

3 on 13

3 things from EP
to make life
better.

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Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | In a Rush

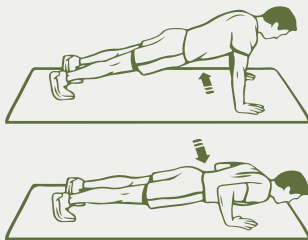
Our lives are filled with tensions, both personal and professional. Perhaps one of the greatest tensions we face in our work lives involve time. How should we spend our time? How much time should we put into an effort? What's our time worth?

Teacher, novelist and essayist [Amelia Barr](#) connected the investment of time to the ability to produce something amazing: "Everything good needs time. Don't do work in a hurry. Go into details; it pays in every way. Time means power for your work. Mediocrity is always in a rush; but whatever is worth doing at all is worth doing with consideration. For genius is nothing more nor less than doing well what anyone can do badly."

Take your time. Do less. Do it better. Remember: *Mediocrity is always in a rush.*



2 | Push Up. Push Forward.



It's spring. T-shirt weather is upon us. The Internet knows it, which is why it's blowing up with tons of pushup challenges, each claiming to be the one-size-fits-all solution to your get-in-shape needs.

Here's the deal on pushups, according to EP's Performance Coach, Matt Groves: "Pushups are legit. They're a great bodyweight exercise that builds upper body strength. They work the triceps, pectoral muscles, and shoulders. When done with proper form, they also strengthen the lower back, butt and core. But here's the trick: form is hugely important. Most people don't know how to do a correct pushup. Lousy form can quickly jack up your shoulders, elbows and wrists."

If you're going to do pushups each day, or are engaging in a challenge, [follow Groves' instructions for the perfect pushup.](#)

3 | Odds and Ends

- [A Perfect World Around Every Miniature Bend](#) — Disappear into a tiny world as COVID-19 sparks a glorious resurgence of interest in model trains.
- [To watch:](#) *Hemingway. The Man. The Myth. The Writer Revealed.* By Lynn Novick and Ken Burns.
- [To read:](#) *The Extraordinary Story of the Founding Mothers of NPR.* By Lisa Napoli.
- From our friends at Gale Woods Farm (a part of the Three Rivers Park District) and their innovative Farm to School program: [these cool raised garden beds](#) that are popping up at a dozen schools around Brooklyn Center.



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