

You Can Do It! LLC

The Impossible Dream

Here is an email with a few memories of my trip to New Mexico, a reminder about Monday Nordic Walks and a poem I would like to share with you.

New Mexico Visit



When I travel to New Mexico, I always make time for some one-on-one visits with my siblings who live near Dad or are visiting. I usually take off with my oldest brother, Tim, and we travel around on his motorcycle. This year we took the back roads and enjoyed the beauty of the desert.

Here's a great shot of Tim and me getting "ready to roll." Check out the glorious Russian Sage – what a gorgeous shade of purple!

Nordic Walking in July

Nordic Walking is a great way to strengthen your lungs and the muscles of your upper body and legs. When you Nordic walk, you activate more muscles and propel your body forward with more strength and grace. Every Monday in July, from 8-9 AM, I'll take people Nordic walking. We'll meet on the Plaza in downtown Ashland at 8 and decide the direction of travel for the morning. There is a \$5 fee for this. I have demo poles for anyone who'd like to explore this outdoor form of fitness.

And for those of you wondering our walks are like, let me tell you about our July walk through Lithia Park. The cool, fresh air was greatly appreciated. The flowers and trees smiled as we walked past them. One deer on the trail observed us with great curiosity. The songs from the creek were joyfully welcomed.

If you're interested in checking out our next Monday walk, meet on the Plaza at 8:00 AM. If you would like more info, give me a call at 482-1887 or reply to this email.

The Impossible Dream

One of my clients recently acknowledged the miracle she's achieving – getting stronger and losing weight. This is something she's wanted for a long time and finally it's happening – her Impossible Dream. Soon after, one of my Mountain Meadow students shared another client shared his Impossible Dream in the form of a wonderful poem. The poem appears below. As you read it, remember the beat to the song, "The Impossible Dream" from Man of La Mancha, and feel free to change/add words so the poem works for you.

The Osteo Stretch Impossible Dream

To stretch ...the impossible stretch
To squat ...the very slow squat
To reach ...the unbearable reach
To try ...where we once dared not go

To tighten...all those flabby muscles
To love the class pure and chaste from the back row
To try when your arms are too weary
To reach the unreachable star

This is our quest, to follow Carol Lee
No matter how long, we'll smile and say, "Yes!" to the quest
To stretch for the right, without question or pause
To march into the Rogue Room for a healthy cause

And to know if we'll only be true, to this glorious quest,
That our hearts will become peaceful and calm,
when we take our rest...
And the world will be better for this:
That we few men in a room full of women
Still strove with our last ounce of courage
To stretch the impossible stretch

— John M. Fugitt 5/30/07

Is there a dream you have, one you're still working on? Are you ready to achieve it?
Whatever dream you have, it's waiting for you to pursue and bring it about.

Happy 4th of July!

Carol Lee