

RUNNING ON THE BEACH...

I would like to tell a story about a wonderful man that I knew for a fleeting period of time. I knew him for such a short time but the inspiration that he passed on to me will last a lifetime. I truly hope that the message from this story will inspire you to take action today, as it did for me.



Friends for a reason...

It was my mother who taught me that many people will come in and out of my life over many years and each will have an impact on me in one way or another. She shared with me a saying that she had got from somewhere; it states that there are 'friends for a reason, friends for a season and friends for life'. David was one of the people that I befriended for a short time, and most definitely fell into the category of a friend for a reason!

If you have heard me speak you may have heard this story, but it is worth hearing either again to reinforce the powerful message or for the first time to inspire a positive change...

It was a Monday morning...

I was training in the small gym at the apartment building where Laura and I lived for a couple of years. Just as normal, David was there doing his regular training session. David was a great man – he was in his mid to late sixties and was in that gym three mornings per week. He lifted weights, ran on the treadmill and swam laps in the pool and was very fit for a man his age.



On this particular Monday we started chatting and I asked him about his weekend. He told me that he had been away for a couple of nights, staying in his beach house with his wife, son, daughter-in-law and 9 year old grandson. At that moment he sighed, and so I asked him what was wrong. He went on to explain that he went for a run on the beach with his 9 year old grandson on Saturday and was devastated that his grandson had beaten him!!

I was a bit gobsmacked for a moment. I then challenged David to think about how many people would love to be able to just run on the beach with their 9 year old grandchild, let alone beat them! The other thing I told David was that I was extremely grateful to him. He asked why and I told him that he had inspired me and given me a long term vision for my health and wellbeing. I told him that it is now my greatest to desire to run on the beach with my 9 year old grandchild.



I have to admit that when I said that to David I hadn't really stopped to do the numbers! As I write this I am 45 years old with no children! After some simple maths I calculated that, conservatively, I would be 85 years old when I have a 9 year old grandchild. That is assuming I have a child in the next 12-24 months. I probably won't beat him or her! I will probably only make it a few steps! I will most probably end up face down with a mouthful of

Sand! But it is something that I write down and visualise everyday and **it will happen.**

Start NOW

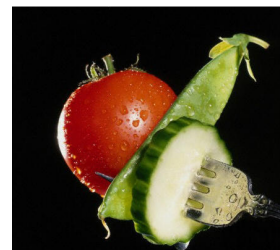
Why am I telling you this story? I guess to try and inspire you to start today to make the decisions and take the steps that will allow you to do the things you want to do many years from now when you are not the same spring chicken. I say this over and over, but the way our life ends up has nothing to do with luck or intention, but everything to do with the simple decisions that we are making today and everyday.

I realised that morning with David that, whilst I was healthier than most, I had slipped into some bad habits. They were seemingly insignificant when I looked at them as isolated events, but then I asked myself where they would lead me if I didn't make some simple changes. I didn't like the answer and I knew that they would certainly not lead me to be running on the beach at 85 years of age - that was motivation enough for me to get into action.

Eat for life!

I am not saying that your goal or vision needs to include running on the beach at the age of 85. What I am suggesting is that you stop and think about what you do want to be able to do and how you want to be able to live in your latter years. Once you have decided that, then I would ask you to think about your habits, particularly your eating habits, and ask yourself what is likely to happen if you maintain these habits. For many people, maybe even you, the answer will not be one that will bring happiness and vitality.

If we understood how some simple changes in our attitudes and eating habits would so powerfully improve not just the quality of our current life, but our ability to achieve our long term visions and goals, I know we would all take action today. Could we start just by eating a healthy breakfast? Could we drink a bit more purified water? Could we start to understand the impact that the way we are currently eating is having on our energy levels and long term wellbeing? Would we be willing to put a simple plan in place to get us back on the path to a life of health, happiness and prosperity?



If you would like to be able to run on the beach with your grandchildren or maybe even great grandchildren and you are not sure where to start, I urge you to contact me today.

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