



What IS OWOW ?

OWOW is an acronym for Odds Words Of Wisdom. Through out the years I have been asked by friends, family and fans for my thoughts, opinion and so forth. This mini- newsletter style of communication is my way of sharing my experience and knowledge to all of you who have supported me throughout the years. My goal is to inspire and motivate change for those who WANT it, as you all have done for me.

FIRST EDITION

BE WARNED- OWOW is not going to be some mind blowing journalism, rather, it will be my way of sharing my knowledge and experience to hopefully motivate and inspire! It will have grammar errors since English is not my mother tongue , who am I kidding I would still have grammar errors if English was my mother tongue. I plan to include a lot of pictures to help communicate my message.

SEND your questions through my website with a picture if you like and I will try to get in on the next Edition of OWOW! Sharing is caring!

www.ODDEHAUGEN.COM

OWOW #1 : Its never too late to Start



This a hobby. I do this to motivate myself. The goal is to improve myself. The fact that I feel better and improve makes me continue. I am 63 chronologically years young, probably mid 30's to 40's physically and mentally it depends on the time of day and who you ask.

My wisdom however is a contribution of all the above and by living and learning through-out life.



I don't consider myself the stereotypical senior, rather I like to think of myself as the new definition of Senior: Senior is the new STRONG! You heard it hear!

Exercising a.k.a Moving - is good for seniors, and everyone before and after.

It is never too late to start! Many think there is a minimum age to start or maximum age to stop but that's completely wrong. We become weaker and fatter with time because we do not use the muscles. You can build muscle until you are 90. And kids need to be kids which means they should MOVE. We all just need to MOVE and not be stagnant. I recommend starting by taking a walk / stroll and train some strength. Don't start too heavy. The important thing is that you get progress, slowly but surely. functional training, learning mobility and lifting techniques is applicable to everything we do.

Exercise is just MOVING!