

09:08:51 From Cathy Norris : My language & physiology change
09:09:25 From Matt Foster : Joan if you need to use chat that is fine.
09:12:13 From Cathy Norris : Nice distinction Michael!!
09:17:32 From Betty Marcelle CAPPA : Run/walk 3miles every day
09:18:06 From Britt Bishop : that's impressive, Betty! I'd be dead
after one lol
09:22:55 From Cathy Norris : From the diaphragm not lungs
09:38:31 From Britt Bishop : s a m e
09:41:05 From Cathy Norris : Matt, great awareness. Might you be
asking yourself the wrong question. "why don't I.... Ask a new
question...."what is one small thing I can do that moves me forward"
It's about getting momentum. Also have you made a new decision about
this yet?
09:44:36 From Matt Foster : I am in the exercise zone right now. The
time to ask me is when I deviate which typically comes in few months
when I look back over the last 20 years or so
09:45:35 From Matt Foster : Btw- If anybody wants to add me on their I
watch activity counter, my email is mfoster1274@gmail.com. Its sort
of an accountability group
09:54:24 From Cathy Norris : I would Matt but I don't have an iWatch
10:00:19 From Mark Olsen : every 30 minutes stand up and step away
from the keyboard, do a lil' stretch
10:00:43 From Paul Levin : yes Mark
10:00:50 From Evelyn Dufner (Computer Angel) FBii Board : thanks mark
10:00:57 From Mark Olsen : if you can of course
10:02:54 From Evelyn Dufner (Computer Angel) FBii Board : then the
question is... how can I support you right now? (Joan or any of us)
10:09:48 From Cathy Norris To Michael Broom(privately) : We need to
chat today...do you have time
10:10:25 From Michael Broom To Cathy Norris(privately) : Sure. Shall
we stay on here? Or later?
10:11:40 From Cathy Norris To Michael Broom(privately) : After this
works. I have until 11:00am
10:11:43 From Paul Levin : Are you feeling more stressed out these
days?

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and happiness.

Join me Sunday April 19 3pm for an online Workshop to
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Workshop

10:12:03 From Paul Levin : Hi All, Paul Levin here, <https://IDeserveAPerfectLife.com> 813-841-5583
10:18:30 From Cathy Norris : Open to all - my husband's Exercise
bootcamp on Saturday's is at 8:15am. His fb page is Meant For
Movement Personal Trainers
10:25:45 From Evelyn Dufner (Computer Angel) FBii Board : this is
really hard for the extroverts!!! Connection with them is really
helpful!
10:30:46 From Renee Haertle : Thank you Michael! Awesome job!! :)

10:32:03 From Britt Bishop : that's why it important to mute your mic
lol