

## Just a Little Motivation

11/17/08

Colleen and Dan Hoyumpa are clients here at MPT. On Veterans Day we were talking about our service people and the amazing sacrifices they make. At some point in the conversation they told me about a guy who had the most positive outlook on life, even though he had no arms and no legs.

I had never heard of this guy, so I went on youtube and looked him up.

Wow, what an amazing story this guy has!

Here is a short clip I found on him from youtube:

<http://www.youtube.com/watch?v=K5Of0JIUstk>

It is not fitness related, but I know that sometimes it seems like life is hard on us. Financially things have been crazy lately and while Texas has been better than some states, I know that some are starting to feel the pinch. It is nice to put things in perspective at times like these and it is nice to know that someone who has it worse than we do has such a positive outlook on life.

Make it a great day San Antonio!

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