

Pineda, Angelika L

BSITMI-182

Arnold Schwarzenegger 2018 – The speech that broke the internet

It is great speech, he connected the everything, his life, what we can do with our lives, and sports. We should do what we really want to do to be happy. I all agree with what he says, there is a lot of people who don't know where to go, what they want they are just forced by their parents to the job. It is sad that a lot of people, tend to work "forcefully", even they don't want that job they do that because they want to survive. Even they give a one hundred percent to reach that goal, if they are not happy about it we will rarely see the smile in their faces. We only see successes and rarely failures, so people have a false belief that if people just employ their maximum effort they, too, will "beat the odds" and thrive in a highly competitive market we only see successes and rarely failures, so people have a false belief that if people just employ their maximum effort they, too, will "beat the odds" and thrive in a highly competitive market.

"You got to have a purpose no matter what you do in life" and "start counting when it hurts", Arnold Schwarzenegger. To know what you would want to be, to know what you really are. We really can't stay in one place to "survive". We all have a limit but if we give all out best until we get tired, get to rest and begin the work again.

Power of fitness | Vincent Lam

A lot of people don't really like or care about exercising he is right when he said that people don't have time to exercise which is wrong. We just do not like to do it. We always have time but sometimes people are just too tired to exercise because of their work or we are too lazy to do it.

He is proving to us that exercise would help us with our lifestyle. To help or inspire people to promote a healthy life style. He is saying that exercising, and limiting ourselves in eating food carbs, which it prevents us having disease such as diabetes, etc.... He is proving that exercising can change everything with our body. It can make us productive, improve our mental health and healthier body. He is proving that exercising is important.

Video Sources: <https://www.youtube.com/watch?v=37UhELFvPec>
<https://www.youtube.com/watch?v=vjG9lJoSZsw&t=20s>