

The other day I was searching through some of the boxes that I had packed when I moved into my new house. I knew what I was looking for and I finally found it in the pages of a John Wooden. I thought it was very fitting that I found the words of my grandfather in between the words of John Wooden. My grandfather was a very successful high school basketball coach years ago. He was, from my memory, a man of great character who was beloved by everyone. To this day I hear stories of how funny and kind he was, while at the same time being a very intense and demanding coach. Similar, in my mind anyway, to John Wooden.

After my grandfather died my dad gave me a card that my grandfather had written to give to each of his players. On one side of the card was a pledge that each player was to read, sign, and adhere to. The other side was a list of 9 principles that he believed were most important that his players learn and adapt, not only for basketball, but for life. I found it very amazing that I had recently finished reading John Wooden's book and learned about how much Wooden tried to teach his players not just about basketball, but the game of life as well. Similar, in my mind anyway, to my grandfather.

It was this card and these words that I was looking for after my move. I remembered reading them before I placed it into the box and thinking about how important these principles are and how I needed to find this to share with others. I now keep this card on my desk next to my computer as a reminder of the principles my grandpa would have wanted me to live up to.

1. Morale is a lot of little things.
2. God gave us talents but it is for man to make it work
3. Strong men critique themselves
4. Men's maximums reveal their heart
5. Winners are workers
6. In mass there is strength
7. A job poorly done stands as a witness against the man who did it
8. What you are speaks so loudly that people cannot hear what you say

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Ian McGriff

Results Fitness Training

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### Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an

9. Good things are made to be shared

### Why Aren't You Motivated?

A good dose of motivation can change your life almost overnight.

The best part of my job is seeing clients achieve amazing results. Whether they drop a few sizes, lose the baby weight, get off their blood pressure meds, or shrink their waist the excitement is always contagious.

There really isn't a clear way to describe the euphoria that settles in once you've realized your fitness goal. You have to experience it.

Though each successful client is unique with different goals one element unites them.

They are all highly motivated.

You see, I am in a unique position. I know how to get you (or anyone else who walks through my door) into great shape. I can coach you through a 50 pound weight loss. I can guide you to a healthier body. I can even train you into a toned athlete.

But there is one catch.

You'll need to be motivated.

See, saying that you want to get into great shape isn't enough. You need motivation-and that's just half of the equation. The other part (and the most important) is ACTION.

Nothing happens until you take action.

You can want it, think about it, mull it over, ponder it, plan it, and then re-plan it. But nothing happens until you take action.

While I may not know your story-it's probably safe to assume that you are dissatisfied with your body and know that you can improve your fitness level. You want to look better, to have more energy, to experience fewer aches and pains, and to enjoy sweet satisfaction as you achieve your goals once and for all.

I know that all of my successful clients were once in your shoes. They wanted to change their bodies. They felt urgency. And then they did what most fail to do. They took action and contacted me.

But there is more to it than that. They then committed to a program, put in the exercise, stuck to their diet and met their goals. There's nothing more gratifying than getting

early 6:15 A.M session. I never thought cross training could be so "fun". Jennifer Szyrchak , Asheville, NC

### See Results Quotes

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

Defy gravity!

### KOKORO

Kokoro is a Japanese phrase that was adapted by the U.S. Navy Seals as a tool to unite the group and inspire the individual. Translated Kokoro means "FAST AS THE WIND, QUIET AS THE FOREST, AGGRESIVE AS FIRE, AND IMMOVABLE AS A MOUNTAIN." Think about this phrase and try to incorporate ways that you can take on these characteristics with your own life.

### See Results Links

[Runner's World](#)

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back into those jeans that now sit in the back of your closet.

Those that take massive action get massive rewards. And those that simply talk about losing weight will continue to put weight on, pound after pound. I hate to put that way, but it's the truth.

So what do you want?

To drop 20 pounds

To feel younger

To look better in your birthday suit

How bad do you want it? How much motivation do you have? Enough to take MASSIVE ACTION?

The rewards are great IF you do.

### The Art of Eating Mindfully

Do you ever find yourself snacking away without paying attention to how much you're eating? Maybe you're focused on a movie or the ball game. This is a sure-fire way to gain weight. When your goal is to drop pounds it is important to practice the art of eating mindfully. This means that when you eat you should stay tuned in to your level of satiety so that at the first sign of fullness you will stop.

### Spring Salad

Crunchy snap peas and soy nuts pair up with soft tofu in this spring inspired salad. Best enjoyed as a light lunch, this salad will treat your taste buds while maintaining your waistline. **Servings: 2**

#### Here's what you need...

- 4 cups mixed greens
- 10 cherry tomatoes, halved
- 2/3 cup sugar snap peas
- 1/2 cup Light Firm Tofu
- 2 Tbl unsalted soy nuts
- 1 Tbl unsalted sunflower seeds
- 4 Tbl Newman's Own Lighten Up Low Fat Sesame Ginger Dressing
  
- Combine the greens, tomatoes and peas, tofu, nuts and seeds in a medium bowl. Add the dressing, mix until fully combined.
- Divide salad into two bowls and serve.

**Nutritional Analysis:** One serving equals: 184 calories, 6.5g fat, 19g carbohydrate, 14g fiber, and 18g protein.

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