

**"THE STEADFAST LOVE OF THE LORD  
NEVER CEASES;  
HIS MERCIES NEVER COME TO AN END;  
THEY ARE NEW EVERY MORNING;  
GREAT IS YOUR FAITHFULNESS."**

*Lamentations 3:22-23*

## Everything I need to know about life, I learned from my Peloton...

Ooooh, man! This has been a long time coming. Every time I step on my Peloton bike or get off after a ride, I think to myself, "I need to post about this." But who posts stuff when they are disgusting and sweaty? Ha. Then the desire of a post is gone! However, here I am, on Christmas break, with

TIME!!!!!! Time to do something other than sleep, eat and work. I have time to do the "post" (newsletter) that I have written in my head 20 times!!!!



P.S. I am so sorry for the sudden halt on newsletters. This working gig quickly reminded me of why I took a break. Ha! I never have time to do anything!!!! (Such as sitting and writing.) However, I am happy. I am VERY happy where I am and that I chose to go back to teaching. Kids are the best thing in the world!! (When they're not glaring at you through their mask because you asked them to sit correctly.)

**1. Keep it new!** Peloton is ALWAYS releasing something new!!!! New. New. New! It gives me something to look forward to. I'm actually excited for a workout. Even after I have worked all day. (I can't quite seem to get up at 4:00am like I used to.) Who is the next featured artist in the Artist Series??? New songs and new artists, such as Pink, Celine Dion, Beyonce and even Hamilton! Just to name a few! They always know what's up!

**2. Keep it Relevant.** What's the latest craze? Hamilton, Lizzo, Calvin Harris? Relevant: appropriate to the current time, period, or circumstances; of contemporary interest. We HAVE to know what is popular, known, liked and consuming the time of our students. We look cool AND we know how to get them interested and excited! Like when I found out there was a Backstreet Boys ride. (They will always be relevant to me.)

**3. Something for everyone.** I told Chad I was going to reach out to Peloton and ask if I could be an instructor for Christian music cycling! (Mad that they had every kind of music, except that.) Little to my knowledge, they do in fact have Christian music. (Of course they do. They're Peloton.) It's called Sundays with Love. It's perfect. Just perfect. Then you have top Country Hits, Pop, Rock, you like it - they got it!

**4. Bring back the classics.** The tried and true. We're talking Elvis, Whitney Houston, Melissa Etherage, The Beatles, Dolly Parton, Grateful Dead (told you they had something for everyone). Prince and Madonna!!!! They work. Everyone may not LOVE them, but when one of their songs comes on, you can't help but sing along!

**5. Be a cheerleader.** Do you know how many times I've cried during a ride? Do I think this is normal? Not sure. Don't care. I'm in the middle of a super fun Christmas Movie Buff ride where the instructor is a storyteller, taking us from classic Christmas movie to classic Christmas movie! Then, a song comes on. A beautiful song. The instructor stops talking. Instead she displays words she has written on giant, white cards. Her wishing us many blessings this holiday and telling us kind, loving and motivating things. Ugh! The music, the words, the nostalgia of the Christmas season and ALL that it ACTUALLY means! Especially this year. And the peace of saying, "sayonara," to this dang year!!!

**6. Create anticipation!** Creativity will always take the cake for me! I just did an Elvis ride a day ago. She had on blue cycling shoes. (Blue Suede Shoes, if you will.) A Jailhouse Rock belly shirt (that I secretly want), a blue bandana and bold RED lipstick! When the workout first began, no one was on the bike. (That was a first.) Then she came on announcing that The King was in the room! Cue Elvis music. She showed up. She dressed the part. She created anticipation from me! So. Cool!

**7. Celebrate the moments.** They have holiday rides galore. Christmas, Valentine's Day and Halloween. Where the instructor talked about one of her teachers and how this teacher inspired the costume she was currently sporting. The legendary Ms.

Frizzle! Complete with a little green lizard on her shoulder. WHILE riding a bike! Celebrate the 90s, 80s, 70s. And don't forget, celebrate the best of the 20s. (There actually were some blessings that came from 2020.) Celebrate the little things. It's worth it!

*I thought I was done, then I did a country run this morning. As I was running I thought, "I have a new one to add!"*

**8. Get's personal.** These instructors tell personal stories, reminding me that they are real people. Not just fitness instructors with great bodies that can talk the ENTIRE time during a workout, while I am on the verge of passing out!!!! Today she told a story about her sister's horse. (That's right, a horse! You didn't see that one coming, did you?) I was crying. Yep. Crying, running, over a horse, and a woman I don't know! But that's the thing, we all just want to connect. In order to do so, you have to let down barriers and remind students you have stories too! I swear sometimes that's what they remember the most. Not the lesson I planned and prepared for. My story about Boston or Berkley or Axe or Fenway! Where there is an emotion, there is a memory!

**What do I want? I want to be a good, positive and encouraging memory for everyone I meet. Especially every single student I am blessed with.**

***Make the most of every moment!***

Love,  
**Ashley Eischeid**



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