



I am over *a half a century old!*

It sounds ancient when you put it in that phrase. My physical body is nothing close to that age and my mind is and always will be young. I have been writing for *StripLV* ever since the first issue. It has been a labor of love.

Those of you that really know me are aware that my book is my life's project. It's my chance to dive into the health/fitness industry, to motivate people and give them the knowledge to change their lives for the better. In giving, I get a huge feeling of purpose and meaning in my life. I believe that everyone should try to leave a mark in the world and make it a bit better than before he/she came along. My satisfaction is when I am stopped in the gym or out in public by someone who recognizes me and stops me to tell me I am an inspiration (because I am an old man!) or asks me about the several facets of becoming healthy, i.e. nutrition, diet, anaerobic and aerobic exercise, mind-body connection, supplementation, etc.

I know I'm going to sound a bit "Anthony Robbins" (the dude is right!) but since I used my mind-body connection to change my unhealthy body and lifestyle, my whole world has changed along with it. It's all about programming your mind for success. My confidence and self-esteem have risen dramatically (anybody that knows me will have a chuckle with that last one!). It has given me peace of mind and an inner security. I have learned that not only can I change my body and my health, but that I can achieve anything I set out to do in my life, if I believe in myself and my abilities. If you don't believe in yourself, no one else will either. Stay positive and take small steps every day to achieve your objectives, whatever they may be, i.e. health, relationships, financial goals, self improvement, etc. Nothing worthwhile happens overnight. It is an ongoing process, which you need to convert into a lifestyle. My physical change took several years and it was worth every second of the hard work.

You've got one life, people. No matter how well you are doing financially, it's hard to enjoy life when you are sick and in bad health. Give yourself the gift of good health and see how much you will enjoy your new and improved life! **SLV**

Rico Connor

P.S. Much thanks to a couple of the big dogs at StripLV, Scott Santos and Drew Fezzey.



RICO'S ROOM

**CELEBRATING
ONE HALF A CENTURY!!!**



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TRIP TO **RICO'S ROOM**

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