

Gabe Saclolo: [00:00](#) I want to be able to not see my grandkids but like run around with my grandkids. I want to see my grandchildren and be able to play with them. Not just sit there on the couch and just, you know, Hey come give grandpa hug and then get on your way. Like I want to be out there throwing the football with them, running around with them. So that's what drew advise me. Just being active as, as long as I can, that immortality is gone. The mortality settled in. So now I'm just thinking how can I keep this going? But just, you know, not just live longer but live an active lifestyle for as long as possible. What's up front road? Dad's John Broman here. If you are new to this podcast, this is a show for family, men with businesses, not business men with families. My guest today is one of our brothers, Gabe sack Lola.

Gabe Saclolo: [00:43](#) What's up man? And welcome to the podcast buddy. Well, what's up JV? I'm honored to be here. Happy to be here and just a looking forward to contributing. This is going to be awesome. So, first of all, tell everybody a little bit about your family. Let's start there. My family. Okay. I'm married. Been married almost, almost 10 years next year, so I'll just say, um, actually that's the thing. It's this 20, 21, uh, eight years of this past September. We're looking forward to, I'm planning our, uh, 10 year anniversary already. Yeah. My wife Joanne and my three boys, chase, cam and Caleb and they are seven, three and one. And yeah, they're happily married eight years and our marriage is thriving. That's awesome man. To do and not just mine. In one sentence, how would you sum up your professional life? What would you say you do professionally?

Gabe Saclolo: [01:31](#) Professionally? Yeah, I have a day job. I work for the government and then I also do, I've try to do some real estate on the site. Awesome. Very cool. And Gabe, what's something that, uh, maybe I don't know about you? What's an interesting, fun fact about gave that, you know, dude, the world does it know? Yeah. So that's interesting you brought that up because I was talking with chase about it in the car the other day. We were taking a car ride. I was like, Hey, did I ever tell you that I was a cheerleader in high school? And he was like, no. I said, yeah. Um, cause I was trying to, I'm trying to get him to, he's interested in different things and I want him to be able to pursue something without having any thoughts about what other people think. Yeah. When I pursued cheerleading, I'll tell you, I got a lot of crap. Yeah. Um, but I had the time of my life, you know, I bonded a lot with that. The other male cheerleaders, um, some of them were ex football players, you know, it wasn't like, I mean we were allowed all athletes in different areas and we just, I was a mascot the previous year

and um, the cheerleading coach saw me and was like, Hey, I think, uh, I think you might want to try out for it.

Gabe Saclolo: [02:38](#) Yup. I've got to tell you, man. I remember being at a football game in high school and I looked down at the male cheerleaders with those, with the cheerleaders, the female cheerleaders. And I was like, I think those guys are the smartest guys out here. So, uh, man, that's great. Very cool. Well, Gabe, let's get into our show man. Let's talk a bit about, um,

Speaker 2: [03:00](#) we're going to talk about the daily sweat and I want to, I want to get into the history of this. So, um, first of all, let me set this up for the guys. Anybody out there listening. Last year we decided to introduce a challenge to the brotherhood, which was [inaudible], you know, ultimately invite guys to sweat every single day as they kick off the new year. And so we had a whole challenge set up within the brotherhood called the L four challenge. They'll live longer, lasts longer challenge. I can't say it without laughing cause it was, it was live longer for your kids and last longer for your wife. That was the challenge, the Oh four. And uh, and the mission was to break a sweat every day and we wanted to do something that was attainable for every person, every day, no matter how they were going about doing it. That just from a what is a sustainable health standard, right?

Speaker 2: [03:56](#) Something that we can easily remember we can execute on. We could do every single day of our lives, no matter what, even if it's, I remember sitting on the couch one night, I was in the challenge and it was three weeks in and it was 10 o'clock at night and I didn't get my workout in. I kept saying later, later, later, later, and then I jumped up off the couch and I did 30 burpees, broke a sweat, knocked that out and felt great about myself, but the results that we experienced in the community and the brotherhood, just by having the intention of breaking a sweat every day, it was very profound. Some people, whether you went to the sauna, you went for a walk or a run or and even in some cases and we knew this was going to happen. I said, somebody is going to check in from bed after sex.

Speaker 2: [04:40](#) They just broke a sweat and sure enough that did happen. Yeah, there was a video check-in system that we had, but the point is this was really moving for a lot of people and that's why we're talking, because one thing I'll come, I want to compliment you about Gabe, is that you not only dug into this challenge, but here we are recording this in November. You've been doing this for 11 going into your 12th month, which is really exciting. So, and you've been posting in the community regularly, your videos, checking in every single day, you and Curtis, right? You

know that consistency is so remarkable. So let's go back to the beginning and let's start with the journey of, you know, actually, let me just open it up. Let me just go big picture here and say, dude, how is this daily sweatband for you? How did it get going? What's been the impact of it? I'm just going to literally let you run with it. Take it anywhere you want. Yeah, I do it for this, my leading by example, right? Everything I do or don't do. I think of it through the lens of how will my kids see me, see me or remember me as, you know, I made sure to do it when they're around. Right. You said this in twice to do my, my morning routine, like 5:00 AM before

Gabe Saclolo:

[05:58](#)

they all would wake up. Now I do it when they're all awake and you know, I'm not forcing them. They see it. Sometimes they jump in, sometimes they don't. So just doing burpees the other morning as part of my workout, my three year old comes and just starts trying to do them with me. You know, I didn't force him or anything like that. So it's really, I just want them to remember me as a leader with my actions, not my words. So it's been great. Now I've been into fitness and nutrition for, I'd say since 2008 since I went in. I went into a physical, I want to say October of that year and I was doing all kinds of coed sports. I was pretty much playing a sport every week, everyday, every day of the week. Uh, with my friends, but, you know, we'd go out drinking and eating afterwards and, um, in 2008 went in for an annual physical and the nurse said, Hey, you know, for your age and your height, you're obese and out like [inaudible] no, wait, I play sports every single day of the week, you know.

Gabe Saclolo:

[06:48](#)

But, uh, so it was a big slap in the face. You know, my, my aunts and uncles always said, Hey, you're getting chubby or whatever. But I had never listened to it. But when a third party tells you, yeah, there's no emotional connection that you, you're getting, you're getting kind of big. That's when it kind of hit me in the face. So I just started this journey and started trying different things. Weightlifting, boxing, martial arts, CrossFit, Olympic weight lifting. And you know, for about 11 years now, almost, I have been every day, but ever since we started this daily sweat every day. Yeah, absolutely. I sweat and, um, it's consistency. I just, I just want to do it for my kids. I want them to know, take care of your body, take care of your mind. Take care of your hearts, you know, your relationships. And so I just try to sweat not only just physically, but emotionally, spiritually and mentally every day and have them see it and we talk about it too.

Gabe Saclolo:

[07:33](#)

That's cool. What are some of the activities? How does it look practically in your life every day? You know, how, how long are you working out? What types of things are you doing? Yeah, no,

that's a great question. I mean, so I'm not, I used to do two, three hour workouts with like Olympic lifting and stuff like that, but that was before we had two kids. And when the second kid comes in and you go out for a three hour workout and leave your wife with the kids, you know, it doesn't go so well. Right. So I want to say in 2012 to 2013, 13 I was got my fittest say like aesthetically, but my marriage was that shittiest. And I didn't realize that until a couple of years later when somebody asked my wife about how did you like it when Gabe was doing CrossFit? And she said, um, I felt like a, a single mom.

Gabe Saclolo:

[08:19](#)

Yeah. And that hit me hard. So since then, I just [inaudible] I don't want to put anything above our relationship, our marriage. I'm not even kids. And again, Chase C7, he understands that the mommy and daddy's relationship and our marriage comes before the kids. Yeah. So now it's more so just, it's, it's all okay. I hate to give a shout out to him spar part. Right. So I'm in there, you know, for the daily sweat. Um, but I'm also, you know, I'm trying to make some dope right. And I'm, I'm close to like \$1,000 right now. What I'm gonna do is I'm gonna cash that out and give my wife and my kids. That's awesome. Um, yeah. So what it looks like is a, I wake up and whatever my challenges are right now, I'm doing pushups, I'm doing squats, lunges, and uh, burpees, you know, and it only lasts probably like 15, 20 minutes.

Gabe Saclolo:

[09:09](#)

You know, I'm with the recordings and stuff. And it's funny because in my recordings my kids will jump in and they'll do it with me or they'll just want to, they're always, whenever I'm starting to work out, they know that my phone is on and there's a video checking going on. So yeah. Yeah. That's great. It's also I what it looks like right now. Have you seen or should I say, what results have you seen this year with the tweaks and the tuning and just the constant evolution of your working out and their sweat and, and also how, how that might play into other things in your life. Great. I've noticed that it wasn't just about the big workouts. Again, it was about the lifestyle of saying I sweat every day. That, that for me it's a keystone habit that affects a lot of other things.

Gabe Saclolo:

[09:54](#)

So I'm just wondering for you, like how has this year's program specifically impacted you? What tweaks and tuning have you made and seen positive results from it? Um, it bleeds over into other areas of my life. Like you just mentioned, right. Specifically my marriage, right? Obviously I've read the front row factor two times now and I'm thinking about making moments right every week. How am I going to make a moment this week with my wife or at the morning, you know when I

start my days, you know, how am I going to make a moment with my son or my wife. Then at the end of the day I reflect, did I make fun of the front row moment with my wife? Did, did she feel my love right? Not just kind of walk by her and say, Hey, love you. You know, like I actually give her a hug, look her in the eyes and like give her a kiss and stuff.

Gabe Saclolo: [10:36](#)

And so [inaudible] helped me since I'm so consistent in my, in the physical arena, it's helped me be more consistent in the spiritual, the mental and my emotional areas of my life. Mmm. Do you ever workout with your wife? She does not like to work out with me. You pushed it too hard. She does not want to get into coach mode and stuff. She, no, she doesn't mind. It's funny, we joke about it because when we're around my friends, especially one of my groomsmen who's a, there's been on me with this idea, it's been his journey. Um, she'll ask him for all the advice and stuff. I'm like, Hey, we know the same stuff, but like him and I talk all the time, but she will not, I'm her husband, you know, you're out there, not the other. So she's been going out now and she's going out with some friends.

Gabe Saclolo: [11:18](#)

She's doing some Kickbox in and no, I think she needs that anytime. How about, how has your diet changed at all this year? Yeah, so I'm going to, I'm going to say, um, that's the biggest thing, right? You guys, I mean, anyone who works out, you know, like if you just eat crap all day, you're just spinning your wheels and you might even get worse. You know, like what, you can't see what's going on in the inside. Right. So I say I've been on this journey for 11 years and what really made the difference for me was the nutrition. Cause I was 2008 and got my physical, I started just working out, I want to say like two years, just working out hard, hard, hard, various things.

Speaker 2: [11:52](#)

It wasn't watching my

Gabe Saclolo: [11:53](#)

nutrition

Speaker 2: [11:54](#)

and it wasn't getting much results and I was just like, you know, I was getting stronger and stuff and I was like, I'm not seeing what I want to see aesthetically back then. Um, and I was getting married in 2011, so September, 2011, I got married at the beginning of that year. I told my buddy that when I was just referencing Dennis, I said, amen. I really want to get, you know, lose like 30 pounds before my wedding this year. I got nine months. And he said, let's start tracking what you eat. So we started keeping a log. So to answer your question, yeah, he got a, the nutrition is a big thing for me. I don't know if it's my biology or what have you, but, um, I can gain like five pounds in

a week, maybe more if I don't watch it. Right. So I really have to watch my wife can eat anything she wants.

Speaker 2: [12:32](#) Anything she wants, she doesn't get into it. Yeah, no. You know, one of the things I want to say to everybody out there listening is that at some level we need to find baselines in our lives so that we are monitoring and measuring either progress or where we might be taking a step back in various areas. Now, I mean, the most common would be stepping on a scale, right? That's right. That's one metric to pay attention to. But other metrics that come up for me are like the scale that at our gym that tells me my, my percentage of body fat. Right. That's another metric that I want to be aware of. Uh, I know that, you know, for me when it comes to my overall health monitoring, my sleep with my aura ring, you know, has been really important for me this year. Um, bloodwork has been something that I got introduced to.

Speaker 2: [13:20](#) I really, it was like I, you know, cause for years I was just invincible and who needs blood work. But last year I got some blood work that was really important for me. There were some markers in there that said, Hey John, you're not [inaudible] invincible and a while you've enjoyed really good health your entire life. Like there are things you need to pay attention to because these numbers are not looking awesome. So that was important to me. We did a DNA test this year. There were a lot of check-ins, right? [inaudible] how are things going and, and awareness around that and like really being honest with yourself. Like, uh, I didn't, you know, there were a couple of things that were very specific, like the blood work that really helped me to get us a level of self awareness. But there were also other ones like putting on a shirt and looking in the mirror and I was like, ah, that doesn't look so good, right?

Speaker 2: [14:09](#) Like I see a picture of myself and I'm like, I can see the stomach kind of emerging from around this tee shirt. There were a lot of indicators and when I got aware and when I got, yeah, honest with myself, I started to make some changes and one of the big changes I made, and I think you know this game is that last year I gave up alcohol completely and that was just a personal choice. So I'm not, that's not an attack on anybody who likes to enjoy wine or beer or whatever it is and I enjoyed plenty of it in my first 44 years of life.

Speaker 2: [14:43](#) All right guys, I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next within front row dads, I want you to

do something today which is text the words front row dads to three 1466517673 separate words. Front row dads, it's not case sensitive. I want to send you a few things right away. First, I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning, Howe L rod. He's a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to. Second, I want to give you 45 minutes of a mindblowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular.

Speaker 2: [15:31](#)

This will rock your world and likely your spouses as well, but I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think could be valuable to the community. And lastly, I want to include you in one email I send out each week. It's short, it's to the point and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today.

Speaker 2: [16:13](#)

Boy, I gotta tell ya, here's something amazing for me is that last year, so we were, you know, 2018 I was a 34 waist, right? I was a 34 and the really, there were minor changes I made over the course of the year, but the big one that I made was no alcohol. I'm a 30 waste now. I lost four size is off my waist, right? Four inches, if you will, off my waist, just from not drinking alone, which is remarkable to me. That, and part of that also is understanding like what was inflaming my body, what was, what was irritating my body. I used to not be able to pick up my foot, put my sock on without leaning against something or sitting down. And what's interesting is it was such a slow progression to that point that it was almost like I didn't even notice.

Speaker 2: [17:06](#)

I was like, I'm just getting older. And I think sometimes we blame it on that. Like, Oh, I'm just getting older. I'm 44 years old. I'm just getting older. And sometimes like, no, you're not. You're not just getting older. You're literally doing things that are inflaming your body and causing damage. [inaudible] you're, you know, you beat your body long enough and you're going to pay the price for that. I can now pick up, I can stand on one foot, pick the other foot up, put a sock on, no problem. Like

what's amazing to me is that in a period of one year for myself personally, my blood work is, is better. I lost four inches off my waist. I'm definitely more fit. I'm also less moody around my kids. I recognize that all that stress and all that was carrying over into other areas of my life.

Speaker 2: [17:52](#)

So my emotional state changed when I became healthier. My sex life improved. You know, it really did. And I mean, look, we get pretty honest here on the show, right? It's like there's nothing like going for 10 minutes and feeling winded. That sucks. You know, for your wife particularly, right? Like you want stamina in the bedroom, you want stamina. And I know that. And also not only that, but how I look to her, she'd probably arguably, she'd love me for whoever I am, whatever my body looks like, she'd probably love me. I think she loves me a little more when I'm taking care of myself in that sense. At least she loves my body a little more. And then I noticed that she started, we start going to the gym together and then she looks better and then I'm more attracted to her physically. Right.

Speaker 2: [18:39](#)

It's like there's so many good things that have come from this journey of staying on health. Right. And uh, and the stories that are out there from the other guys too that have dropped 30, 40, I think about Matt [inaudible] and how much weight he dropped. And how he said he went out and ran two miles for the first time in years. [inaudible] he had done this right. Like he dropped it. He's a big dude, right? He dropped significant way. I think about the advancements that Greg made on our, in our brotherhood and, and um, and Curtis, you shout out to Curtis again, you know, like the progress that he's made. It's so inspiring to see. It's really inspiring to see, because listen to me, what is the most important thing, right, too, to being a great dad. You could debate this all day long, but I've got to believe that without the vessel, without your body to carry you through your days, to carry your brain around in your heart around you want to love your kids, you need a vessel to carry that heart, to love your kids.

Speaker 2: [19:44](#)

And if you abuse it, look, one in two people is the stat right now. One in two men get cancer, one in two. Wow. And that number you go, that hasn't always been the case. If you travel back in time, that hasn't always been the case for the [inaudible] the last three years. The average male lives shorter than they ever have before. Like so for decades, right? We, with all of our medical advancements and you know, all the advancements we make in this country, [inaudible] expectancy was longer and longer and longer until the last three years. It got shorter and shorter and shorter. And so I think there's a

major problem. We're overworked. We're not sleeping enough, right? We're eating like crap. We're cause we're optimizing everything, right? So it's like buy all the food at Costco and stick it in the microwave and you know, fast this fast that, you know, everything's efficient and more productivity and more,

Gabe Saclolo: [20:46](#) but for what reason?

Speaker 2: [20:47](#) Right?

Gabe Saclolo: [20:48](#) We're living because we're going to live shorter lives. We're going to be winded throughout our lives. Like, no man, I want, I want health, I want vibrancy. I want to be around for a long time. Not just for my kids to see them, but like to play with them, to be an active participant in their lives. I don't know. What do you think about all that, man? Yeah, I mean, you know, people have asked me like, why don't you know, what keeps you going? You know, you work out like this, you'd like this. Just full disclosure. I don't, I don't eat perfect. Right. I mean I tried to get out of stew. Yeah. Monday through Friday. Then I left this little bit on Saturday and Sunday and time kids need what they want. You know, we can always do better in those areas, but you just, it's exactly what I tell them.

Gabe Saclolo: [21:28](#) I want to be able to not seeing my grandkids, but like run around with my grandkids. I started late, man. I didn't get married till I was 36 I've got three kids now. So when my youngest turns 18 I'll be like, I think almost 65 or something like that. So I want to see my grandchildren and be able to play with them. Not just sit there on the couch and just, you know, Hey, come give grandpa a hug and then we'll get on your way. Like I want to be out there throwing the football with them. Running around with them. So [inaudible] that's what drives me, you know, just being active as, as long as I can. I, cause you know, I'm 44 as well, so, um, we're arguably kind of around the mid point of our lives. Kind of like that line we drew back there and like, Oh man, I'm a little bit in the middle or maybe a little bit past it.

Gabe Saclolo: [22:09](#) So it's like that immortality, it's gone. Then mortality settled in. So now I'm just thinking how can I, yeah, keep this going. But just, you know, I just live longer but live an active lifestyle for as long as possible. Yeah. Dave, did you see the movie game changers? No, I've heard about that because I'm, you know, I, I watched forks over knives and that's something I'm kind of toying with now is, is veganism. It's been tricky. But anyway, so I got an email from, I think forks over knives talking about the movie game changer. So it's awesome.

- Gabe Saclolo: [22:42](#) You gotta promise me you'll watch it in the next week. Okay. It's killer. It's a great film, man. It was done so well and I've seen all the movies, you know, that a pitch of vegetarian or vegan or more plant based diet and they're all unique and they're all great in their own way. This was done differently. It's really cool. I mean the whole thing was done with such excellence. You're going to enjoy it and there's a couple of parts in there. By the way, here's the part that I'll definitely like, let all the guys though, there's a part in there that talks about what changes your Dick size. I'm not even joking how your diet affects your Dick size. That even joking guys like, sorry, I'll have put a little disclaimer at the beginning of this episode. You are listening to it. They're kids in the car.
- Gabe Saclolo: [23:29](#) But uh, uh, no, I mean it's, I was like, Oh, this film's going to be a massive hit because of that. You know, they're were jokes. But uh, Gabe, here's the deal man. I know we're running out of time and it's actually for good reason. You are going to go right. You're going to, you're showing up for your family. So the next appointment is your most important appointment, which is your family. So I want to honor that. But so guys, everybody out there listening, we're going to relaunch the daily sweat. I mean you can start in the Facebook group right now. Go to [inaudible] dot com slash Facebook there is a daily sweat post that you'll see Gabe and Curtis posting and regularly. But I also want to [inaudible] welcome everybody to join starting January 1st with the daily sweat and commit right to sweating every day and you can commit to whatever length of time it feels good for you.
- Gabe Saclolo: [24:20](#) You want to commit to two weeks, 30 days. Uh, we commit as a community up until our spring retreat, which we have in April. And uh, that's going to be here in Austin. We have our spring retreat and so we're, we do check-ins each month and we call it the front row five so it's pull ups, it's sit-ups, lunges, right? And then it's running. And we do these five exercises in order to time ourselves. And I do it January 1st and I do it February 1st March 1st April 1st and then we do a challenge at the spring retreat, uh, to see who's, who's the fittest dad of all. And it's pretty cool. So anyway, there's more information to come from this guys. But Gabe, anything that you want to say just to wrap us up here? Anything on your mind and your heart? Well, you know, I want to give a shout out to Curtis again.
- Gabe Saclolo: [25:08](#) We've actually developed, I'm a bit of a friendship outside of it. We, I've been tagging up once a month. [inaudible] just get on a call and talk for about 30 45 minutes. Can we don't even talk about fitness. We talk about families, we talk about our marriage, talk about our kids. So it's beautiful. I thought the

daily sweat, I would not have found this friendship, you know, and there's, I love seeing him progress, man. He is, he's kicking some butt this year. I mean, they'll talk about some [inaudible] body changes, you know, going through aesthetic and him and his wife workout. You know, I love that he posts about her too. And um, you know, I love seeing, I'm rooting for him and is there anything I can do for him? You know, I let him know that. Yeah. And so I just want to give a shout out to him.

Gabe Saclolo:

[25:47](#)

Yeah guys. I mean it's just all about consistency and you know, we're all consistent in some areas and some not so much. Right. And so someone, someone for like thriving entrepreneurs here and you're really consistent there. I mean, like I told you before JBI I know it's a really bad guys who are shitty husbands. Yeah. I notice I'm really, you know, successful businessmen who Crowley, you know, watch their nutrition and fitness a little bit so we can be consistent in some areas and on the other. So it's all about just kind of, you know, [inaudible] and then that bleed over into other areas. Yeah. And, and I think it's important to make note of this well known statement, at least I've heard it so many different places and said slightly different ways. We'll spend our youth to build our wealth only to try to then spend our wealth to save our health one day. Yup. And let's, let's not do that guys. Let's, let's figure out how to, what are the sustainable ways to approach not only nutrition, health and what's you're putting

Speaker 2:

[26:44](#)

in your mouths, giving to your kids, feeding to your families, but the, the level of activity, right? What is, what is ideal look like going into 2020 for you and your family? What would an active, healthy family look like at level 10? Really think about that, feel that vision, that, and then break it down back to, well, what would you need to commit to every day? What are the, what are the tiny shifts and changes to your lifestyle that will change everything in dramatic ways? Uh, not just so through a week or a month, but after a year of doing it, you know, and letting your body shift and change and all the benefits that will come from being a healthy family. Like we want front row families to be healthy families. We don't want to take that [inaudible] for granted, you know, cause one way or another you will pay, right.

Speaker 2:

[27:32](#)

You know, it's either now or later type of deal you're going to pay. And I'd rather pay the price now because to me it feels like a better deal, you know? So I'm going to encourage everybody to jump into the Facebook group, front row, [dads.com/facebook](https://www.dads.com/facebook) join the daily sweat challenge, get on board, uh, be a part of this whole thing and, uh, I'm excited

about it. So, um, Gabe, thanks so much for being a leader inside front row dads. Thanks for being a leader to your family and like you said, leading by example, it's super cool. Uh, really admire you and respect you tremendously. Your desire for growth. You're a commitment to refining constantly. It's Epic dude. So can't wait to, can't wait to see where this year. It will take us as well. Absolutely. Really appreciate it. Thank you guys. Looking forward to this one with you guys.

Speaker 2:

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Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there, links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there. [inaudible].