



October – 80/20 Rule



If you have ever heard of the 80-20 rule, you may remember it as the Pareto principle. Back in 1897, Vilfredo Pareto, (an Italian economist) noticed that 20% of the pea pods in his garden were producing 80% of the peas. So, he applied this same thought to the land distribution in Italy at that time. He discovered that 80% of the land was owned by 20% of the population. In 1949, George Zipf, (an American economist at Harvard), rediscovered this 80-20 rule. Then, in 1979, Richard Koch, (a British author) wrote the best-selling book, *The 80/20 Principle*.

Basically, the 80/20 Rule states that smallest of inputs / efforts usually lead to the larger results / rewards. Yes, we could debate that not every instance and situation is always an exact 80%-20% split. However, here are some examples of the 80-20 split that you might find reasonably true.

- 80% of your success comes from 20% of your ideas
- 20% of the people in your life, add 80% of the inspiration/motivation/optimism to it
- 80% of complaints are by 20% of customers
- 20% of your wardrobe is worn 80% of the time
- 80% of people use 20% of their computers' features
- 20% of employees produce 80% of the innovation in their workplace
- 80% of a town's traffic is on 20% of its roads
- 20% of your TV channels are watched 80% of the time

So, interesting (and funny) – right!?

I can certainly relate to # 4 and # 5 ... haha!

Of course, when it comes to our health and wellness, the 80-20 Rule can definitely apply too!

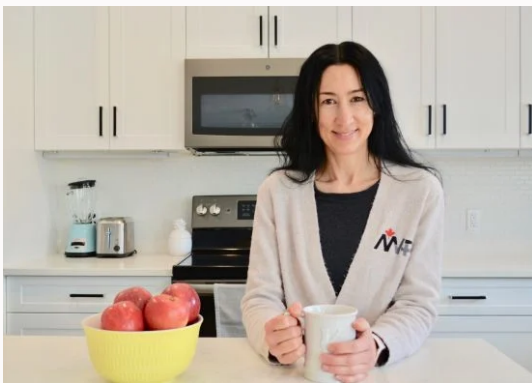
If we make good decisions 80% of the time, about food intake, getting enough sleep, and other things we need as individuals to stay healthy and well, etc., then 20% of the time, we can deviate from our health & fitness journey, and we will still be okay!

Yes, enjoy the late show, have a beer, indulge in some chocolate cake.

Just remember the 80-20 Rule!

**Until Then,
Kerri**

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri!

Connect with Kerri in one of the MVP specific classes! It is never too late to register! ... Or ... Connect with Kerri anytime in the Private MVP Facebook Group! Easy ways to stay fit, engaged & connected!

Health Promotion

Programming Happening in October & November

More Than Food – 18 Oct Join Health
Promotion for an... [Read more](#)



Contest

Tell me your funny or favorite 80-20 Rule or which 80-20 Rule you can most relate to from the list (above), and you will be entered to win a MVP winter toque!

[Begin](#)

Contest only allows for those participating to win once each fiscal year.

Congrats to last month's winner, P. Jeffery!!

MVP+

11 Navy Way, Kingston
Ontario K7K 7B4 Canada

You received this email because you signed up to
receive our monthly eNewsletter.

[Unsubscribe me](#)

