

# The Tortoise Trek



I thought we could all use a little levity. A laugh. A smile.

This came across my desk late last week.

The Tennessee Aquarium is located in Chattanooga. It's such a beautiful building it's one of the things that drew me to move here. It lights up the skyline day or evening.

And the Aquarium is absolutely amazing.

We can't go to the Aquarium right now. Of course, it's closed. So they did this video to bring the Aquarium to us.

I have not smiled this much in weeks. I realized I was grinning from ear to ear as I watched this video.

Wanna smile? Give it a click.

Besides, I also learned a lot about tortoises, butterflies and even a partridge. I'm going to be watching more things like this and less TV news.

As an addendum to this offering I thought I'd also include a marketing piece I wrote last week. It's meant to be a bit

entertaining and at the same time get across the point that this is a good time to diet – for lots of reasons. I've been gratefully amazed at how many people agree with me and are getting started with Plan Z to get ready for their summer.

Cheers,

*Zola*



## 8 Great Reasons To Start Plan Z Now

I've heard scads of excuses as to why someone can't start a diet right now. Folks...most of the excuses are gone now.