

# ENERGY BITES

The **Come Alive** Project

***Where it's all about personal energy -  
YOURS!***

## New *Energy Bites* Begins Twice a Month Publication

***By Bob McMillan***

*“Don’t ask what the world  
needs. Ask what makes you  
come alive and then go do it.  
What the world needs is  
people who have come  
alive.”*

Howard Thurmon  
American Theologian

*“To restore life to your life,  
to defeat aging, to regain the  
youth you still possess, get  
your body in motion.”*

Quote from essay **Act Your Age**,  
by George Sheehan

## Overview of *Energy Bites*

Welcome to the first issue of ***Energy Bites***, a series of articles, essays, and videos filled with useful information for independent and active seniors age 60 and older. Their purpose is to inspire and motivate seniors to (1) move, exercise and properly fuel their physical bodies, and (2) to “power-up” and cultivate a **Come Alive** attitude – all with the end goal of preventing or delaying the normal deterioration or decay of body and mind that comes with neglect and a sedentary lifestyle.

There are more people entering the over sixty age group today than ever before. Baby boomers – born after WWII are, for the most part, healthier and more fit than those of previous generations. Sadly, there is very little useful information available to them to keep them that way.

*“Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.”*

Eleanor Roosevelt

While bookshelves in libraries and bookstores are filled with books on fitness, exercise, health and nutrition for those turning 30, 40 and even fifty years old, there are only a few for active men and women entering their 60s . Not only that, articles in magazines for people over 60 are few and far between and only a few websites for seniors over 60 provide anything really useful..

Yet this is the age where men and women begin the steep slide into physical and sometimes mental deterioration. Bones weaken. Muscles atrophy. Blood stagnates. Joints get rusty and arthritis rears its painful head. Physically, the years beyond age 60 can be unrewarding, uncomfortable and even painful, if nothing is done to stave off the effects of normal aging. But this doesn't have to happen.

Since there is so little useful information to inspire seniors to keep up their physical body and mental attitude, upcoming ***Energy Bites*** will fill the void and provide that guidance and inspiration.

***Energy Bites*** will focus on two specific areas, (1) Physical movement and exercise, food and fuel, and (2) developing and maintaining a ***Come Alive*** attitude. These ***Energy Bites*** will provide clear, concise, simple, and most important of all, useful information specific to these two major areas.

The first series of ***Energy Bites***, beginning with the next issue, will address one or more of the qualities that make up The ***Come Alive*** attitude, as well as tips, ideas, thoughts and techniques to build and maintain a ***Be Alive***

body. Future issues will cover the attributes necessary for effective physical movement and exercise for active seniors over sixty and will attempt to stop the confusion and even simplify the huge amount of conflicting information on food and fuel requirements for seniors.

You'll also find an occasional book review, interview, and other interesting and pertinent things in these ***Energy Bites*** that may extend beyond what is and will be on the website ([www.thecomealiveproject.com](http://www.thecomealiveproject.com)) .

As the website and project develop over time, the ***Energy Bites*** will continue to evolve. Segments may be incorporated into a book and a CD of ***Energy Bites***. In fact, look for a CD of short messages on how to maintain a ***Come Alive*** attitude to be released in January, 2012. An exercise DVD is also in the future mix. These will be offered at modest cost at workshops and talks as well as through the website, [www.thecomealiveproject.com](http://www.thecomealiveproject.com). The entire purpose is to get useful information, both valuable and interesting, into your hands in a format That is useful to you.

And watch the website for a workshop or presentation coming soon near you.

There will be a lot that is new coming up at ***The Come Alive Project***. Go back to the original website at [www.thecomealiveproject.com](http://www.thecomealiveproject.com) every time you get your twice monthly ***Energy Bite*** to see what's new.

Watch for your ***Energy Bite*** coming on December 15<sup>th</sup>.

## Mini Book Review

***Younger Next Year***, Chris Crowley and Henry S. Lodge, M.D., Workman Publishing Co., 2004, 2005.

This excessively long but excellent book tells it like it is. It doesn't beat around the bush. It tells you what to do and tells you what happens to you if you don't. Here are notes I wrote in the front of the book when I had finished: "Bob McMillan, 9/3/11. I bought this book because I saw a PBS special with Dr. Lodge. He said exactly the same things in almost the same way as I am doing with The Come Alive Project (TCAP). It's like they read my notes.

"This book looks to be an excellent supplement for all that I have studied and researched for TCAP."

More reviews coming in future issues.



**Bob McMillan.** Bob McMillan is the founder of ***The Come Alive Project***. Bob has been an evangelist for senior fitness since the early 1990s. Being in his early seventies, Bob understands the unique problems of seniors when it comes to fitness and personal energy and applies them in his programs.

Bob believes that with the "baby boomers" coming of age, the time is *now* to establish the kind of programs offered by ***The Come Alive Project***.