



What's Your Values Footprint?

"It's not what you are told that holds you back, it's what you think you're not." - Denis Waitley

We hear much talk about carbon footprint, about dealing sensibly and respectfully with our environment. A worthy goal worth pursuing for each of us, every day with everything we do.

What about your values footprint? Your values footprint is what you leave behind with others about your values.

I still carry the **Army Values** card in my wallet. I have found the Army Values to be transferable to my civilian life. The Army Values are:

1. Loyalty
2. Duty
3. Selfless-Service
4. Honor
5. Integrity
6. Personal Courage



Now don't get me wrong. I, too, am a work in progress. We can suffer from values atrophy (loss) just the same as muscle atrophy if we don't work them.

But there is an important aspect that is overlooked. Everything we say and do expresses our values and leaves a Values Footprint or influence for better or for worse.

So what are my Beach Boot Camp core values? Has anyone figured them out? Stating core values is not enough. They must be recognizable through practice.

Beach Boot Camp Core Values:

- 1. Selfless-Service.** A team effort applies with focus on others and the team. If someone needs special support, we provide it. We also care about each other. Life is not about me, it is about others.
- 2. Integrity.** We all are honest with each other and ourselves.
- 3. Respect.** We respect each other even if we should disagree on issues.
- 4. Team Spirit.** We will always maintain a positive atmosphere where all are welcomed. Humor, as long as it is applied appropriately, is an important aspect of the team and is a great stress reliever.

5. Health Focused Workout. The workouts are health focused, not athletic focused. Classes are designed to allow for all the is needed from a health standpoint for cardio and strength.

6. Health Focused Thoughts. How we think is more important than how we eat, how we exercise and how we live.

Workshops for Lifestyle and 10 Week Weight Loss Challenge

These workshops are for all those seeking to take back and gain more control of their lives. Primarily established as a weight loss challenge, all topics apply to life, not just weight loss. Whether signing up for the weight loss challenge or just to improve other areas of your life, use the registration form. Hurry up and register. As low as \$3.75 per workshop. The benefit: more focused on improving your life.

You may also register for individual workshops.

[WORKSHOP REGISTRATION FORM](#)

[WORKSHOP DETAILS](#)

WORKSHOP TOPICS AND DATES

- 1. How to Set and Implement Your Goals, 02/26**
- 2. What to Eat and What to Avoid, 03/05**
- 3. Myths and Lies About Eating, 03/12**
- 4. Myths and Lies About Exercise, 03/19**
- 5. Lets Talk About Supplements, 03/26**
- 6. How to Overcome Obstacles, 04/02**
- 7. How to Find Time for What's Important, 04/09**
- 8. How to Manage Stress, 04/16**
- 9. How to Use Emotional Energy, 04/23**
- 10. How a Spiritual Life Can Improve Your Health, 04/30**

Please register ASAP if you are planning on attending. More info? Call 954-636-5351

SPECIAL OFFER FROM NUTRISYSTEM:

[Get a FREE JUMPSTART KIT! Plus! EAT FREE FOR 2 WEEKS](#)

SEE PHOTOS FROM OUR SHARK VALLEY BIKE TOUR

MORE OF INTEREST:

1. Books to Motivate AND Make You Strong by Co. Bob. Whether it's fitness, motivation, goal-setting or weight loss you're looking for, you'll find some great specials of books by Col. Bob. Click on the BUY link to see SPECIALS.

2. BEACH BOOT CAMP CLASSES

Group Beach Boot Camp classes are conducted on Fort Lauderdale Beach at the Marriott Harbor Beach Resort & Spa. Use the Marriott self-parking and take the elevator to the lobby. We meet in the lobby and then head to the beach for the workout. Bring a towel and water. Classes are Mondays, Wednesdays and Thursdays at 7 PM
Saturday mornings at 8 Am
More Beach Boot Camp Info and Registration

3. COLONEL BOB'S HEALTH AND FITNESS BOOKS

4. THE OCEAN IS MY PLAYGROUND

At the Marriott Harbor Beach and other locations as well, Wayne Mascolo, owner of Aloha Watersports offers many ways to enjoy the ocean from Waverunners to Parasails to Water Playgrounds. More info at his website, Aloha Watersports.

5. TRY THIS HEALTHY RECIPE BY GRIT

FRUIT JELLIES

(For 2 persons)

- 2 teaspoons gelatine
- 1 cup (250 ml) cranberry and raspberry juice
- 175 g mixed berries, fresh or frozen

- 1) Leave gelatine in a bowl, with 1 or 2 tablespoon of the juice, to let it go "spongy"
- 2) Bring a small pan of water to the boil, remove it from the heat, and place the bowl in the pan (water should come half way up the side)
- 3) Stir the gelatine until dissolved and clear
- 4) Cool slightly and mix with the rest of the juice
- 5) Rinse 2 dessert bowls with water, and pour the 2 cm juice into it, refrigerate until its set
- 6) Meanwhile add any liquid to the remaining juice (and defrost frozen fruits too)
- 7) When the bottom layer of the jelly is set, divide the fruits among the bowls (keep some berries for the garnish) and divide the rest of the juice among the dessert bowls, pouring it over the fruits
- 8) Refrigerate until its set

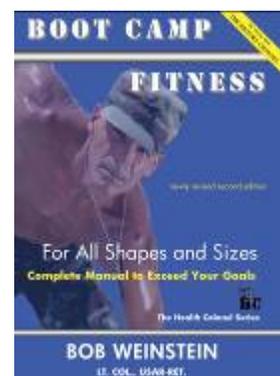


You can serve it in the dessert bowls or turn it out on a plate. Garnish it with the reserved berries.

6. SIGNED COPIES OF COLONEL BOB'S BOOKS, SPECIAL PRICE

These prices apply when you pick up the book at the Marriott Harbor Beach before or after Beach Boot Camp.

- DISCOVER YOUR INNER STRENGTH, for the SPECIAL PRICE of \$10.
- WEIGHT LOSS – TWENTY POUNDS IN TEN WEEKS, for the SPECIAL PRICE of \$10.



- QUOTES TO LIVE BY, for the SPECIAL PRICE of \$7.
- BOOT CAMP FITNESS FOR ALL SHAPES AND SIZES, for the SPECIAL PRICE of \$11.

You may also order his books and other products online.

More info on Beach Boot Camp classes

Subscribe to Colonel Bob's Health, Weight Loss and Fitness Newsletter

Weight Loss Competition and New Fitness Boot Camp Programs (PDF)

New Book: Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It

Welcome to the New Year of opportunities to lead a healthy lifestyle.

Happy New Year,
 Bob Weinstein, The Health Colonel
 Lt. Col., USAR-Ret.
www.beachbootcamp.net
 954-636-5351



A. News

1. PLATE WEIGHING DEVICE HELPS LOSE WEIGHT

<http://news.bbc.co.uk/2/hi/health/8440193.stm>

2. QUIT SMOKING: COST EFFECTIVE WAYS TO SUCCEED

<http://www.nytimes.com/2010/01/09/health/09patient.html?ref=health>

3. FITNESS BOOT CAMPS OFFER WHAT THE GYM CANNOT

The complete body workout of a fitness boot camp takes care of cardio, strength training and flexibility and is suitable for all fitness levels. There is the additional benefit of camaraderie and team building. Add a positive atmosphere and the workout will be fun. Classes can be conducted anywhere and are best when conducted outdoors. This is a great alternative to the gym because the sense of belonging to the group will keep you coming back. Fitness boot camps are a great investment compared to the gym. On average, most gym members stop going after the first couple of months although they continue paying.

<http://www.latimes.com/features/health/la-he-boot-camps4-2010jan04,0,3388467.story>

4. THE TEN MOST EFFECTIVE ABS EXERCISES

The bicycle exercise is at the top of the list as being most effective , the leg raise is ranked as second when it comes to the most effective abs exercises.

<http://exercise.about.com/od/abs/ss/abexercises.htm>

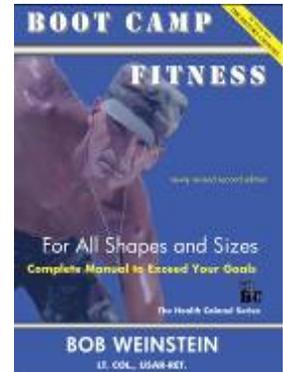
5. RESISTANCE BANDS PROVIDE BEST NO-WEIGHT STRENGTH TRAINING

http://www.mensfitness.com/fitness/new_moves/584

6. TOP TEN FITNESS TRENDS FOR 2010

At the top of the list you will find experienced professionals and strength training.

http://www.womenfitness.net/top10_fitness_trends_predicted_for_2010.htm



7. NEW BOOT CAMP FITNESS BOOK TO BE RELEASED SOON.

Colonel Bob will be releasing his new book, titled Boot Camp Fitness soon.

8. HEALTHY EMPLOYEES ARE MORE PRODUCTIVE

According to the Centers for Disease Control, more than 75% of employers' health care costs and productivity losses are related to employee lifestyle choices. Employers need to step up to the plate and incorporate programs to tackle this cost factor and loss of productivity. Further, businesses need to accomplish this without incurring more costs. Colonel Bob is offering just such a solution with his next book. He is also offering f-r-e-e seminars to the business community on how to get started with a no cost fitness program that provides for increased productivity and teambuilding. He can be reached at 954-636-5351 or per email at TheHealthColonel@BeachBootCamp.net to schedule seminar.

9. HAVING A BIG BUM, HIPS AND THIGHS 'IS HEALTHY'

<http://news.bbc.co.uk/2/hi/health/8451674.stm>

>**SEND YOUR HEALTH AND FITNESS NEWS ITEMS** to TheHealthColonel@BeachBootCamp.net



B. TIPS

TURN YOUR NEW YEAR'S RESOLUTIONS INTO GOALS



Questions are more important than answers. What are the questions you need to be asking when pursuing your goals, such as weight loss, managing your finances, developing your character or improving your relationships? Ask these questions: What kind of change are you looking to achieve? Do you know what it is you need to do to achieve your goals? How bad do you want to achieve your goals? Are you willing to do what it takes? Do you know why you want to achieve your goals? Are your motives for achieving your goals worthy and honorable? Once you've got that done, action plan the implementation and get started. Good

intentions are not enough. Get moving on improving today. It's like taking a shower. Once is not enough.

==SHARE YOUR TIP. Send it to TheHealthColonel@BeachBootCamp.net