

49. The Report – Walking For Health (1:27)

I just got a report from Fitbit that I got last year.... I want to see if I can get it here.

How about four million, two hundred and twenty six thousand, one hundred and sixty four steps - oh - wow.

1777 miles okay. 81 marathons for those people that do marathons. I don't do marathons so I don't even know how significant that is. But that's for younger people.

"That's pretty impressive." "Those are big numbers." "That's amazing - yeah."

Now that's from a guy that's over 90. And in three weeks well over 90 years - 94 years.

Related Primary Leadership Principles

Accountability

Attitude

Example

Military Core Values

Recognition

Responsibility

Self-Awareness

Stress