

PRESS RELEASE

NONE OF MY PUSH-UPS HAVE BEEN EASY

Life Is Hard. Balance Is Hard. Do Them Anyway.

Sifu Slim's message on how to pursue excellence without burning out.

BJJ Master Rickson Gracie once told me, "The key to life is to be silly all of the time."

That's a strange thing to hear from one of the toughest martial artists on the planet. It also happens to be one of the wisest pieces of advice I've ever received.

Many books teach people how to become successful. Few ask a more important question:

How do you remain healthy, useful, engaged, and capable of contributing for the next sixty years while still enjoying the journey?

That question sits at the heart of *None of My Push-Ups Have Been Easy*, a new work of nonfiction by author, wellness coach, and researcher Henry "Sifu Slim" Kreuter.

Drawing from a lifetime of athletics, coaching, personal development, and thousands of interviews with athletes, coaches, performers, physicians, entrepreneurs, and other achievers, Kreuter explores why some people lose themselves chasing success while others continue learning, contributing, laughing, and adapting as life unfolds.

For decades, Kreuter has lived a simple philosophy. Push-ups were never easy. Neither were careers, relationships, setbacks, injuries, caregiving responsibilities, or the aging process.

He did them anyway.

Not with grim determination alone, but with curiosity, persistence, gratitude, and the occasional ability to laugh at himself.

Along the way, he noticed a pattern. Many people learn how to achieve. Far fewer learn how to keep their balance, their sense of humor, and their love of the game.

In many professions, overwork and imbalance have become so commonplace that they are often mistaken for commitment. Long hours, constant availability, and personal sacrifice are frequently viewed as signs of dedication, even when they come at the expense of health, relationships, and long-term well-being.

What if the goal is not merely to win?

What if the goal is to enjoy the ride and still be standing—and occasionally chuckling—when the scenery changes?

At the center of the book is a simple metaphor. The push-up is not just a push-up. It is the marriage, the business, the book, the injury, the caregiving, the disappointment, the discipline, the aging process, and the countless acts of maintenance that help keep life moving in a healthy direction.

The push-up is whatever life places in front of us that asks for effort, responsibility, patience, and attention.

While avoidance may offer temporary comfort, it often sends the bill later. Growth and many of life's positive outcomes tend to come from doing the harder things anyway.

"Many people spend their lives trying to become successful," says Kreuter. "Far fewer spend time thinking about how to remain successful. The people I admire most were not necessarily the richest, strongest, or most famous. They were the people who remained curious, engaged, active, and grateful decade after decade."

None of My Push-Ups Have Been Easy is a book about resilience, balance, and the often-overlooked art of staying in the game long enough to enjoy it.

About Henry "Sifu Slim" Kreuter

Henry "Sifu Slim" Kreuter is an author, speaker, wellness coach, and lifelong athlete whose work explores the intersection of human performance, aging, health, resilience, and personal development. Since 2008, he has interviewed over 5,000 athletes and high achievers from a wide range of disciplines. Part coach, part student, and part modern-day Mr. Miyagi, Kreuter challenges readers to rethink conventional ideas about success and pursue lives built not merely on achievement, but on sustainability, balance, and a lasting love of the game.

In a culture obsessed with becoming successful, who is teaching people how to enjoy success, maintain their health, and remain engaged with life for decades to come?