



## Anyone Can Have a Body *for* LIFE

Body *for* LIFE (BFL) is a structured healthy lifestyle program that incorporates weight training, cardio exercise, and nutrition, as well as mental “training.” The exercise portion of the program is designed to be self adjusting and can be done by anyone regardless of their fitness level. BFL was developed by Bill Phillips in the early 90’s and has been used successfully by thousands of people across the country and around the world.

On September 21st, 16 state employees made the 12-week commitment to take on the program and incorporate it into their daily lives. Pat Smith, MDCH Violence Prevention Program Coordinator and a BFL supporter during the lunch and evening hours, creates a weekly newsletter filled with tips, recipes, and motivational messages to keep participants on track. She also hosts weekly brown bags, which gives participants the opportunity to share ideas, ask questions, and problem-solve some of the challenges they face. “It’s exciting to see some new people, but also some repeaters who did the BFL challenge in early 2009,” said Smith. “At the weekly brown bags, the ‘veterans’ help the *newbies*, but the *newbies* have their own ideas to contribute too. Everyone benefits!”

What are people saying about BFL?

*Saturday night I was looking at my left arm around the elbow. It has been sore lately and I've been icing it. I noticed a bump. I talked with my daughter, who has a BS in Athletic Training, and she told me it was muscle. I looked at my right arm, and guess what. The same thing!!!! I was excited. New muscle is growing! – BFL participant, spring 2009*

*No matter what activity you're doing and no matter how strong or fit you are, when you're doing some type of exercise, you inevitably will encounter that point at which you think you cannot go faster or do another rep. You really want to quit. But it's at that exact moment that you need to push through. When you push through and do something your mind says you cannot do, you feel really good afterward, both physically and psychologically. – BFL participant, spring 2009*

Interested in learning more? Go to <http://bodyforlife.com/> for a lot of great information to get you started. Be sure to check out the *Before* and *After* pictures of national champions.

Submitted by MDCH - Washington Square Wellness Committee  
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