

From the Desk of Carolyn Kling

Exercise. Is it a way of life or a matter of survival for you? If you exercise on a regular basis, congratulations! If not, take this fitness test with me.

- A. Do you feel sluggish and lack energy?
- B. Are you overweight?
- C. Is it impossible for you to bend over and touch your toes?
- D. Are you out of breath after climbing a flight of stairs?
- E. Is your heart rate higher than normal for your age?

This may seem like a simple test to you, but millions of people cannot answer no to any or all of these questions. If you answered yes to any of the above, take a look at your physical exercise program.

Unlike the athletes we have featured, a big percentage of us do not exercise on a regular basis. A healthy lifestyle *must* include an exercise program. In my weight management classes I find a common thread: people will be faithful to their food program and drink enough water, but exercise is often an area that they will let slide.

Why is it so hard to make time for exercise? In my judgment it is lack of discipline in planning our schedules. If the athletes were not daily committed to their exercise and weight lifting schedule, they would not be in shape to compete. For us, faithful exercise will make the difference in our overall health, so that we will be able to compete in life and accomplish the things that God has planned for our life.

If you are looking for a good place to start, AIM has a fitness video "The Perfect 20-Minute Workout with Harry Sneider" and check out the April 1997 and July 1998 Partners Magazines on Fitness.

Which question will you answer: Exercise is not for me? Exercise is a way of life? Or Exercise is a matter of survival?

For me, it's a matter of survival.

NNC MEN'S BASKETBALL RICH SANDERS, HEAD COACH

The Men's Basketball team at Northwest Nazarene College in Nampa, Idaho, has been using Barleygreen since Carolyn & Jim made their first presentation to the team a few years ago.

Carolyn says, "I started becoming involved with the NNC team and got to know and love the players and coaches. Every year, I would see key players miss games because of illness and think, Barleygreen would really benefit these guys. But I was hesitant, because I was concerned about how my offer would be perceived. Then one day one of the coaches and I were talking and he told me how his niece had been using Barleygreen for her leukemia and getting great results."

"Suddenly I realized, here I had something to help these players and had been letting my own hesitations keep me from doing all I could for them. That year we made our first presentation to the team, and the players started taking Barleygreen right away."

From that point on, Barleygreen and NNC have teamed together and gone to the National Championship playoffs every year.

Many on the team are faithful Barleygreen users, and in some families it has become a tradition. Now, we are seeing younger brothers of some of the earlier players come to NNC to play ball. Through watching their older brother's results, they have been taking Barleygreen even before coming to NNC, having been brought up with Barleygreen in their families.

Coach Sanders takes his Barleygreen every morning. He knows it gives him energy to keep up with his brutal schedule. It gives him the nutrition he knows he needs and even though he is on the road 3-4 days every week, with many late nights, he stays well.

Educating himself about diet and nutrition, Coach Sanders realizes this is an area where most athletes have a void. Looking at the way most people eat, even athletes, he knows they often don't have the time or know-how to prepare a healthy diet. Barleygreen helps fill that hole, especially in the vegetable area.

Next year looks to be another exciting year for NNC. Coach has been actively recruiting, and adding the new players to the great team he already has, we are anxious to watch their success.

Alphabet Word Picture

Director Larry Tiegs gave me a wonderful word picture about whole foods philosophy vs. the vitamin philosophy.

Picture starting to write a book using the alphabet. Using what you know of our language, you look at the alphabet and decide, "I know I'll need more 'e's than any other letter. And I'd better have lots of 's's and 'r's. Oh, and I mostly will need some 'n's and 't's." Then after you order all these letters, you start forming words and try to make sense of them.

Now, we know that even though we don't use them a lot, without some q's and x's and all the rest of the alphabet, we wouldn't have much of vocabulary.

This is how we should view our body's nutritional needs. What the body needs is a broad spectrum of nutrients in a naturally occurring ratio, vs. mega doses of specific "letters" it can't use. God alone knows all the constituents our bodies need to make them operate properly, and lacking just one little letter will prevent us from speaking correctly. When we start pulling out certain amounts of certain vitamins or minerals, we are only getting a very small part of the picture. This is why the whole food concept is so important.

BOISE STATE UNIVERSITY TRACK TEAM MIKE JOHNSON, HEAD COACH

Recently, we made a presentation to some of the athletes from the Boise State Track and Field Team. The athletes were very interested in the nutritional benefits of Barleygreen and asked many questions. After the presentation, we provided samples for everyone, including the coaches, and after sampling, they were eager to include it in their daily regimen. A month later we interviewed Mike Johnson, the head coach.

Q: Why whole foods?

A: It really is basic, gets us back to our origins. With so many processed foods in our diets today, things added and subtracted, whole foods make good sense for our bodies nutritional needs. The natural proportions and the synergism of the nutrients are of prime importance. Barleygreen fits right into my philosophy on whole foods and nutrition.

Q: I know the athletes have been on Barleygreen only a short time. Have you seen any results and what are you expecting in the future?

A: One of the key benefits of the athletes taking Barleygreen is helping them to develop a habit of good nutrition. This is so important, and is really a process of education.

As far as specific benefits I've seen, I'll be very guarded in my outlook. I like to have a lot of time and data before I make a final conclusion. I will say that I have seen some better recovery, esp. from the lifters. Within a few more weeks I will feel I have a better basis to make a judgment. I expect that the results will continue along this line, quicker and better recovery from day to day.

Q: Tell us a little about you and the BSU Track and Field Team.

A: I have only been here a year, but I find it a wonderful place to be. I'm enjoying working with people who have varying abilities, but are very goal directed, many good attitudes. I feel my job is to get everybody to view what is

on the horizon; not “What am I?” but “What can I become.” And I want to help us to get a common sense of purpose.

As I visited with Coach Johnson, I noticed he didn't have any plaques or certificates on his office wall. When I asked him about his personal record, he reluctantly shared his past record including NAIA Coach of the Year, 3 times PAC 10 Coach of the Year, and 5 times NCAA Western Regional Coach of the year. I asked, “Where are all your plaques?”

His reply would sum up what is the essence of Mike Johnson, “The athletes need to get to know **me**, who I am, what I am about, that is what matters. None of that recognition matters to the athletes until they find out what I am to them. I'm here to accomplish what is in my province of influence. I want to make a difference where I am.”

With a coach with such a great philosophy combined with the benefits of good nutrition, we are looking with expectation to the future of this team.

CODY TAYLOR, AMA PROFESSIONAL MOTORCYCLE RACER

Cody Taylor has been motorcycle racing and winning since he got his first racer at age 13. He recently turned Pro at the age of 17. When Cody contacted our office about Barleygreen, we were impressed with his maturity and professionalism. Cody wanted to do all he could to get his body in top form. He recognized that competing with the top in the nation included more than a great bike. His father had some experience with Barleygreen, and Cody was eager to see what it could do for him.

As we spoke with Cody, we could see his dedication and sincerity and we were anxious to help him. Cody started taking Barleygreen, and quickly moved his daily dosage up to 2 tablespoons. Right away he noticed **ENERGY**. He used to get home from school and feel lethargic. No longer! Cody now has so much energy, his friends are noticing and asking about Barleygreen.

We are now sponsoring Cody and were thrilled with his recent 7th & 8th place finishes in the National Super Cross race held here at the Idaho Center in February. Cody is currently racing a YZ 125 Yamaha, and a YZ 250. He is looking forward to the outdoor season and is anticipating racing throughout the nation this summer. We are looking forward to a great association with this focused young professional.