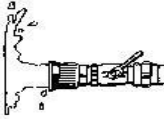


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

Principles of Success: Motivation

What is a Workout?

A workout is 25% PERSPIRATION AND 75% DETERMINATION. Stated another way, it is one part physical and three parts self discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is a badge of a WINNER – the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A workout is a wise use of time and an INVESTMENT in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is the key that helps unlock the door to OPPORTUNITY and SUCCESS. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of REBIRTH. When you finish a good workout, you don't simply feel better; YOU FEEL BETTER ABOUT YOURSELF.

George Allen