



## Jackets for Goalposts Extra Time (Paperback)

By Ron White

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My name is Ron White and I come from Scotland. I left school in 1981 with very little qualifications and a lot of common sense. I am 1 of six children and was brought up by my mother, my mother taught me to respect others and always treat people as you would expect to be treated yourself. My passion has always been Sport, if I wasn't watching it, playing it, I was defiantly breathing it. My first job was working as a lifeguard in the local swimming pool. I learned about keeping the water quality in good order, I liken this to the human body. I used to play Rugby and Football and might have played at a higher level, but for the demographics of Scotland. I love to help people achieve their fitness goals, I have a philosophy when I train people, I follow the 40 rule. In 2005, I took 1 year off work and decided to sign up for a volunteer program in Africa, I lived in a house with no electricity and running water for...

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