

kevin saunders



“America is letting the media and the grocery store do its shopping. You alone are responsible for your health!”

Category	Fitness enthusiast
Age Range	40-49
Weight	n/a
Occupation	Motivational speaker, author

Services include motivational website, seminars, speaking engagements, books

www.KeinSaunders.com

HOW I think

Excruciating pain shot through my body. It was the last thing I remember before losing consciousness. When I woke up, I was face down in a hospital bed with massive internal and external injuries. The grain elevator explosion left 10 of my co-workers dead and hurled me 300 feet through the air onto a concrete parking lot, where I was found bent over at the chest like most people bend at the waist. *Informed I was paralyzed from the chest down, I fell into a massive depression, stripped of my pride and personal dignity, and left alone to wallow in self-pity.*

I rose from those depths to become a world champion athlete and world record holder.

Editor's Note:

For anyone one out there who would like to look and feel better, and shatter those limitations of time and space, through the wondrous spectacle of modern fitness, Kevin Saunders will be pushing his racing wheelchair through key portions into key cities in all 50 states during 2004 and 2005.

Kevin has already pushed his wheelchair from Canada to Mexico!

For Kevin's full story, too detailed to cover here in full, please visit [his website](#) today.

I became the first person with a disability appointed to the President's Council on Physical Fitness, and I am an inspirational, motivational speaker today, lecturing all across America.

It took awhile to turn my attitude around. When I first became paralyzed, I was told it was okay to be depressed, to take it easy and let others take care of me. I found I could only get things done as fast as the people helping me. I remember saying to myself, "The hell with it! I'll probably never have a life anything close to what I had before!"

But I had a dream. As a youngster, I dreamt of becoming an Olympian. Deep inside me, that dream still lived and a small voice said, "Don't give up...find a way." After months of agonizing hardships, I was well enough to start working out and doing things for myself. I had to relearn how to do everything. Every simple task I conquered was a major accomplishment. I could have easily given up, but I didn't. I learned, it's not what happens to you, it's how you respond that makes the difference.

HOW I train

When I hit 40, I realized more than ever that my strength, flexibility, joint health, and posture were extremely important. I started focusing on exercises that strengthened my core and decreased my risk for injury. If I injure myself putting unnecessary stress on my body (for example, by seeing how much weight I can lift for ego's sake), I might not be able to work out at all.

My workouts include aerobic endurance, anaerobic strength, plyometric and flexibility training. ***I train one to two hours a day, twice a day, six days a week.*** I do aerobic and flexibility work in the morning and strength, plyometric and more flexibility training in the late afternoon. Before each session, I stretch and warm up, and after each session, I stretch and cool down. During my aerobic endurance training, I am constantly challenging myself by going at a faster pace, more distance or longer.

I start my strength training workouts with a light weight that allows 20 reps per set, then steadily increase the resistance to the point where I can only do 4 to 8 reps

under control with a maximum effort. I move slowly, keeping the weight and muscle tension always under control.



I also do some boxing workouts with the heavy bag and some speed punching with a training partner who holds and moves the target mitts. Regardless of the type of training, I always make sure the workouts are fun, (at least most of the time). I swim, play basketball, play tennis, and throw the softball, baseball, football, or even a javelin. There are many fun things

to do, so I try as many of them as I can, whenever I get the chance.

HOW I eat

Now that I'm over 40, I realize that the weight doesn't fall off as quickly as it did when I was younger. I eat four to six small meals a day consisting of unprocessed food, such as fresh vegetables, fruits, lean meats, egg whites, and whole grains. The types and amounts of foods I choose depend on the type of training I'm going to do. For example, ***when I pushed my wheelchair across America—over 2,000 miles—I ate more carbohydrates*** to help provide my body with the energy I needed.

America is letting the media and the grocery store do its shopping. We need to educate ourselves so we can make better decisions. You have to know how to read labels and choose the best foods. ***We alone are responsible for making the right choices.*** If I make bad choices, I will be the one who has to pay the price tomorrow.

To read more about my personal story and the health crisis in America, check out my newest book: ***A Nation at War: A Battle Plan to Win The War on Obesity and Unhealthy Living.*** ::

Email: info@kevinsaunders.com