

Do it Well. Make it Fun.

Ron Culberson, MSW, CSP

You cannot deal with the most serious things in this world unless you understand the most amusing.
- Sir Winston Churchill



Ron Culberson is a speaker, author, and humorist. His mission is to help staff and managers tap into the power doing a great job *and* making the processes in life and work more fun. He offers:

- Hilarious Presentations
- Presentation Skills Training and Coaching
- Humor writing for speakers, executives, and politicians

You Are What You Reap

The following is an excerpt from Ron's upcoming book "Do it Well. Make it Fun." (Spring 2012)

There are no short cuts to good health. Our wellbeing requires that we put in the time and energy to be healthy. But it can be fun too.

The older we get, the more our bodies pay us back for the neglect when we were younger. Weight takes its toll on our knees. The wrong diet wreaks havoc on our hearts. And Cinnabon's will trick us into believing that the shirt manufacturers are using less material than they used to (a claim my brother once made to the delight of the rest of the family). My hospice experience is filled with examples of people who ignored their bodies' warnings until it was too late. I want to be healthy or whatever time I have. I don't want to arrive at the last quarter of my life and find that all I have to look forward to is sitting slumped in a chair eating pureed prunes.

It wasn't until I turned 40 that I made some very important discoveries about my health. And while that was later than it should have been, I feel lucky to have figured a few things out.

The first discovery I made was that I had a drinking problem.

Before college, I never drank alcohol. Two weeks into college and after a noble fight to resist it, I had my first taste of beer. For the next 22 years, I indulged. I was never a rip-roaring drunk who spent lunch hours at the local bar or nights wandering the streets looking for my car. More typically, I might have a beer or two each night during the week and then several drinks on the weekend nights. Socially, this was acceptable so I never considered it a problem. But in 2000, between Thanksgiving and New Year's Day, I found myself drinking at least two drinks every day and looking

forward to them from the minute I woke up in the morning.

The first indication of a problem was at Thanksgiving when I was watching the movie *Gladiator* with my family and I just fell out of my chair. At first, I thought someone had pushed me. Then I realized that I had too much to drink to stay upright on my own. In hindsight, it was funny. At the time, it was nauseating.

The next clue came on New Year's Eve, at a party with friends, when I started tripping some kids as they ran around our pool table. I thought it was funny. Their parents did not. A few days later, I ran into a friend who was not even at the party. She said, "I heard you had a good time at the party."

Word had spread that I had been drunk. And I thought to myself, "Do I really want to be known as the guy who drinks too much? As the guy who tortures children when he drinks? And, we had a party?"

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Just Plain Fun(ny)

There are lots of funny animal videos on the internet but this one is both fun, and well done!

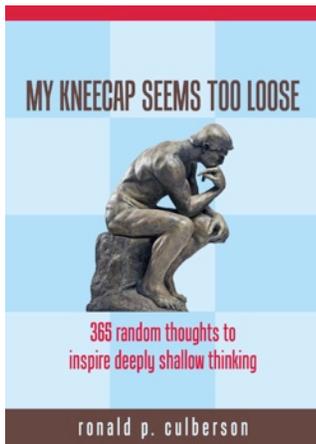
[Ultimate Dog Tease](#)

Don McMillan has a hilarious comedy routine in which he uses PowerPoint slides to make fun of...PowerPoint. Check it out:

[What Not To Do With PowerPoint](#)

**Give us your example of
Do it Well, Make it Fun**

Send your story of excellence combined with humor to Info@RonCulberson.com and receive a complimentary, autographed copy of one of Ron's books. Please put "Story for a Book" in the subject line.



Ron's Latest Book

Positive Results

An article in [The Week](#) magazine reported that a server at San Diego Chargers stadium tripped on the stairs and dropped \$1,000 over the railing and on top of fans at the game. One would wonder how many fans would pocket a dollar or two. But apparently, in San Diego, the fans do it well. All \$1,000 was returned to the woman, including \$170 in tips.

Way to go Chargers.

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Resources

Here are some recent books by friends of mine. I highly recommend them:

[Up, Down, or Sideways: How to Succeed When Times are Good, Bad, or in Between](#), by Mark Sanborn.

[Best Practices Are Stupid: 40 Ways to Out-Innovate the Competition](#), by Stephen Shapiro.

[Learning to Laugh When You Feel Like Crying](#), by Allen Klein

[Reviving the Work Ethic](#), by Eric Chester

Reston Hospital Does it Well

Recent statistics suggest that a large portion of our healthcare dollars are spent on diseases that are often caused by or made worse by obesity, smoking, poor diet, and Cinnabons (just kidding). Since these behaviors are for the most part lifestyle choices rather than genetic predispositions, they can be changed.

One would expect [Reston Hospital Center](#) (RHC) to do their part to improve the health of those they serve but they're going one step further. They're working to improve the health of their employees as well. For that, they were recognized as one of the healthiest places to work in the Washington, DC area.

Tim McManus, the CEO of RHC, explains that part of the problem with the healthcare system in our country is that we've been conditioned to treat health related problems after they develop rather than to focus on avoiding the problems in the first place. One way of addressing this is to educate Kids, through the school systems, about healthy lifestyles. However, since the majority of adults work, a potentially greater opportunity for change can come through employers.

So how does this work within the Do it Well, Make it Fun philosophy? I'm glad you asked.

HCA, RHC's parent company, employees about 185,000 people nationwide. As a large healthcare company, the leaders realized you can't expect your patients to do a better job of taking care of themselves if you're not doing the same for your employees.

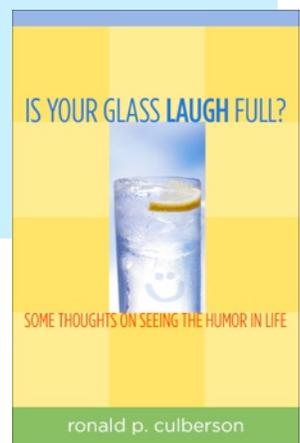
So, how do you get employees to participate in a preventative wellness program? You use the one motivator that has worked within the American work ethic for centuries. You give them a financial incentive. To work at Reston Hospital Center, employees are expected to participate in their wellness program. They don't have to do what they're told, but they are asked to complete an extensive online health assessment *and* a biometric health screening that includes blood tests, body mass index, and other indicators of illness or potential for illness. Once these tests are done, the employee is given a comprehensive report indicating what they need to do to get healthier.

The financial incentive begins after the screenings. Employees can earn up to \$500 in a health spending account (again, an incentive to focus on wellness) by attending smoking cessation programs, Weight Watchers programs, or working out regularly in the hospitals physical therapy center. By the way, employees can gain access to the center for merely \$19 per month, a cost that is much cheaper than any public health club in the area. And finally, if employees choose not to participate, they are placed in the highest cost for healthcare coverage that RHC offers. The hospital's goal is to get 80% participation by the end of this month.

To make this process more fun, RHC offers healthy cooking classes, new healthy food in the cafeteria, and Weight Watchers' challenges like the *Biggest Loser*. While there is still some resistance, RHC is definitely doing health well!

Check out our blog at
www.FUNsulting.com/rons-blog

There can be no happiness if the things we believe in are different than the things we do. -Explorer Freya Stark



Ron's Not New Book

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So I quit cold turkey. And it was one of the best life decisions I ever made. Today, ten years later, I feel much better than I did when I was drinking. I don't wake up in the morning with cobwebs in my head nor do I fall out of chairs. The stupid things I do today are because of my immaturity, not the alcohol. What a nice feeling.

The second major health improvement I made was when I discovered I was allergic to dairy products. It happened purely by accident when I was talking with a friend, [Cheryl Miracle](#), who happened to be trained in holistic nutrition. I explained how I had been getting head colds 3-4 times a year and that I had been battling hives for almost ten years without any discernible cause.

Cheryl tracked my eating habits and determined that I was consuming too much dairy, too much caffeine, and too much sugar. So, once again, I quit cold turkey. This was much harder than the alcohol. But I immediately felt better. The hives disappeared and I didn't get a cold for 2½ years.

Today, I eat much healthier than I used to but I still struggle with sugar and caffeine. I'm a hardcore fan of Cinnabons, Reece's Eggs, and strong coffee. But what I've discovered is that my body functions better when I eat healthy foods, such as vegetables, fruits, and seafood, than when I load up with sweets, red meat, and sweets. Did I mention my problem with sweets?

So, the Do it Well concept kicks in when we consider that our bodies, like our cars, need the right fuel and the right maintenance. I'm not a nutrition expert nor do I have a degree in fitness. But I know what works for me and I suspect that these simple techniques will work for you as well.

I hired Cheryl to help me with my diet. I also hired a personal trainer to help me get my fitness plan together. I would suggest others do the same because most of us don't realize that our diets and exercise are not right for our particular bodies. With a little bit of external expertise, we can make a few simple changes that will have a lasting health impact.

Do it Well. Make it Fun.

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