also designed to be paired with the next element.

4. Aim for 20-Minute daily average/140 minutes per week

The 10-minute hurdle helps you get moving and stay consistent, but the 20-minute daily average helps you take your fitness program to the next level when you are ready for more of a challenge.

The American College of Sports Medicine recommends 150 fitness minutes per week. For the Fitness Game, we use 140 total minutes per week, or an average of 20 minutes per day.

We don't want you to increase your weekly totals until YOU want to increase your weekly totals because this game is all about helping you learn to love fitness. You should start wherever you are most comfortable. Once you develop a love of fitness, then it's more meaningful to you. That's when we can really kick your butt if you'd like us to. Haha, just kidding. Sort of...

Our software calculates your total minutes for the week and an average for each day. We like looking at average per day in addition to total for the week for a few reasons:

1. It encourages more shorter workouts spread throughout the week compared to fewer long workouts. For a variety of reasons, including dissipation of the stress hormone cortisol, we discourage doing two 70-minute workouts on the weekend (aka "weekend warriors"), compared to seven, 20-minute workouts in a week.

2. After you do this for a while, it becomes like a game to hit your average goal. There will be days that you intentionally do something extra just to "hit your average." This is an example of this game element changing your behavior in positive ways.

You can also choose to increase your average in small increments. For example, you might start by trying to do five 10-minute workouts per week, or 50 minutes total. You could choose to increase this by 10% each week (or whatever amount makes you comfortable.) You can also choose a higher total for the week than 140 minutes as well.

This game metric truly changes my behavior. There have been many days when I was tired and only got 10 minutes of activity, but knowing I'm below my average motivated me to take my dog for a 30-minute hike. As soon as I start hiking it rejuvenates me and I've never once regretted this activity. Walks/hikes with my dog Flash has turned into a positive habit that helped me recover from my surgery.

Read more below about the "getting-started trick." This is a fun concept that ties together the 10-minute hurdle and 20-minute average/140 total minutes per week.

5. Crisscross Effects

In its simplest form, the Fitness Game involves the integration of fitness with goal-setting. By combining these two essential “building blocks” of life in a fun way that makes your life like a game, you will naturally want to start improving other areas of life. We call this Crisscross Effects. We will show you how to do this one step at a time. It’s like real life, where every area of life impacts every other area. You can use this tool to reach goals you may have never thought possible! There is a section below that gives several examples of Crisscross Effects.

HOW TO WIN THE FITNESS GAME

Ready to get started but aren’t sure what it takes to be a winner? Here are the ways you can win The Fitness Game.

What Counts?

The Fitness Game includes a broad definition of what counts as fitness minutes. I count the minutes for almost any activity that requires me to “exert myself”, as well as any part of my regular fitness program. This includes:

- Walking
- Stretching
- Heavy cleaning, especially when I try to exert myself and move quickly (this is an example of “practical exercise” that includes being more productive)
- Standing -- I give myself five minutes per hour of standing, up to 15 minutes per day
- Exercise grip (aka stress ball) -- I give myself up to 15 minutes per day for this activity because it does a great job of building forearm strength which makes many other activities easier.

I intentionally include activities like standing, exercise grip and cleaning because it encourages positive behavior in my life. For a while, I wondered if this was “cheating” but then realized that the fitness game was encouraging so many positive changes in my life. I balance these lower-intensity activities out with high intensity exercises like jump rope and sprints, which are small amounts of minutes but take a high level of effort.

Daily Planning

Daily planning is one of the most crucial skills to help you win the fitness game for two main reasons:

1. Daily planning will help you incorporate fitness into your day on a consistent basis. When you schedule workouts like any other appointment in the day (even if it's just 10 minutes), it makes it much easier to stay on track.
2. Putting an item in your daily planner or to-do list called "Track fitness" will serve as a reminder every morning to make sure you have tracked for the prior day. This is one of the top keys to making the fitness game meaningful because you will have a complete record of your activity to analyze and learn from. Of course, you can also connect your activity tracker to the Fitness Game so your data automatically flows into our software.

By making daily planning a consistent piece of the Fitness Game, you'll find the benefits crisscross into many other areas of your life! It takes a small amount of time when you do it on a daily basis, but adds a fun element by making it feel like a game.

Tracking

The only way to get the full benefits of the Fitness Game is to track your progress. Tracking either manually or with an activity tracker (such as a Fitbit) allows you to see your totals, averages, virtual trophies and more. In addition to making your fitness program more fun, tracking is also a form of accountability and self-coaching.

When you play games, your brain releases the "feel good" neurotransmitter dopamine. Making planning and tracking into a game makes you feel good! You might get this same feeling playing video games which is fine in moderation, but this game is even better because it makes your real life fun!

The Keys to Life

I often tell people the keys to life are simple: First is to figure out why you want to be fit & healthy and set your big-picture goals.

Once you have done this, all you need to do is follow this simple formula to live your "why" and reach big goals:

1. Set a small goal
2. Reach that small goal
3. Track that small goal
4. Repeat

Ideally, you should write these goals down to make this more real.

If you practice this with the Fitness Game, it's the same concept you can use to reach goals in all areas of life!

The Getting-Started Trick

This is one of my favorite parts about the fitness game because it shows how the 10-minute hurdle and 20-minute daily average metrics are intentionally bridged together.

The 10-minute goal is what gets me started – knowing that's all I need to do to be successful. However, many times it ends up being more. The second I get on the exercise bike or start another activity, just the act of “getting started” makes the odds go up that I won't stop at 10 minutes-- sometimes doing 20 minutes, 30 minutes or more. The good thing is that if I'm busy or just not feeling it, I can choose to stop and feel satisfied because I still reached my goal.

One thing that keeps me going is knowing I'm tracking my average and want to hit my weekly total. The game of reaching the 10 minute milestone increases my odds of hitting the 20 minute milestone. This increases the odds more that I'll hit the ultimate ACSM goal of approximately 150 minutes per week, knowing that 95% of people don't currently reach this goal. You can also set a higher weekly total goal if you'd like.

Bottom line: This ONE part of the game becomes an exciting element that ties together the 10 minute goal and 20 minute average, making it a fun game to help change your life. It also trains you to do daily planning/goal-setting which can be used in other areas of life.

Morning Exercise

I am a big fan of completing at least 10 minutes of exercise in the morning whenever possible for a few reasons:

- Exercise gives me a burst of energy to jumpstart my day.
- This quickly completes a goal for the day and adds another day to my fitness streak (details below).
- By checking off a goal in my daily planner, it motivates me to start reaching other goals I put into my planner.

This isn't required, so if you don't like morning exercise, just fit it in whenever you can. You may notice that as your energy and motivation levels increase from consistently reaching your fitness goals, you could start to enjoy morning exercise!

TOP FITNESS CONCEPTS

Reach the Fitness Tipping Point

Here is what I mean by a Fitness Tipping Point: At first, you need to put more energy into a fitness program than the benefits you get back from it. This doesn't seem fair and justifiably makes many people think fitness isn't worth their time. They often either quit altogether, or they do what I call yo-yo fitness: you get into shape, fall off, then have to start all over. Suddenly you're back at the point where it takes more effort than the results you get back, and this is the state most people stay in. It's a big reason 95% of people don't reach the ACSM fitness minute goal.

You frequently hear that exercise will make you feel great, so many people start off exercising too much. This makes them feel sore, exhausted, or even causes injury and then they think, "This isn't making me feel great. Maybe I'm just not good at this."

But keep in mind that by following a well-designed fitness program consistently, this equation flip-flops and eventually the benefits you get from your fitness program will VASTLY outweigh the effort you put into it. You will build a solid foundation one day at a time. The reality is that by quitting or doing too much too soon, most people never reach this Fitness Tipping Point. This concept also applies to nutrition, stress management and other areas of our program.

Remember, some of the most rewarding things in life can be a challenge at first. We want to make this challenge as easy as possible, so it's why we focus on:

- Short workouts – even 10 minutes is enough to be a real workout
- Home workouts as your base (or anywhere you don't have to "leave" to work out)

Extra Credit Instead Of Being A Chore

When I started my first 10+ fitness minutes streak, I realized it worked and was changing my life. Even though I based my program on simple exercises anyone could do at home for little or no money, I still belonged to a gym. One day I walked in and the woman at the front desk said to me, "Why are you always so happy when you walk into the gym? Most people who come in don't seem very happy." I immediately answered, "Because this is all extra credit for me. I already did a small workout at home this morning to meet my exercise goal. This is all now pure fun."

This is a huge point. I figured out how to completely change my mentality about working out. For many people, working out is just like another chore -- something they have to do. Not for me, and it doesn't have to be for you, either.

Any time I hear someone say, "Ahh, I need to get to the gym" in a negative tone, the odds are high that they will fall off their fitness program because they are looking at it as a chore. Even adults don't like chores and often actively figure out how to avoid them!

The design of this program was helping me stay so consistent that I was quickly getting into the best shape of my life. This was notable because I played high school soccer, which included four or more hours of practice per day. Interestingly, this program was working better with less time spent. I believe this program can help someone get into "professional athlete-level" shape if that is their goal.

Exercise doesn't TAKE time, it GIVES you more time and energy

If your work involves sitting at a computer all day, your productivity tends to drop over time. By taking quick exercise breaks, you can rejuvenate your body and mind, which leads to greater productivity over the course of the day. If you do this consistently for days, weeks, months, and years, the benefits begin to add up and can change the course of your life.

I have noticed that when I take a break from a work activity to do a fitness activity like bouncing on a trampoline or just taking a walk, my brain often still thinks about work, but in different ways. Often, this is when I come up with my best ideas or solutions to problems. Exercise can improve your productivity in addition to improving your fitness level over time.

MAKE IT A STREAK

Try to make your 10+ fitness minutes program into a daily streak. If you don't like daily streaks, there are other variations below. Do it each day and keep track of the number of days in a row you have exercised for at least 10 minutes. Here are a few things about streaks to keep in mind:

- A 10+ Fitness Minutes streak is like brushing your teeth. Some people say that it's "too extreme" to exercise every day, but this goes back to the magic of using only 10 minutes of exercise at home as a low hurdle, even if it's just walking around the block. In response to that concern I often ask: "Is brushing your teeth every day an extreme activity?"
- Every day your streak number increases, it serves as:
 - A reward – it becomes fun to see your numbers add up. You'll be surprised just how much confidence you build in all areas of life
 - An accountability tool – your streak keeps you accountable
 - A coach – each increase is like getting a pat on the back from your coach
- Failure before success. There is a good chance you will reset your streak, especially in the early stages. This happens all the time for me. I recently "failed" more than five times before my current streak "stuck". Every time this happens, reflect on what happened and what you could do better next time. Failure and mistakes can be great if you learn from them. If you persist, eventually you will succeed. This leads to the next point...
- When your streak is based on a simple program and the streak is meaningful to you because it connects to your big goals in life, you will hit a point where it would take a calamity to end your streak. For example, we have members whose streaks have gone on for more than 1,000 days. I remember doing pushups by my bed near midnight sometimes to keep my original streak alive. It becomes so important that you'll re-arrange your schedule if necessary to make sure you get at least 10 minutes. This is important for a few reasons:
 - First, you start building incredibly strong determination to reach your goals. This determination will lead to breakthroughs for other goals.
 - Second, your fitness consistency will give you more energy than you've ever had, which will help you reach your goals.

These two points then become a virtuous cycle that feeds on itself and could truly change the trajectory of your life.

- Doing a 10+ fitness minutes streak becomes a simple and exciting framework for a self-improvement program that can touch every area of your life. As a way to learn from your ups and downs, you can keep notes along the way about your successes and challenges.
- Visualization can be a powerful tool. I still have vivid memories of keeping my original streak alive while on vacation, like doing sprints on the beach while on a trip with college friends. During the cold and dark mornings of the following winter, I remember visualizing those sprints while doing pushups at 6 a.m. before work. These days, I visualize getting back to the famous Kalalua Trail on Kauai, Hawaii with my family while doing workouts. What will you choose to visualize?
- If you like this concept in general but don't want to do a daily streak, there are many possible variations:
 - Percentage streak – set a goal to exercise a certain percentage of days. Seeing a high percentage even if you miss a day to end your daily streak is one way to get right back on track.
 - Weeks streak – set a goal to exercise three to five times per week and then keep a streak of the number of weeks in a row you do it.
 - Free pass – give yourself a free pass after every X days to use in case you miss a day (from sickness, health condition, etc.)
 - Beyond fitness – choose to do a streak for just about anything (food, water, sleep, playing the guitar, etc.). This could intentionally be a short-term, 14-21 day streak to build a habit, or an ongoing streak.
 - Streaks within streaks – challenge yourself with a small streak during your main streak (doing a new exercise routine, etc.)
 - Advanced variations include challenging yourself to average a certain number of minutes per week and continue growing that number.

There can be other variations – the best type of streak is the one that will motivate you. Streaks can be designed to fit all fitness levels- from the beginner all the way up to the professional athlete.

Get Results!

When you're following the program consistently, here are some results you can expect to see:

- Already on Day 1, you might feel the hope and accomplishment of setting a goal, reaching that goal, and then tracking it. You are starting an exciting journey!
- Days 2-14 can be a fun, honeymoon-type stage. As crazy as it sounds, 10 minutes per day for 14 days can build the foundation that changes the course of the rest of your life.
- Days 15-30 are often when this becomes a habit. It can also be a time of high risk since you haven't invested much time into your streak yet, so try not to get distracted or busy and fall off.
- Days 31-89 are a huge test in my experience. This is when you are probably still putting in more effort compared to the physical results you're seeing. Keep in mind that this is the period when true magic is happening, even if the results feel like less than your effort.
- Days 90-180 is the period where I hit the exercise tipping point. You start seeing glimpses of the amazing benefits and regular exercise becomes an integral part of your life. I remember when this first happened to me, I was the happiest I'd ever been and had more energy than ever.
- Days 181 plus – once you hit the tipping point, it really becomes fun. Depending on your life circumstances, you can choose to maintain your program, or you might ramp up your efforts in fun ways. By this point, you'll most likely be seeing amazing results in all areas of your life.

THE POWER OF GOAL SETTING

You've probably heard the phrase "All it takes is diet and exercise to lose weight or get healthy." This statement might frustrate you because you've tried it many times and it hasn't worked.

I'm here to tell you that the optimal solution isn't just healthy food and fitness. Diet and exercise are an important part of the equation, but there are multiple reasons most people don't succeed with these alone. The most important reason is that only focusing on diet and exercise leaves out other important elements such as goal-setting, motivation, leadership and behavioral psychology.

Many “diets” treat these as more of an afterthought. I stress to the PeopleOne Health team that these areas are “the other 50%” of our program because they vastly increase the odds people will stick to their program. There are simple ways to incorporate these elements into your daily routine.

I was interested in health and fitness for most of my life, but never came close to my potential until I finally figured out how to integrate health and fitness into a robust goal-setting program. Goal-setting is so powerful that I’m still astonished the topic isn’t taught in all schools. There are some key goal-setting concepts I used to build my original streak and this entire program.

Break Them Down

- Long-term goals – these are very big goals that align with your core values. They might take a year or more, but could be shorter as well.
- Medium-term milestones – break your longer-term goals into big “chunks” that we call medium-term milestones. These might last from one to three months, but again, can be shorter depending on the goal.
- Short-term action steps- these steps start to be incorporated into daily planning. These are often steps you will complete in a day or week.

Here are a couple of examples to get you started:

Weight loss

- Long-term goal = Lose 50 pounds
- This long-term goal is important because it fits with specific core values you write down. Instead of just having a weight loss goal, identify reasons you want to lose the weight. This will make your goal much stronger and more meaningful.
- Medium-term milestone = Lose 5-8 pounds per month
- Short-term action steps = Lose about 0.5-2 pounds per week. Include action steps that will help you accomplish this goal, such as exercising, finding new recipes, etc.

Learn a new skill

Long-term goal = learn to play the guitar. Again, include the reasons why you want to do this.

- Medium-term milestones (these are separate examples that could be new medium-term milestones over time) = start taking 2 lessons per month from a teacher, perform in front of a friend after 2 months, perform in front of a group of friends after 4 months,

find new friends who'd like to form a small band.

- Short-term action steps (or small goals) = find a guitar teacher, purchase a used guitar, practice one hour per week using online videos, become a jukebox hero by next week (haha, just kidding – that's the wrong way to set goals.)

The Power of Small Goals

There are a few common mistakes people make when they decide they want to lose weight.

1. Focusing on fad diets that can't possibly be sustained long-term in a healthy way. As soon as that diet (usually some form of a calorie-deprivation) ends, odds are the weight will come right back.
2. Not breaking down big goals. A common example of this is setting a New Year's Resolution to lose 50 pounds, but not breaking that down into specific, small goals that can be completed and checked off.

When we started SparkPeople (one of the companies that came together to form PeopleOne Health), clients came into our office for coaching. Many of our clients had tried and failed at five to 10 different kinds of diets and had lost all hope they could reach their goal. We asked them to start by setting the smallest possible goals such as:

- Eating one fruit and one vegetable on at least three of the next seven days
- Doing at least 10 minutes of fitness on at least three of the next seven days

When they returned for the next week's session we asked, "Did you reach your small goals?" Their response was often some form of, "YES – I reached my goal! What's next?!"

This is the power of small goals. When they are done as part of a smart long-term goal that aligns with your most important values and beliefs, odds are good that these small goals will build unstoppable momentum!

A good way to visualize this is the story of a SparkPeople member who shared that when she started the program, all she could do was walk to her mailbox and back. This was her small goal. No big deal, right? That can't possibly burn many calories, right?

She stayed consistent. Her strength and confidence increased. Eventually she lost 100 pounds and shared a photo of herself crossing the finish line of a marathon (her daughter witnessed this event)!

Goal-Setting Tips

Here are additional points to keep in mind. Goals should be:

- Inner-directed – something uniquely yours that you really want for yourself. This will increase the odds you'll put in the effort and planning to be successful.
- Concrete and measurable – as specific as possible with at least a rough timeline. If necessary, you can adjust the timeline, learning lessons along the way. A goal such as “I want to lose weight” is too vague. “I want to lose five to eight pounds in a month to have more energy” is better. Keep in mind that it's important to be flexible with your weight loss goals, since the exact amount of weight loss is sometimes out of your control.
- Harmonious – your goals shouldn't conflict with your values and beliefs or your life purpose. This dissonance is likely to hold you back.
- Realistic and achievable – it's great to think big, but be realistic about what you want to achieve. Otherwise you are setting yourself up for frustration. For example, a member posted a goal in our community to lose 46 pounds in six weeks for a class reunion. This isn't realistic and could be dangerous. For weight-related goals, keep in mind that it probably took you a long time to gain the weight, so it should also take a while to lose the weight. You don't want to put too much stress on your body during this change.
- Written – you can tell by now that I'm a big fan of writing things down and tracking them. Goals are one of the best things to write down because it makes them real and is the first step in the process to reach them.

I'll tell you a secret: even though I say to set realistic goals, when you follow this process, sometimes you have major breakthroughs in life that you might have never thought possible. It truly becomes realistic to achieve goals you may have never thought possible in the past.

We had a member speak at a SparkPeople convention. She talked about being a failed author who had never been published. She joined SparkPeople when she was depressed and in poor health. After succeeding with her SparkPeople program, she wrote a self-published book and ultimately received a two-book deal for more than a million dollars from a major publisher! On stage, she said, “I never imagined my life could be like this before SparkPeople!” She invited some of her SparkFriends from the site (they had never met in person) to vacation together in a villa in Italy (the location of her first book).

Here's another great example of this entire lesson:

"I agree with you that they need to teach goal setting in elementary school! Until I came to SparkPeople I never heard of setting a goal or how to go about it. Fortunately for me, I joined a team and one of the leaders held a class that involved Coach Dean Anderson's "Mind Over Body" series. One of the exercises she gave us was to write down our goals. There were a number of us who said "How do we do that?" There was a new lesson for us. I always say if it hadn't been for that team I might never have had the success I have had. I joined July 5, 2008 at 325 pounds. I've been in maintenance for almost seven years after losing 175 pounds!" SUSIEMT

What do you say, are you ready to set one or two long-term goals and break those all the way down into short-term action steps and small goals? I can't wait to see all of the different goals you and others like you achieve!

HOW TO MAKE SETBACKS POSITIVE

What happens if you have a slip or setback while working to reach your goals?

I regularly hear people talk about their frustration with setbacks.

Setbacks are one of the top reasons people fall off of their healthy lifestyle journey. However, this can be avoided by using our powerful formula for handling just about any type of setback.

I realize that some setbacks like health issues are very serious (I've experienced those personally.) This lesson speaks to smaller setbacks such as having a bad eating day or dealing with a less serious stressful situation, but many of the principles remain the same for more challenging setbacks.

First, let's make one point clear: EVERYONE has setbacks. This is a NORMAL part of every type of adventure. Surprisingly, setbacks can even be WONDERFUL learning opportunities.

Here's a simple example: Thomas Edison is famous for inventing the light bulb. But he didn't invent the light bulb on his first attempt. Would it have been good for him to give up after the first attempt didn't work out? No, of course not. He made hundreds and possibly thousands of attempts before developing a commercially viable light bulb.

Edison was famous for how he handled failure. According to the Thomas A. Edison Papers (<http://edison.rutgers.edu/newsletter9.html>), here is a quote from Edison as he worked on storage batteries as a later invention:

“This [the research] had been going on more than five months, seven days a week, when I was called down to the laboratory to see him [Edison]. I found him at a bench about three feet wide and twelve feet long, on which there were hundreds of little test cells that had been made up by his corps of chemists and experimenters. I then learned that he had thus made over nine thousand experiments in trying to devise this new type of storage battery, but had not produced a single thing that promised to solve the question. In view of this immense amount of thought and labor, my sympathy got the better of my judgment, and I said: ‘Isn’t it a shame that with the tremendous amount of work you have done you haven’t been able to get any results?’ Edison turned on me like a flash, and with a smile replied: ‘Results! Why, man, I have gotten lots of results! I know several thousand things that won’t work!’”

The point of this story is that:

- ✓ **Most setbacks are not important.**
- ✓ **How you handle a setback is far more important.**

When I had anxiety, I was terrified to have setbacks because I was such a perfectionist. But I finally realized some things about them:

- First, I needed to learn to forgive myself for having a setback. I needed to give myself a pep talk afterwards instead of berating myself and making it worse.
- Second, I quickly remembered what I was fighting for. I thought about why I wanted to reach my goals, what my goals were, and looked at my vision collage for inspiration (a collection of images that represented my goals). This is one reason why it’s important to know why you want to reach your goals. In a time of possible crisis where you could completely fall off your program, if you know what you are fighting for, then you are more likely to successfully handle a setback.
- Third, like Edison, I started realizing that I could learn from setbacks in ways that I couldn’t have learned without them. In many ways, having a setback is great “adversity training.” As we all know, life is not a smooth line of success. You’ll likely face obstacles that you’ll need to figure out how to surmount.

I have learned that I'd rather have people on my team who have either made mistakes, had setbacks, or have had to overcome some type of obstacle. These people often become extremely passionate about reaching additional goals and motivating others to reach their goals as well.

One thing that helped me overcome anxiety and perfectionism was creating a rule that I was free to make at least one mistake per day without getting upset at myself. I also realized the most important step after a setback was to immediately set and reach a few very small goals to immediately get back on track.

It's important to write that small goal down, accomplish it, and then check it off your list. Even if it's something simple like taking a 10-minute fitness break, eating one vegetable, or cleaning/organizing your house for 10 minutes, the act of writing this down and then succeeding reinforces that you CAN do this – you can keep reaching one small goal at a time until you've accomplished your bigger goals!

Setback Formula

In summary, here is your eight-step recipe for handling any types of setbacks that come your way:

- ① **Pep Talk and Review Success:** Give yourself a pep talk including forgiving yourself, if necessary. As part of this pep talk, visualize or review other goals you have reached. This will remind you that you CAN do this. This point shows the value in setting and reaching as many goals as possible. Those successes will build the foundation to help you overcome future setbacks.
- ② **Review your Why:** Review your reasons for being healthy and fit, goals, and vision collage – so that you can build determination to overcome setbacks by knowing what you are fighting for
- ③ **Learn:** Think about what you can learn from the setback and write those lessons down in some form of a journal. This might turn into a great “lessons” list that helps prevent you from having the same setback twice.
- ④ **Ask for support:** Ask for help and support from someone if you need it
- ⑤ **Set a small goal:** Set the smallest possible goal that you can reach quickly. Just as importantly, write it down.
- ⑥ **Reach a small goal:** Accomplish that goal. Do this immediately if possible
- ⑦ **Track:** Check the goal off your list to get a dopamine hit making you want to do it again

- ⑧ **BELIEVE** you will reach your goals!
- ⑨ **Repeat until you're back on track:** Repeat steps 5-7 as many times as possible until you feel like you are back on track! Then once you are back on track, continue repeating steps 5-7 for the rest of your life! Haha. That's funny because it's true.

Mistakes aren't fun in the moment, but you're human, so you'll never stop making mistakes. The good news is that as you learn and grow, the time between mistakes will likely get bigger. You'll get to experience new and exciting things in life, and therefore have "higher-level" mistakes to learn from.

Do you feel ready to handle your next setback?

"This reminded me of what I have frequently said about my beadwork - I learn more from correcting mistakes than from doing the stitch/pattern right. That's also been true in photography. Now I just need to apply that to other areas!" INITFORLIFE3

WEIGHT LOSS GOALS

Many of you likely have a weight loss goal. Let's talk about the importance of consistent exercise for weight loss.

Ask 100 people for their number one weight-loss rule and you'll likely hear 100 different answers, but there's one that seems to pop up time and time again: "Weight loss is 80 percent diet and 20 percent fitness." The reasons behind this widely accepted truth include the idea that we burn fewer calories than expected during a workout and it's easy to eat those calories back right after. On the other hand, the calories in various foods are more certain, so it's easier to know exactly how many calories you're cutting and how that should affect your weight loss progress.

Don't get me wrong, this calorie equation makes sense—your calories from food are incredibly important to losing weight. Switching to healthier food choices in your appropriate calorie range will lead a sustainable, healthy lifestyle change that eventually doesn't even feel like a diet.

Those changes include learning that healthy foods really can taste better than "bad-for-you" foods when you find proteins, fruits, vegetables, spices and recipes you genuinely love.

But guess what? You aren't a calorie equation.

You have a life that gets messy and challenging with setbacks due to stresses and demands on your time. By “you,” of course I mean “all of us,” myself included. We’re all in the same boat trying to reach our various goals.

Life and Weight Loss is More Complex than 80/20

There are several ways that consistent fitness helps with weight loss, including:

- Fitness makes it easier to drink water and eat vegetables to replenish your body. This can help you reduce your dependence on sugary drinks.
- Fitness helps with emotional eating since consistent activity helps dissipate the stress hormone cortisol.
- Fitness can improve your sleep.

These areas and more are covered below in the Crisscross Effects section.

Our member MORAVIANSTAR perfectly illustrates my argument against the hard-and-fast “80/20” philosophy:

“It struck me this morning when thinking about all your posts related to this ‘challenge’ that, overall, the focus is going away from diet and becoming much broader. When I have tried to lose weight in the past, my entire focus has been on food, which leads me to obsess about food, which leads me to think about eating all the time, which leads to eating too much (even if it’s healthy stuff), which leads to very little weight loss! This new focus has me thinking about coming up with a mantra I can use—maybe something like, ‘Is this decision going to further my good health plan?’ This new ‘challenge’ has me starting to think in different ways about this entire issue.”

Do you see how the 80 percent diet and 20 percent fitness way of thinking can be dangerous? Each of these other areas of life—fitness, sleep, stress management—have their own amazing benefits, but they also have Crisscross Effects that directly help people make better food choices. Even if diet is the primary way to lose weight, focusing on these other areas is a better way to increase your odds of making better food choices. This is the real-world strategy based on everyday lives, not simply a scientific measurement of calories.

CRISSCROSS EFFECTS

The Fitness Game can help you build healthy habits in all areas of life. I started this program by combining fitness and goal-setting, but noticed that this program started feeling like a game that touched all areas of life, where:

- ① I started looking for other areas of life to improve
- ② Because of my momentum from the 10+ fitness minutes streak, it became much easier to improve in other areas of life. Some improvements even came naturally with no additional effort.

These two steps are a strong formula. Eventually, we named this the Crisscross Effect – where improvements in one area of life can “crisscross” to other areas of life – either naturally with no effort, or by setting specific goals. Put simply, all areas of life have an impact on other areas of life.

Here are examples showing how the Crisscross Effect works:

Nutrition

As my fitness improved, I noticed many great Crisscross Effects related to nutrition, including:

- I consciously wanted to make healthier food choices. This included placing healthy snacks (like nuts and raisins) in my car, which helped me choose not to stop at fast food restaurants on the way home from work. Before, it was like magic; my steering wheel would automatically turn off the freeway at the Taco Bell exit!
- My fitter body naturally craved healthier foods like fruits, vegetables and water. I found that many vegetables actually tasted better – making it easier to eat them.
- Once I started drinking more water, it became easier to give up sweetened drinks like soda. In fact, these drinks now tasted so sickeningly sweet to my palate that it was no longer pleasant to drink them.

If you have a weight loss goal, think about these points for a moment. Nowhere did I use typical diet talk like “using willpower” and “depriving yourself”. In fact, it was the reverse, where healthier options started tasting better than unhealthy options – a true win/win scenario. This is one of the reasons I recommend using PeopleOne Health as a smart way to either lose weight or maintain weight in a healthy way. Weight loss and a healthy diet become much easier because you start living a healthy lifestyle one step at a time and don’t need to “diet”.

To this day, I still set short-term goals for making healthy food choices as a way to keep me on track. For example, I'll put "Eat vegetable soup for lunch" on my daily To-Do list and then check it off.

Stress

Stress is an inevitable part of life. With a history of anxiety, I lived with stress on a daily basis. Exercise has been scientifically proven to reduce the impact of stress on your body, in part because it helps dissipate the stress hormone cortisol. This hormone can damage your body if it builds up over time.

Setting and reaching goals one at a time will increase your self-confidence and reduce stress about many types of situations. The combination of exercise and goal-setting has a profound Crisscross Effect on your stress levels. You might find – like I did -- that situations that were once stressful start to feel more like a challenge you know you can overcome. Research shows that once you view something as a challenge and not a stressor, your body physiologically handles these situations in a healthier way.

Reducing stress also has a strong Crisscross Effect with nutrition and weight loss. Over the past decade, our members have consistently reported that emotional/stress eating is their top issue when it comes to weight loss. People emotionally eat because of stress about finances, relationships and much more. By reducing the impact of stress and lowering the number of stressors in life, it becomes more likely you'll be able to make healthy food choices and not fall off track. In other words, what's going on in your head can be just as important as what goes in your mouth.

Sleep

How do you feel when you are really tired? Are you more likely to eat anything in sight? Are you more likely to eat sugary foods to get a quick energy fix? Are you more likely to drink extra caffeine beyond the moderate amount that is generally acceptable? Are you less likely to take the time to prepare healthy foods? Are you more likely to get into arguments with others? All of this shows the importance of quality sleep on your nutrition choices and other areas of life.

I remember my typical bedtime routine prior to starting this program. After going to bed, I would worry about all the mistakes I made that day and beat myself up over them. After finishing that, I'd worry about everything bad that could happen the next day. This ended up lowering the quality of my sleep, which then became a self-fulfilling prophecy of lower energy and happiness the following day. Good sleep is highly underrated in our society. The improvements from fitness, goal-setting and stress management all led to better sleep, which then made it easier to stay on top of my fitness, goal-setting and stress management. See how this virtuous cycle works?!

Healthy Habits

It became fun to look at all areas of health to see where I could build healthy habits. One example was making sure to floss every day. Since mouth health has been shown to affect heart health (and recently maybe even brain health too), this is another Crisscross Effect. Each new healthy habit becomes an investment in your body.

Relationships

Improved relationships were a surprising result of my original program, but this makes so much sense. When you are fitter, eating better, sleeping better, have more energy, have more self-confidence and more...then your interactions with other people will naturally become more positive. When you start seeing that natural improvement, you might decide to make improved relationships a conscious goal. This applies to both general communication and personal relationships (at home and at work) because you'll get excited about helping other people reach their goals and you'll become a Fit & Healthy Leader.

Control Your Destiny

One of the best Crisscross Effects is feeling more in control of your destiny. I learned from Viktor Frankl in Man's Search for Meaning that no matter your circumstances, you ALWAYS have the freedom to choose how to respond. Frankl learned this himself while in a Nazi concentration camp. This lesson hit me hard. I figured that if this man could still choose to have freedom in a concentration camp even after everything had been stripped from him, then I could figure out how to take personal responsibility for my destiny. This program will help you do that, too.

Life Goals

As you accomplish small fitness, health and other goals, and as your energy and happiness grow, you will naturally start setting and reaching goals in all areas of life. I remember this program helped me be a dramatically better employee at my first job after college. My improved performance led to a large promotion and the lessons learned from this experience became a reason for my success in other endeavors. Similarly, we have had many people in our online community talk about how their experience as leaders in the community helped them get promotions at work and reach other major goals. Take a minute to visualize this. What goals could you achieve?

Virtuous Cycle/Vicious Cycle

As you can see from the theory of CrissCross Effects, every area of life can work together in a positive way, becoming a virtuous cycle that continually spirals up. Keep in mind that this works in reverse as well. For example, if you are making poor food choices, aren't fit and have high stress levels, then your sleep, energy, relationships and happiness might go down.

Unfortunately, this can become a vicious cycle with negative consequences.

The 10+ Fitness Minutes program is specifically designed to both STOP a negative cycle in its tracks and START a positive cycle (or continue it). Most people have untapped potential in life. Now is your chance to tap into your true potential!

The SparkPeople System

We built a system around this entire concept called "The SparkPeople System". The goal of this system was to SPARK millions of PEOPLE to reach goals in all areas of life, using health and fitness as a springboard to success.

Here is a brief overview of the components of this system:

The SparkPeople System integrates the best of elements that help your body with the best of elements that help your mind. As you can see in the graphic above, there are 4 Cornerstones:

- Focus – Get clear about your goals.
- Fitness & Health – Get in the best shape possible (both mentally and physically) to carry out your goals.
- Fire – Stay motivated to reach your goals.
- Positive Force – Share your energy with others and get more in return.

Each Cornerstone is made up of multiple Building Blocks:

- Focus – Purpose & Vision, Core Values, Goal-Setting
- Fitness & Health – Exercise, Nutrition, Sleep, Stress Management, Healthy Habits
- Fire – Personal Leadership, Consistency & Momentum, Motivation
- Positive Force – Public Leadership, Coaching, Community Service



MORE ENERGY LEADS TO EXPONENTIAL RESULTS

I came up with the name “SparkPeople” based on our mission to “spark” millions of people to reach their goals using health and fitness as a springboard to success in all areas of life. But another way that “spark” applies relates to energy. One of the most important benefits of this program is that you will eventually have more energy than you’ve ever had in your life.

Close your eyes and visualize having the extra energy to be able to get one more thing done each day, or maybe even five more things done each day when you fully reach your potential. You will likely be thinking more clearly than ever – it will feel like your brain can work faster and more efficiently. Many times, those “extra” projects you complete are the ones that go beyond your normal routine and lead to the biggest results – either a project at work that leads to a big win, or maybe spending extra quality time with your kids, spouse or friends. Then carry that forward for days, months and years. This can lead to not just linear results (where you improve slowly one step at a time), but instead it can lead to exponential results (becoming more and more rapid) that can change the course of your life just like it did for Pat and me.

Here’s a fun story to illustrate this concept: When I started my original streak, I read about the benefits of jumping rope. I bought a jump rope and honestly could not do 10 jumps in a row. Testing my integration of fitness and goal-setting, I set a goal to do 10 jumps in a row...and reached that goal. After more practice, I set a goal to do 100 jumps in a row...and reached that goal. Then after more practice, I set a goal to do 1,000 jumps in a row (without a mistake) ...and reached that goal.

The point of this story is that my results didn’t improve in a linear way from 10 to 20 to 30. Instead, I went from 10 to 100 to 1,000. Imagine getting these types of exponential results in all areas of your life, including your energy level. At the peak of my original 700-day streak, my energy levels were incredibly high, and I was getting far more accomplished than ever before. This is what led me to do my part in building ebay’s leading competitor and only pre-IPO acquisition with a team of just five people. One of the biggest mistakes I made was stopping my fitness streak when I started this endeavor, thinking that I could only focus on the company. I still have some health issues (like allergies) that were likely exacerbated by the stress from that company.

I did a speech for a group of the top executives at Fortune magazine and someone asked about the challenges of balancing the areas of work life, personal life and other activities like community service. My response was that yes, this will always be a challenge. But if you really live this program, you learn to look at life in a different way. Your “energy pie” actually expands and you can get more done in all sections of your pie -- including having more fun in life.

② Typically don't like "scare tactics", but let's face it, there can be scary outcomes from a sedentary lifestyle. While this program can help you more than you realize,

③

Not living a healthy lifestyle could also hurt you more than you realize in the form of serious future health issues.

There is at least some chance this simple 10+ fitness minutes challenge could directly prevent you or someone you love from that stress-induced heart attack, diabetes or some other serious health issue. Now back to being positive...and happy!

TRUE HAPPINESS

When I give speeches about my story and how the Fitness Game program and SparkPeople System helped me, one story I always tell is that somewhere around three months into my streak, I remember driving down the freeway, singing a song on the radio, realizing that I was now happier than I had been at any point in my life.

I was always a generally happy and optimistic person. But this was different. My fitness, health, energy levels, sense of accomplishment, improved relationships and desire to authentically help other people all joined together to form an incredible feeling of true happiness that probably crossed over into feeling ecstatic, probably because I was full of energy.

① A documentary called Happy set out to explore the characteristics that make people happy and found three key components:

Exercise/physical activity – exercise raises levels of dopamine, a neurotransmitter in the brain that causes us to feel happy.

② Connection with friends/family/community – as mentioned above in the Crisscross Effects, improved relationships are a key benefit to the Fitness Game program.

③ Service to others/compassion – by motivating your family, friends, co-workers, and social community, you will be making yourself happy. By expanding your "energy pie", you'll have more time and energy to volunteer for causes you support if you choose to do so.

You can see all three of these points are at the heart of the Fitness Game! The “science of happiness” is now an emerging trend with many great things to offer. But I can tell you from experience that if you follow the Fitness Game program, there’s an excellent chance you won’t need a scientist to tell you that you are happy.

If you would like to learn more about how exercise benefits your brain, watch this two-minute motivational video from neuroscientist Wendy Suzuki:

<https://www.instagram.com/tv/CC9dhEshbUI/?igshid=11a8da1o71a1a>

If you are a parent, you’ll likely pass on this gift of happiness to your kids. I’m trying to do this with my own two boys, ages 20 and 17. This is one of the best gifts you can give your kids.

FIT & HEALTHY LEADERS

The foundation of this program is the integration of the best of health and fitness with the best of goal-setting, leadership, motivation and behavioral psychology. When you follow this program, you will become a “Fit & Healthy Leader.”

A Fit & Healthy Leader is someone who is taking steps to improve their own life (which increases their energy for helping others), and then helps others do the same. This can be anyone in your social network: family, friends, co-workers, community.

In other words, we all can be a Fit & Healthy Leader!

You can start becoming a Fit & Healthy Leader on your first day of this program. It’s hard to believe, but each of us – you included – has the power to change our own lives and the lives of others. Sometimes it only takes a few words of encouragement to help someone else get moving in a positive direction. Once you get a taste of helping other people, it becomes addictive and you want to do more.

I still remember accidentally sparking Pat, and then she went on to spark many other people. Who knows how many people those people sparked. Millions of people have already been sparked at the companies that joined together to form PeopleOne Health. Imagine how many more people we can spark by working together!

When you are motivating other people, it increases the chances that you will stick to your own program.

Here are three simple ways you can become a Fit & Healthy Leader today:

- ① Start your Fitness Game program to lead by example.
- ② Share this with your co-workers and others in your life to get them involved.
- ③ Look for simple opportunities to motivate and support people. You might find it's easier than you think!

Thanks a bunch for your help and support. Together, we can do it!

SPARKAMERICA

Society has many health challenges today, including:

- Obesity
- Diabetes/pre-diabetes
- Inactivity/sedentary lifestyles
- Childhood obesity and health issues that might be dooming millions of kids to lifelong problems
- Mental health issues including stress, anxiety, and depression from many sources
- Financial issues related to healthcare (one 2019 study found 66.5 percent of all personal bankruptcies were tied to medical bills)
- Many more

We believe that all of these issues are not only a health challenge, but also a leadership challenge. Imagine a world with millions of Fit & Healthy Leaders taking control of their health, taking control of their life and taking control of their destiny. In this world:

- Parents will have the energy and motivation to do a better job raising their children
- Children will have a better chance at a happy and healthy life
- Companies will be more productive and happier places to work
- We'll all be healthier, happier and more energetic
- The United States and the rest of the world could get back on the right track with many of the health issues mentioned above.

This is all doable, and as Fit & Healthy Leaders, we can all play a part in it. After 25 years of working with millions of people:

*“We are **bold enough** to believe we can change America and the world, but humble enough to know we need help — continued help from our members, and help from visionary leaders & organizations all over the world.”*

To do our part to help change the lives of everyone around us, we launched a campaign called SparkAmerica.

SparkAmerica includes free digital health and fitness challenges with friendly competition and collaboration that ranks individuals, organizations, and cities to transform one person, one organization, and one city at a time. If you aren't already a PeopleOne Health member, you can join for free (currently only open to residents of the US) at <http://sparkamerica.com>.

SparkAmerica is expanding to build an alliance of individuals and partners working together to transform healthcare in America. More details will be shared over time on our site/app.

ABOUT ME

At the beginning of this mini-book, I shared a brief overview of my story. I've been fortunate to use my different experiences to work with great people and teams and turn those into opportunities to help other people.

Please keep this in mind: If you have issues you are working hard to overcome, once you succeed there is a good chance you will develop a passion for helping other people do the same.

I credit my Mom for helping me develop a strong work ethic. She took care of my brother and I as a single parent.

I shared how the anxiety that runs in my family sparked me to eventually build a company and program that helps other people.

More recently, in October 2018, I was walking down the street in San Francisco and suffered a brain seizure that was caused by a golf ball-sized brain tumor. This was a full 9-1-1 experience. On my second ambulance trip transporting me from the ER to the neurosurgery hospital, there was a paramedic in the back with me. His goal was to become a firefighter, but he said he kept failing the fitness test. At this point, I had no idea whether I'd live or die, but I started motivating this paramedic on how to build his fitness program with the points from this mini-book. It struck me at that maybe this was a sign I still had work to do here on Earth.

This proved to be true when my neurosurgeon told me that if I hadn't been otherwise fit & healthy, this event could have either killed me or led to permanent damage. I was only steps from getting in my car to drive 90 minutes back to my home.

I'm grateful to be here today doing my best to motivate you! I'm also grateful to be a small part of an amazing team that has come together to revolutionize healthcare and more.

It really is true that having a near-death experience changes you. I vividly remember the first time I saw a fireworks display after my surgery. An MD friend was with me and noticed my reaction. He knew I was feeling that experience in a way most people couldn't imagine. When I say to enjoy every moment, it comes from someone who feels this deeply after an experience where I was faced with the possibility of not having many moments left...

Here is my before/after photo with the giant question mark where they had to cut open my skull to remove the tumor that was growing into my brain. I now like this photo because it's a "survival" photo:



My dog Flash stayed with me and took me for walks until I recovered. I've since taken him on walks more than 99% of the days since my surgery – around 2,000 walks. I'm lucky he's such a compassionate dog and that I had support from my family.

[Have fun reaching your goals and SparkCheers!](#)

Chris "SparkGuy" Downie

PeopleOne Health Co-Founder

TERMS & CONDITIONS (SORRY, I HAVE TO INCLUDE THIS SECTION)

- This Mini-Book is written as a source of information only. The information contained in this Mini-Book should not be considered a substitute for the advice of a qualified medical professional, who should always be consulted before beginning any new diet, exercise, or other health program.
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