

Gaining Wisdom from Experience

by Kathryn Harper

(with permission from Vic Keller)

In interviewing Vic Keller for an addition to this newsletter, we reflected on his introduction to Polio survivors he met at the April meeting. Before the meeting began, Vic worked his way around the room speaking to as many individuals as he had time, making brief notes and remembering their names as he wove them into his presentation which generated further comments and suggestions from those present. Vic offered his golden rules on nutrition which can all be found in his book *Vic Fitness Total Health Nutrition Guide*.

Vic told me the next day, "As much as I had to share about positive aspects of fitness and nutrition, I learned so much from talking and listening to the individuals at the meeting. They are so wise and very aware of their bodies. They are doing a great job of taking good care of themselves." - Vic Keller, Owner of Vic Fitness (Winnipeg).

VIC FITNESS
TOTAL HEALTH

Cardio • Strength Training • Nutrition • Muscle and Joint Rehab

VIC FITNESS
POWER
RUNNERS

VIC FITNESS
TRIATHLON
POWER

VIC FITNESS
STRENGTH
AND
POWER

WEB SITE: www.vicfitness@shaw.ca

EMAIL: vicfitness@shaw.ca

PHONE: 204.999.1262