

For those who want to be fit, but life gets in the way.

FIT FOREVER in 40 DAYS

Feel Good First

One simple principle for lifelong health and amazing fitness



"I had to learn the hard way...
Trying to get fit using the conventional
wisdom and guidance out there can be
more than harmful, it can kill you."

MATT MORGAN

Author & Professional fitness trainer

FIT FOREVER

IN

FORTY DAYS

**One Simple Principle to Lifelong Health
and
Amazing Fitness**

by

Matt Morgan

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*“Trying to get fit using the conventional wisdom and guidance can be more than harmful . . .
it can kill you.”*

- Matt Morgan, author and lifelong fitness enthusiast

To my family.

I love you all.

*I'll never be able to thank you enough for putting up with me
during this challenging and creative time.*

I dedicate this book to you.

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Preface

Yes, lifelong fitness really is simple to achieve.

Not used to hearing that? Well, there's a reason. Two actually: industry greed and media hype. I'm here to take those out of the equation and teach you how you CAN achieve amazing results that change your life. And you won't have to spend a fortune to do it. The *Feel Good First* principle I will share with you is not about the workouts, the exercises, or the diet and meal plans—it's about YOU! It's about taking control back from all those outside influences and making right choices that work for you and your body's unique needs.

You alone are in control of your fitness destiny. Dispelling the belief that special products, supplements, dietary aids, or exercise gadgets are the answer is the first step toward your new fit life. You don't need a gym membership, expensive equipment, or a magic pill to reach your goals. You have everything you need within you—a body that's intrinsically designed to be healthy, a mind capable of making choices, and the ability to decide what you do or don't like in terms of physical activity. All I want to do is help you learn how to use those tools so you can be fit and free forever.

By relying on advertised gimmicks you allow external forces to manipulate your fitness achievements. At best, these gimmicks are like crutches that might provide a false sense of security when you attempt a new fitness regimen. More often than not, however, these methods will lure you into thinking you aren't capable of achieving fitness on your own, and will cause you to feel like a failure when the prescribed method falls short—which it will.

You don't need anything besides yourself to "fix" you. All that's required is making the decision to feel good right now, this moment, with who you are—inside and out—and about the choices you are making from this moment forward. Results aren't the primary goal. They are the side effect of taking charge of your own path to fitness. If you only take one thing from this book, let it be that you don't need to get, have, or attain anything before you can feel good about yourself. Feel good now. Like yourself now. Applaud your efforts now. Results will follow because you will be enjoying the journey, and when you enjoy what you are doing, you form habits that are natural and lasting.

Fitness is a lifelong, self-improvement process. By continually trying new things, you will keep your fitness pursuits fresh and fun. That's important. If you don't enjoy an activity or if you become bored with an old favorite, then you know it's time to find an alternative. Don't continue with an activity just for the results, because results aren't the key to happiness. Remember to feel good about yourself each and every day is what will make you happy. It's time to stop clinging onto whatever vision you think is the secret to happiness. *If only I my biceps were larger . . . If only I could fit into those jeans again.* All those nagging in your head are keeping you from truly being happy. Quit it.

It's time to take charge of your life by *Feeling Good First* and creating new healthy habits that will open your life up to untold possibilities. Know why? You might be tempted to think that great things come to those with great physiques (that's what the media tells us, right?), but the truth is that great things come to those with a positive, happy energy. People who feel good about themselves exude confidence. They draw others to them. They are open to opportunity. They are receptive to life. Isn't it your turn to enjoy that kind of life? I think so.

Fit Forever in Forty Days gives you the insight on how to achieve your fitness goals and the tools you need to get started. It's not a quick fix program; it's a life-changing new beginning. I'm not trying to make a quick buck from you. I truly want to help you break out of the vicious cycle that has been created by the fitness industry as a whole. I've "been there, done that," making mistakes and learning the hard way. I want to save you from similar pain by sharing my experience and knowledge. From the bottom of my heart, I wish for you to amaze yourself while achieving success beyond your wildest dreams.

Medical Exercise and Physical Exertion Disclaimer:

The information in this book is presented for educational purposes. Nothing in this book is intended to be used for medical diagnosis or treatment. The information in this book should not be used in place of the advice of your physician or other qualified healthcare provider.

Should you have any other health care related questions, please consult your physician or other qualified health care provider promptly. Always consult with your physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program. You should never disregard medical advice or delay seeking it because of something you have seen or read in this book.

We suggest a consultation with a healthcare specialist or your family doctor to ascertain your suitability to perform physical activity. Should you at any time during any exercise feel a sensation other than the usual tiredness, we suggest you stop the exercise immediately.

Nutritional Disclaimer:

Matt Morgan is not a Registered Dietician and any recommendation for change in diet and or meal planning including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility, and you should consult a physician prior to undergoing any dietary or food supplement changes.

You agree that you are voluntarily participating in these activities and use of these dietary/food supplements and meal planning guidelines and assume all risks of injury, illness, and death. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, and you expressly agree to release and discharge Matt Morgan and GeoFit Inc. from any and all claims or causes of action. You agree to voluntarily give up or wave any right that you may otherwise have to bring legal action against Matt Morgan and GeoFit Inc.

PART ONE

The Feel Good First Principle

I'm sick of all the lying, deceit, and fake secrecy of the fitness industry! Aren't you? I've absolutely had it with every wannabe "health expert guru" flexing his "guns" and shouting louder than the other, "I'm the best in the west!" In the paraphrased words of an ancient wise man who, by the way, was a "guru" (i.e., a teacher of truth) in the truest sense of the word: "It's all illusion." (Siddhartha Gautama, aka Buddha) In my words, I call all this hullabaloo of the fitness industry a bunch of BS. No one detests seeing another health and fitness "magic" technique, or newest "guaranteed to get results" product, or piece of equipment more than me! It sickens me to death. In fact, it almost killed me.

Yes, I nearly died—several times!—in my attempts to achieve optimal levels of physical fitness. And what brought me to my near death experience was relying on the conventional "wisdom," guidance, and popularly accepted teachings and practices of the vast majority of today's fitness industry. This is the very same "wisdom" and guidance most fitness seekers are relying on today that comes from false sources and is based on specious reasoning. This fallacious propaganda is so readily available and so wide spread, it acts like a malicious virus that leads to the eventual breakdown of a once vital and living system. It's gotten so bad that the best fitness advice I may be able to give you is if you see a health fitness "guru" in the middle of the road, kill him before he kills you. Okay, okay . . . I digress. Please don't kill anyone, especially me. But we do need to expose and kill some of our wrong ways of thinking in terms of our health and fitness, along with some serious misguidance within the fitness industry.

Quite honestly, such popular thinking and conventional guidance led to my own physical and emotional breakdown during which I almost gave up entirely. Clawing my way back to life, I saw clearly, for the first time, the wrong thinking that had broken me down. I

had just experienced great devastation and heartache from such thinking, and yet I couldn't help but notice that it was the very same "wrong" thinking deemed acceptable by almost everyone in terms of their health and fitness. And these were dangerous thoughts, to say the least.

This type of thinking easily leads fitness seekers in a direction opposite from their dream. Sure, such wrong thinking and misguidance doesn't have to lead to near death experiences or physical and emotional breakdowns. It may only lead to failure in terms of achieving your fitness dreams. But wouldn't you much rather succeed?

It's time for all the fancy hoopla to be swept aside and to reveal the truth about how best to approach our health and fitness so you can succeed and avoid such tragic failure. It's time someone shared, once and for all, what real, lifelong health and fitness is all about. It's time you learned the truth about WHY WE SUCCEED and WHY WE DON'T SUCCEED when pursuing higher levels of health and fitness.

That's why I wrote this book. At first glance, it might look a lot like all the other fitness books out there, claiming to have "the answer." It's not. And I'm not your regular "fitness guru"—not by a long shot. I don't have a neat, little list of fitness competition placings, magazine cover photos, supplement sponsors, or modeling accomplishments to share with you. I could care less about such things. I'm just a fitness seeker like you. And, if you're like me, you're more interested in hearing how what I've got to share applies to you. You just want to learn the truth that will allow you to achieve any health and fitness dream you set your sights on. If that's what you want, I've got it, and it doesn't start with a pretty little "Don't you want to be like me?" story. Instead, it starts with a not-so-pretty story of

why you don't want to be like me—or at least like the person I used to be when I believed all the industry hype.

My story begins one sad day on my parents' front doorstep; this was the place my seemingly innocuous dream of getting fit and changing my body for the better had finally left me. I was shame-ridden, guilty, embarrassed, and desperate. Finding the courage and strength, on this particular day, to knock on the door and wait for someone to answer was no easy task. It was so hot outside that standing would have been uncomfortable and difficult for someone who was well, let alone broken down like me. The heat continued to rob me of any strength I could muster in my withered, struggling state until I nearly collapsed where I stood. My head pounded and my nauseous, empty stomach writhed with every breath. On this particular day, I was in such pathetic shape, I was literally scraping from the bottom of my “emergency reserves”—within every muscle of my body, every sinew of my spirit—just to remain upright as I waited for someone to open the door.

It was my mother who finally answered. I could immediately sense her fear as she saw me for the first time, barely standing, in such a broken state. My tearing, aching eyes pleaded surrender while begging for help. Everything about my being at that moment cried, “I don't know . . . what to do, where to go . . . I don't know how I got here or how to get out. Please save me!”

My fear had become so overwhelming, and I had reached the point of being so scared now that I was desperately clinging to and acting upon a belief, deep at the core of my being: a self-preserving belief I had unknowingly held since before I could remember.

“My parents can save me from this danger. I need the protection of my parents,” was my only thought.

Instinctually, I stood there on the doorstep, staring back at my mother as feelings of shame and embarrassment began to overwhelm me. There was no escaping the fact that the danger I now needed protection from was me and the hell that had become my life. I had made the choices leading me to where I was. At this point, in this sad moment, this broken state seemed to be entirely my own fault. It was all I could do to get inside the door.

What had started over twelve years earlier—my dream of getting fit and changing my body for the better—had led me down a path that ended in my very near annihilation. Sadly, I would later learn, this story is not mine alone, but rather an all-too-common story belonging to many looking to increase their health and fitness.

But wait a minute! The path I naively followed was that of commonly accepted beliefs, teachings and yes, marketing, within the fitness industry! All this path ended up doing, though, was breaking me down further and further until the smallest of life's tasks (like paying bills and keeping a job) were virtually impossible. From a dream, I had slipped into a darkness that had started with hope and was now ending in despair. I'd gone from ambitious, hard work to utter failure. What had started with seeking help led to quick fixes, performance enhancers, and eventually to substance abuse, none of which could help me now. It all just continued to grind me down, lower and lower. My health was failing. I sacrificed friendship after friendship while continually diminishing my own sense of self-worth. My dream of being fit turned into a nightmare of a life nearly destroyed and beyond repair. This was not what I had set out to do. I just wanted to be happy and feel good, and yet I had never felt worse. Why and how did I end up where I did?

The answers are particularly relevant in terms of needing to correctly understand what true, lifelong fitness really is and how it is attained. However, this book is not like

other fitness books on the market today. It doesn't claim to have some "magical" exercise method or "secret" nutritional technique. It is simply a testament to some very simple yet effective principles that when properly followed generate success. Unlike most fitness books out there, this book is not about promoting a self-claimed guru. If that's what you're looking for, then this book may not be for you. If you can answer with an enthusiastic "YES!" to the following questions, then you've found the right book . . .

- Do you want to be happy and feel good?
- Do you want to achieve your health and fitness dreams?
- Do you want to be healthy and fit for the rest of your life?

Re-learning How to Think About Fitness

To be happy and feel good about your health and fitness goals, you must first understand how to choose *your* successful methods. I will teach you how to do that and how to follow through with achieving your health and fitness dreams. But first, we need to debunk the myths of society's "backward thinking" in terms of fitness and happiness. It's very important to understand what true credibility is, and how to determine when something or someone within the world of fitness is not credible. Most of all, it's important to understand how searching outside of ourselves and believing backward thinking can lead to failure. If left unchecked, these can easily play into the hidden "disconnect" (a systemic breakdown between truth and illusion) within today's fitness industry. The lies, illusions (or, at best, half-truths), and sources of false credibility ultimately lead fitness seekers down depressing, dangerous, and destructive paths. When we expose wrong and backward philosophies, along with this hidden, misleading disconnect, we effectively "kill"

these myths, or at least diminish the power of their seductive claims and free ourselves from their harm.

Let's expose the two most common mistakes that lead us to failure in terms of our health and fitness. After describing each mistake, I'll then explain the simple principle that will allow you to effectively "fix" these mistakes while also overcoming other adversities you may face on your journey to success.

Mistake #1 - Looking for answers where they won't be found

Have you ever heard the story about the man who was wandering around searching frantically for his car keys in the dead of night? Desperate, the man dropped down on his hands and knees, and began rummaging around under the yellow-white glow of a streetlight.

When a police officer stopped and asked what he was doing, the man replied, "I'm looking for my car keys. I dropped them." With that, the police officer began to help the man look for his keys. The two continued searching with no luck until finally the officer stopped and asked the man exactly where he was when he dropped his keys. The man looked up at the officer and said, "I dropped them way back there . . . in that dark alley."

Very frustrated, the officer demanded, "Why are we over here under this streetlight looking for your keys when you know you dropped them way back there?"

The man simply replied, "Because the light is better over here."

This story is a good example of what most of us do in our approach to becoming fit. We make this same mistake almost immediately after making any commitment to fitness. Instead of searching within, we go looking somewhere outside ourselves. By looking "out

there,” the chances of finding the right answers are slim to none. So why do we continually make this mistake?

In a few words: because it appears easier.

It’s not.

Your health and fitness are actually *your* responsibility. Seeking help and guidance is a good idea and a key component of succeeding; but in the end, it’s your job to find the answers to achieving your fitness dreams and goals. It’s your job to find the methods that will work for you, and it’s really not that difficult. Finding the right answer is as simple as knowing how to begin your search and where to look.

I know you may be asking yourself, “How can I know anything about being fit?” Only the “experts” know that stuff . . . right? Wrong. You hold the most important answers to your own health and fitness. The direction you’ll find in this book is only here to guide you, because the truth is that you know more about the most critical aspects of achieving your health and fitness dreams than anyone else . . . period! Don’t you know what you like?! Don’t you have an opinion about the activities you do or do not enjoy?! Don’t you consider your opinion valid?! In the big picture, there are many roads that lead to health and fitness success. So why keep passing the buck of responsibility to someone or something else when only you can choose what’s right for you?

Some of you may tell yourself, “I’m not looking for help, and I don’t buy fitness products because I already know what I should be doing and, therefore, I am claiming responsibility for my health and fitness.” So, my question to you is, why aren’t you doing it? Can’t find the time? Too difficult? Hate those foods? Too hard to keep up with the schedule? Sounds to me like “already knowing what you should be doing” isn’t really working for you.

Yes, I'm being a bit facetious. However, I'm really just trying to shatter some strongly held misperceptions that get in the way of amazing success for a lot of people.

Too many people make this mistake of thinking they're claiming responsibility for their health and fitness but still fail to achieve real success. Just because you feel you already know what you should be doing doesn't mean you're looking to yourself for the answers and aren't allowing yourself to be misled. I made this mistake at the very beginning of my own fitness quest. I figured I already knew what I should be doing in order to get fit, so all that was left was to do it. Wrong! The simple fact remains—if you're not succeeding at your health and fitness efforts, then you're still not claiming responsibility for initially deciding what you like and what is best for you. You're still looking to an outside source to make the decision for you.

We put our faith in what we believe we should be doing because of the information we've acquired along the way from TV, magazines, or other media driven tidbits here and there about celebrities, athletes, and even those fitness infomercials we so commonly see. Sometimes this faith comes from coaches and other experts we've met— drawing from information about activities, exercises, meal plans, etc., that were previously used to achieve fitness results. The problem is that the decision to use these methods is made by placing the focus on what you feel you *should* be doing rather than really taking the time to discover what you want to do or will enjoy, which in effect, skips the initial most vital step toward achieving success. This decision is usually based on the results you think such methods will provide you. Allowing your initial decisions, health desires, and fitness dreams to fall anywhere other than into your own hands is a risky gamble with bad odds, at

best. Even if you feel a method will provide you the results and the happiness you want, not discovering a method you enjoy is the biggest, initial mistake you can make.

You must reclaim responsibility for discovering the methods for achieving the great health and fitness you desire. Understand that it's your job and no one else's to search for and discover methods that you enjoy. Claiming responsibility for your own discovery of lifelong health and fitness in this manner will be the true key to your success.

Mistake #2 – Relying on “results first” thinking

Most of the world starts with a bit of backwards thinking in terms of their health and fitness . . . you know, putting the cart before the horse. They say to the fireplace “Give me heat and I’ll give you some wood.” Now, we all know this is crazy when it comes to the fireplace, but apply it to achieving fitness goals and somehow it becomes acceptable.

Let me rephrase the fireplace analogy.

“Give me some fitness results and I’ll feel good.” Do you see it now?

How about these statements? “If I could just lose 25 pounds, I would be happy.” “If I could just drop three sizes.” “If I could just lose my gut.” “If I could just bench press 200 pounds.” These are all just different ways of restating the fireplace analogy.

One of the problems with this backwards, “results first” thinking is that it blocks real opportunities for success. Instead of helping, it just complicates our choices and leads to failure. Usually, all the failure stemming from this backward thinking approach leads most to conclude, in some way or another, that fitness is impossible for them; so they quit. Those that don't quit become more and more susceptible to the “results only” deceptive marketing of the fitness industry which can perpetuate the cycle of failure—thus causing

each failure to seem more and more devastating because of the money spent and the sheer number of attempts.

This mistake—relying on results first thinking—is actually an extension of Mistake #1, but it is so often the greatest cause of choosing the wrong direction that it deserves to be addressed on its own.

Let's consider for a moment, Kara. Kara is a middle-aged mother who has struggled with weight on and off most of her life. She would really like to have a fit body and experience the vigorous energy and health of her youth. She's enjoyed brief bouts of fitness success, but inevitably her weight has always crept back on. Whenever Kara gains a few pounds, her self-image and self-worth plummets. Her backward thinking tells her that she will only be happy when she gets results from whatever exercise plan or diet she's trying. Kara wants those results, so she endures the pains, struggles, and deprivation without ever stopping to ask if she could or should be enjoying any part of the process.

Kara's also concerned about lifting weights. She assumes it's just for men and feels she will become too bulky and muscular if she attempts any strength training. She's seen some of those "manly" women weight trainers on the cover of popular fitness magazines and jumps to the conclusion that lifting weights will cause her to look the same way. She wants to be stronger, but instead of educating herself on how to go about it correctly, she allows herself to believe her false assumptions and restricts her fitness methods to mostly cardiovascular-based choices, even though she finds them boring and too time consuming. One time she chooses to get fit by running. The next time she tries biking, and finally she tries aerobics. Her meal plans range from eliminating carbs, to low calorie diets, to some

crazy method she heard about from a friend. Each attempt ends before she gets her desired results.

Due to her backwards “results first” thinking, she initially notices the marketing of a product based on the results the program promises, so she decides to purchase. It turns out she hates the type of exercise and meal plans associated with the program, so after a short while, she quits. She goes on to attempt a few more marketed programs, always being swayed by the results she wants, only to discover more dreaded methods and activities. She keeps repeating these attempts, each time forcing herself to do things she does not enjoy until she finally can't take it any longer and quits for good. She may have lost a couple pounds along the way, but every time she quits, the pounds come back in half the time she spent struggling to get them off.

Kara blames herself for not having enough willpower or determination. She allows herself to accept her mind's programming that she is a failure at fitness, and that fitness is not enjoyable or fun. To her, fitness is difficult, if not impossible to achieve. So she quits, never having reached her goals, deciding that she is just unable to have the fit body and vigorous health that she once dreamt of. These results are not at all aligned with her original desires. Her “results first” backward thinking has failed her.

This backward thinking easily plays right into the marketing of the vast number of fitness products and methods out there. When we become entranced by these false promises, the attempts and failures can really begin to add up, wreaking a lot of emotional havoc. Once you begin to buy fitness products, backwards "results first" thinking not only blocks success, it can lead to some very dangerous decisions.

Now let's consider Chloe. She's a nineteen-year-old college freshman who's discovering how the world receives those who are lean, trim, and sexy. She exercises as much as her busy schedule allows. She applies her backward thinking by believing that in order to be happy she's got to get or maintain the same small physique as those she considers beautiful and successful. She follows celebrities, athletes, and models, and keeps a close eye on their figures along with their exercise and diet routines. The magazines and internet help her keep up with it all. Given her tunnel-vision "results first" thinking, she visually and emotionally locks onto those with attractive bodies, including the products they endorse. With all the hustle and bustle of college, she's finding it hard to set aside time for exercising, and she's still not very good at making healthy nutritional choices on the go. She's having a hard time maintaining her desired physique. Chloe sees her weight continuing to rise, so she decides to give some of these luring products a try.

Many products marketed toward Chloe contain dangerous and powerful stimulants, leading to many unwanted side effects like insomnia and addiction. Even if Chloe is lucky enough to avoid the worst of the side effects, chances are good that she won't get the results she wants while using these products. And if she does get any results, the moment she stops taking the product the results will disappear. Even worse, her physique appears less appealing than before she attempted the products. Nevertheless, she blames herself time and time again for not being able to achieve the results she thinks she needs in order to be happy. She feels like she's an utter failure.

One day, Chloe finds out that her favorite celebrity endorser of one of the products she tried has an eating disorder and has been starving herself in order to look the way she does. Now Chloe is torn between accepting that she was a failure and feeling as though she

was tricked. She's also torn because she really looked up to and believed in such celebrity endorsers, and now starts to think that if such behavior is acceptable for them, then it may, in fact, be acceptable for her. Still believing that the only way she can be happy is to achieve the result she wants, she decides to use similar starvation techniques. At first, Chloe may not realize the danger of the path she's heading down. By starving herself, though, she's running the risk of doing permanent damage to her body. Eating disorders are both physically and emotionally destructive. Many don't survive, and for those that do, recovery is a lifelong ordeal, often including health problems that last for years and therapeutic intervention to help overcome the distorted self-perception and self-esteem issues associated with these disorders

Once again, these results are not in alignment with Chloe's original desires, but it's the backwards thinking that has brought her here. She's gone from someone seeking a slim, trim physique to someone who is now doing serious damage to herself.

Searching somewhere outside of yourself for the most important answers to your health and fitness doesn't work. Backwards, "results first" thinking doesn't work. Unless, by some stroke of luck, you end up really enjoying these methods and avoid doing any harm to yourself, methods chosen using such faulty thinking will be wrong and possibly, dangerous for you.

Using incorrect methods, aka "The cycle of failure"

Choosing or purchasing incorrect methods eventually lead users to incomplete workouts and meal plans that can't be followed, ultimately garnering little or no favorable results. A lack of results and the inability to complete programs leads users to the

inevitable perception of failure. The worst part is this “failure” is often followed by guilt, shame, and a deep and great heartache wherein users place all of the blame upon themselves for not being able to follow through. This “failing” behavior can be repeated time and time again. With each new attempt, users either substitute a greater effort or a new, random method without addressing the simple, necessary information that can lead to any true success. These failures can continue until the fitness dream finally becomes seemingly futile and out of reach.

Those who start the pursuit of such an innocent and beneficial goal of improving their health and fitness can ultimately wind up succumbing to a growing sadness and sense of failure. This happens all too often when people make the mistake of choosing to believe that the power to succeed is somewhere outside of themselves, and that the only way they can feel good and be happy is by obtaining the results they want. These bad feelings associated with fitness lead many to falsely believe that being fit is only possible for those with more self-control, willpower, time and money, or better genetics. The truth is that most fitness plans don’t fail because of a faulty method or even for lack of self-control, willpower, time, money, or genetics; they fail because the search for the happiness and success truly desired began in the wrong place, in the wrong way.

Continuing to choose methods from this mindset either leads to failure or eventually to the “bright lights” of the fitness industry where a vast number of misleading methods are just waiting to be incorrectly chosen.

Chasing the “bright lights” of the fitness industry

One of the greatest problems with shirking responsibility for finding the most important answers to your success and backward “results first” thinking is that you become very susceptible to the majority of fitness marketing. Such marketing distorts your thinking and creates the illusion that the only way you’ll find what you’re looking for is by buying their products. Almost all fitness advertising confirms this illusory belief system by exclaiming, “Yes, there definitely IS something missing and here are all the reasons you aren’t good enough and why you should be unhappy. You’ll never find what you’re looking for on your own, but just look here. This miracle product will fix you.” Followed by, “Oops, that product didn’t work. Try this one.” And so on.

Don’t get me wrong. Some of the fitness products and methods out there can be helpful. Yet the majority of advertising for fitness products and methods spend little or no time addressing and sharing the information necessary for you to make the correct decision as to whether or not a product or method will be good for *you*. Instead, these advertisements focus on exploiting powerful emotions, drawing you in by promising you the happiness and joy they want you to believe is missing from your life. Their marketing plays into your faulty thinking by misdirecting your attention to the “benefits” bestowed once you get the desired results from using their product or method. When most of the marketing is focused on results in an effort to sell “happiness,” the initial and most critical challenge to lifelong fitness is skipped; unless you, the consumer, have accidentally stumbled upon a method that you truly enjoy, you’ll get little or no results from using it.

Because of this missing yet vital information, many fitness-seekers unwisely purchase these products and methods.

Think I'm wrong? How many times have you started and stopped the latest or greatest fitness plan or diet that was "guaranteed" to get the results you wanted? Not you? Okay, how many times have you seen others starting and stopping a fitness plan or diet? The answer is a lot! As a fitness professional, I see it all the time. In my own life, it nearly destroyed me.

My own road to fitness (How not to do it)

Lying on my stomach with a pillow tucked under my chin to support my lazy head, I took in as much television as I could before either Mom or Dad came in. These moments, although common, felt fleeting to me and my siblings, because in the back of each of our minds lurked "the question." You know "the question." It goes like this: "Is that all you're going to do today?" Sometimes the question came in slightly different forms like: "Have you done what I asked you to do?" or "Is your homework done and your room clean?" The question always meant the same thing. TV time is over.

On this particular day, I needed no help from "the question" in order to get my butt moving. A seemingly spontaneous motivation compelled me to spring up from the living room floor and drove me upstairs and out onto the back balcony. Dad had an old bench press out there, the kind with the hollow bar and cement weights covered with plastic. Remember those? It was 1990 and the fitness bug had just bitten this fifteen-year-old, wet-behind-the-ears kid right in the behind. Almost inexplicably, in what seemed like an involuntary and uncontrollable bout of exercise, my desire translated into action.

Yeah, yeah, all teens do this kind of stuff, right? One of the reasons I remember this day so vividly is because it was raining cats and dogs out there on that uncovered balcony. I remember pausing, only briefly, to ponder the feeling of the cold rain on my skin and how silly this may look, and how I would explain myself to anyone who happened to see me. I quickly countered these thoughts by reminding myself of the amount of heat the body generates when its muscles are working hard, and since I figured I had a good chance of making it through the workout without anyone noticing me, there'd be no need for explanation. I applied the last little bit of encouragement necessary to move me forward by realizing that if I didn't start right then and right there, I may never start and might never achieve the physique I truly desired. No sir, nothing shy of a well-placed lightning bolt from the unrelenting storm that ensued was going to stop my determined march toward the "land of the fit" on that particular day. Before I knew it, I was out there in the rain, drawing from some anonymous determination that motivated me to work harder than I ever had before. When it was all said and done, I was soaked to the core and completely worn out.

Why had I spontaneously begun my quest to be fit like I did? What had compelled me to go outside in the pouring rain and work harder than I ever had? Deep down, I had begun to feel weak, small, frail and—for the most part—undesirable. I had begun to develop great reverence for big, strong muscles, and I always felt insignificant when comparing myself to people who were fit and muscular. Yeah, I was lacking in the self-esteem department, but now that I'm older and see the world with wiser eyes, I can attribute a lot of these feelings of inadequacy to the messages that were being sent my way via ads, magazines, TV, etc. On that particular day, all of the pieces to the puzzle seemed to line up perfectly for me so that I would read the message clearly:

Being fit = Happiness

Yes, I had concluded so strongly that having a fit physique would make me so very happy, that I jumped up and began to immediately pursue that goal of happiness—as I then understood it, that is. My understanding was that if I really wanted to be happy badly enough (and who doesn't?), all I had to do was be fit. The way I saw it, I would endure anything for the happiness that having a great physique would bring me; hard work seemed like a small price to pay. So I made the commitment to myself that I would do whatever it took, from that point forward, to succeed.

Even at such a young age, I had already seen and heard enough to know that the fitness game was all about discipline, hard work, deprivation, dedication, and commitment. (I still consider this to be one of the most commonly accepted myths about fitness today). Being young, naïve, and arrogant, I concluded that I had, or could easily muster up, all of the above-mentioned prerequisites. At that point in my life, my limited understanding of fitness led me to believe that in order to be successful, all I had to do was maintain an activity level most people couldn't, eat things most people wouldn't, and deny myself everything most people regularly enjoyed. I thought if I could follow those simple guidelines rigorously enough and long enough, I would develop all the muscles I wanted and basically astound everyone with my super-fit physique. Why, in no time at all, I would be receiving endless praise from peers and strangers alike, and the girls would soon be losing control of themselves in my irresistible presence. Yes, it's funny and embarrassing now, but I actually do remember feeling as though I would probably be better at "being fit" than most anyone else. Deep down, I also knew I couldn't share such superficial goals and

outright arrogance, lest everyone think I was some kind of weirdo, and I was too headstrong to ask for or accept any help. Hence, I would have to go it alone.

I held this lone star mindset for more than two years. During that time, I constantly trained with those plastic weights and ran a lot because I didn't want to get fat (which is hilarious now, considering I only weighed about 120 pounds back then). Having anything less than a lean, muscular physique didn't seem like happiness to me, so I was completely reluctant to put on an ounce of body fat.

I continued to work my butt off in the most disciplined, hard-working and determined fashion I could until the day came that I finally had to accept the fact that no matter how hard I exercised and how dedicated I remained to the daily rigors of my torturous routines, I had achieved next to no discernible results in my eyes. Yes, I was stronger. But how much stronger? I couldn't say exactly because I hadn't monitored my strength in any way. Similarly, I could also run nonstop for a long time (as compared to hardly being able to run at all when I first started exercising), but how much farther or longer, I couldn't tell you since I hadn't measured any of those results either.

The superficial yardstick—my mental image of what I was supposed to look like—that I had decided to measure my results with was letting me down. Placing all of my effort into achieving an image rather than pursuing and achieving something I could actually measure left me feeling as though I'd achieved little or no noticeable success. No one was complimenting me. The girls all seemed to walk by without having to fight too strongly the irresistible urge to swoon or faint in my presence. I especially felt as though I wasn't achieving my goals when comparing my physique to heroes like Schwarzenegger, Ferrigno, and a host of others I considered to be successfully fit. The results I obtained, it seemed

clear to me, didn't even come close to matching the images I held in my head of the fit physique I believed necessary for true happiness. Without such results, I felt stuck in this land of mediocrity, leading a meager existence, undeserving of any praise or recognition for the massive amount of work I had put forth. Physically, I was worn out, over-trained, tired and achy. Mentally, I had come to dread exercise and yet, I still could not feel good about what I had been trying to achieve. It was clear my chosen path was not leading me any closer to being happy. Down but unwilling to give up on happiness, I decided I would seek help.

I didn't know it at the time, but the decision to seek help and learn from others is a natural part of accomplishing meaningful goals—especially goals as challenging as changing our bodies, becoming fit, and achieving lifelong fitness. The decision to seek help would open my world to some of the beneficial guidance I had been searching for in order to accomplish my goals. However, due to a lack of understanding (which a book like this would've really helped me with!), this help-seeking adventure would also expose me to the huge disconnect that exists within the marketing and advertising world of fitness. This disconnect would leave me feeling more of a failure than ever before and gradually lead me to some of the most dangerous and worst decisions of my life.

The good news was, once I opened myself to the idea of seeking help, I no longer had to “re-invent the fitness wheel,” so to speak. I began to learn and understand that what I had been doing was both wrong and right. Almost overnight, I went from hardly reading anything about fitness to consuming every bit of information I could get my hands on. There were so many differing techniques, methods, and philosophies—all claiming to be

the best. Many times the information presented in one method would be completely contradictory to another. Deciding what to believe became the new challenge.

However, there was no mistaking the fact that I still strongly believed that being fit would make me happy. That strong belief continued to reinforce my long-term commitment to do whatever it took to achieve that happiness. I had already experienced more than two years of brutal, hard work and deprivation, during which time I felt as though I had achieved little or no discernible fitness results. Due to my growing sense of failure, in terms of reaching my fitness goals and my unwillingness to give up on my commitment, I had finally humbled myself to this point of seeking help. The problem was, the help I sought came mainly in the form of articles and ads in magazines (which are, for the most part, nothing more than sales catalogs in disguise), or a sales person at the local supplement store. Not knowing any better, I accepted a lot of false credibility from expensive, misleading advertising without yet understanding that, often times, the marketers of such products were motivated purely by profit rather than providing real solutions. Thinking I had found some real help and real answers, I jumped in with both feet, buying everything my small budget could afford.

I purchased product after product, and I tried method after method and still did not achieve the results I desired. All the while, I continued to place the blame on myself. This became a powerfully depressing process, breaking down my belief in myself a little more each time. Every attempt ended up making me feel as though I had failed and had wasted yet even more money. I finally reached a point when I seriously began to doubt whether I had what it took to be fit. But, I was still convinced that achieving a fit body was tantamount to possessing happiness. How could I give up on happiness?! Giving up on

happiness, for me, was like giving up altogether. After all, what's the point of life without feelings of joy, love, and happiness?

Call me naïve, ignorant, hardheaded or whatever you like. (I prefer determined.) It took me another three to four years to see and understand that things weren't going the way I wanted. Although I was buying as many fitness-related products and materials as I could, I still was not getting the results I desired. Something wasn't right, and it only took a little more education—this time from a peer—to learn a secret about the fitness industry that confirmed the fact that I'd been seriously duped.

How I Learned About the Dirty Little Secret of Fitness

By the time I was in college, not only was I meeting open-minded, educated people, but I was READY to open my mind and learn. I had just finished listening to a lecture in a one of the more philosophical based, fitness-related classes I was taking at the time. I really enjoyed this particular class because it encouraged me to think on my own, drawing from my intuition and sense of right and wrong. It was the type of class that left you feeling empowered, not like you knew it all but confident that with a little rational thought you could figure things out. Note-taking was optional but conversation, so long as it was productive and on topic, was always encouraged.

On this particular day, the conversation had spilled over well after class and we were all hanging around when the discussion turned toward bodybuilding heroes. Of course, I had an opinion on that topic, as did a number of other fellow weight lifters participating in this discussion. The debate quickly arose over who was the better all-time bodybuilder, Arnold Schwarzenegger or Lou Ferrigno. And then . . . the subject of steroids

came up. This was a topic I rarely discussed, as my opinion on steroids was limited to thinking that only crazed freaks with a death wish messed with that stuff. That's when someone whom I considered to be a highly educated and influential individual at the time boldly claimed, "All these guys are on steroids. A person can only achieve very little in comparison when training naturally." I was shocked to hear this being said so casually. I had participated in many conversations about bodybuilding heroes and rarely had the subject of steroids even come up, let alone presented itself in such a seemingly factual and encompassing statement. I really had no response, so I just stood there speechless and motionless. In my mind, I tried to dismiss this individual's claim as one of those radical statements made by people just blurting out reactionary nonsense that no one really listens to. After all, he was referring to some of my heroes. But deep down, I knew he had been too educated, rational, and influential in the past to have his statements dismissed so easily. Why would he start making nonsensical statements now? Like a deer in the headlights, I wore my shocked expression for everyone to see. Sensing my disturbance and disbelief, he said he had a book that would explain everything. I was disturbed and yet very intrigued. I really yearned for some answers.

Shortly after our conversation this individual gave me that book. I quickly took it home and read it cover to cover several times. I really devoured and dissected that book, reading it again and again, constantly comparing any seemingly contrasting information. I was testing and challenging it for consistency at every turn. For days, I couldn't put the book down, feeling the need to hide, rather than risk being discovered as I continued to consume page after page of this "off limits" topic. It didn't contain any advertisements. The book gave the history of steroids and performance enhancers, where they came from, and

how and why they were created. It was chock full of information about what bodybuilders were really doing in order to achieve results. The book claimed that steroids and performance enhancers could actually be used to increase one's health, and cited many of the medical uses and benefits. It also reported some short-term sided effects, but nothing scary enough to deter as they all seemed very minor and reversible upon cessation of the drugs. Long-term side effects were not acknowledged and left to the assumption of non-existence. Abuse was acknowledged and discouraged, but sensible use, if one was really interested in creating the type of physique that was revered and admired by many, was all but encouraged.

Despite my most scrutinizing efforts, I couldn't find a single reason to discredit the information contained within those pages. It was enticing, to say the least. For someone who had put in the amount of work I had, spending years cultivating a greater desire to achieve an amazing physique, only to receive very little in return, the idea that I could get what I wanted without risk was quite attractive and very easy to believe.

It was apparent that I had been cheated out of a lot of time, effort, and money. For that I was angry, but I was also completely captivated. More importantly, I felt a great sense of relief to know there really wasn't anything wrong with me. It wasn't my fault that I hadn't achieved the same results as those I had been comparing myself with. I felt, and moreover, wanted to feel as though I had discovered some real truth. After all, this highly influential individual was just sharing information with me. He was "enlightening" me. He didn't have anything to gain from the transaction. He wasn't trying to sell anything or profit from me in any way, unlike the magazines and supplement salespeople constantly touting the next "latest and greatest" fitness product. He wasn't selling steroids or performance

enhancers. He didn't even take them himself. He was just giving me my first dose of reality within the world of fitness. The same held true for the book he gave me—no obvious ulterior motives, just truthful information.

Oh, how all the publications, periodicals, and magazines now looked different to me! All of a sudden, a big, rarely mentioned “taboo” was, in fact, the dirty little secret to creating a lot of these fit bodies. I saw the man behind the curtain pulling the ropes. After only a little searching, I soon found more of those who knew of this little secret and took the drugs themselves. I'd really discovered some serious corruption and deceit. The naïve boy—who was ready to give up after years of hard work and who felt he was a failure after getting repeatedly chewed up and spit out by the vicious, fitness marketing machine—was no more. Now I stood tall, feeling empowered by my newfound knowledge. The influential individual and the book he shared had opened my eyes. At the time, I really believed it to be the whole truth (even though it wasn't) and the answer to the happiness I sought for so long.

Today, such faulty and misleading information is much more accessible and is extremely dangerous because the drugs are even easier to acquire. Half-truths and harmful information play right into the strong desire of fitness seekers to succeed, especially for young men looking to achieve results and receive recognition for their fitness efforts. Such newfound, underground knowledge left me feeling as though I had discovered the real answer and, with it, I now held the keys to my own destiny. Those getting the results I had worked so hard toward were the people I saw as successful and, most of all, happy. Yet, now I began to see them all as sharing in this dirty little secret. Consequently, my decision

to join them and enter into the superficial “I’m-better-than-you world” of steroids and performance enhancers was nearly effortless.

Please understand, this story is not meant as an excuse. There’s no excuse for my decision. I’m also not claiming that everyone within the fitness industry is using steroids and performance enhancers. I’m simply stating that the use of steroids and performance enhancers is going on, more today than ever, by many who are being viewed as heroes within the industry, and discovering such half-truths, ignorance and dangerous information can be very influential and harmful for many fitness seekers.

Here’s the whole truth:

The choice to use steroids and performance enhancers (excluding necessary, supervised medical instances) is a dangerous one. Regardless of whether someone argues the absence of side effects for proper and short-term use, these are very dangerous, psychologically and physically addictive drugs. Within a short period of use, these drugs can prove nearly impossible to quit due to the strong effects they have on the body and the deficiency they leave. Anyone assuming to use these drugs short-term and without consequence is at the beginning of a path that has killed many. Such thinking is foolish, and carries lifelong consequences. Steroids and performance enhancers can and will improve your performance, but at a huge cost to your health and wellbeing. The effects may or may not be immediate, but for long-term users and abusers they are guaranteed; many who start with short-term intentions become long-term users and/or abusers of these powerful drugs. This is how I got in trouble with them. I thought I could use them for a just short

while and quit, but I continued to use and abuse them for years. The short-term side effects were very apparent. I'm yet to learn what long-term consequences are in my future.

My story is meant to show just how huge the disconnect is within the fitness industry. It can easily lead those seeking help down a very perilous path. The journey of descent can begin with a simple decision that looks like it could lead to true happiness. Choosing to use steroids and performance enhancers took me down a negative and destructive path full of dangerous health choices. The truth is, those that survive these hazardous and potentially life-threatening decisions are often left with very strong feelings of shame, guilt, and personal failure. The sad and stark reality is not everyone survives.

Becoming a member of the secret "insider's" club didn't take long, either. Before I knew it, I looked like the guys on the magazines as I developed big, strong muscles. For a while, I basked in my undeserved credibility, looking down on others while dispensing ignorant advice as if I had written the book on making muscles. Never did I speak of the "secret truth" behind my success with anyone except for those "in the know" who were doing the same thing. Using steroids and performance enhancers felt like finding the "holy grail" of the fitness underworld; it seemed to grant me the happiness I had sought for so long—at least at first.

It wasn't long until I began to piece together a clear picture of what was really going on. The more muscle I put on and the stronger I became, the more people began to ask me for help and advice. I began recognizing the familiar look on the innocent faces of younger fitness seekers, truly searching for the answers to happiness as they started to consult with and confide in me. They were looking to me for advice, treating me like a hero, and marveling at how I could create so much muscle and be as strong as I was, believing that

someone like me would never take steroids. I knew that they too held the same view as I once did about steroids. That they were just for the crazed freaks with a death wish, and that none of the ones they really looked up to would dare use them. In them I saw my former self: determined yet feeling like a total failure, and not as good as those whom I admired.

Of course, I had learned many of my role models were lying, and now there was no escaping the fact that I, too, was living a lie. My conscience would not let me get away with this. More than anyone, I knew firsthand the amount of time, effort, money, not to mention blood, sweat, and tears that young fitness seekers can put into pursuing their goals. I also knew that, just like I had, they would likely end up feeling like failures. Only this time, I would be the lying cheater they'd be spending time listening to and believing in. ME. I was going to be the one that made them feel all of those negative self-doubts and inadequacies that I, myself, had felt not so long before. As much as this weighed on my mind, I wasn't ready to do anything about it. I wasn't ready to let go of the "magic" answer. The false sense of success that came with it was too powerful.

At first, my choice to use steroids seemed so empowering and satisfying. Once I learned that all I had to do was add a little something else, combined with the huge effort that I had already been giving to my exercise, it all came together. At the time, it seemed as though everyone else getting great fitness results was doing the same thing. So, no problem. Right?

The more I cheated the bigger and more muscular I got. And with this vicious cycle, the more undeserved credibility I was given by those who didn't know the truth. There was no escaping the fact that I was continuing to lie and cheating more and more, and yet all

everyone seemed to be doing was giving me praise for all my hard work. My pained conscience gradually broke me down a little lower every moment of every day. Before long, no amount of steroids, performance enhancers, or even substance abuse could cover or soothe the shame I felt. Believe me, I tried! I eventually began to experience severe health issues as a result of my growing abuse of alcohol and other substances, a behavior that was a manifestation of my feeble attempt to try and hide from the guilt and shame I constantly felt.

For me, this was the beginning of the end, where all control rapidly began slipping away. By that time, my physique had become my entire identity; maintaining my muscle and strength meant taking more steroids and other drugs. I was systematically breaking my body down with harmful and addictive substances. The more drugs I took, the more damage I did—not only to my physical body, but also to my sense of self-worth. And my guilt continued to increase right along with everything else.

I reached a point where I knew that any credibility I received was completely undeserved, because my life bore no resemblance to anything health- or fitness-related. Whenever I received compliments or had someone ask me for my advice, I only felt worse. I experienced no sense of relief or comfort from the majority of my superficial friends who actually knew what I was doing as I began trying to confide in them, hoping for some kind of help and guidance. Most of them didn't seem to care about me beyond trying to be stronger than me, look better than me, or to get drugs from me. There were a lot of moments when I'd look in the mirror and not feel at all acquainted with the image staring back at me. This downward spiral took me so low that the smallest of life's tasks became unbearable and nearly impossible to manage.

My feelings of shame, guilt, and embarrassment were accurate and deserved. I knew I had not been brought up by my parents to behave like this. They had raised me to be responsible and honest. I had no legitimate excuse for my poor choices. My parents believed in me so much that I became a master at hiding my behavior from them; I knew that if they actually had known what I'd been up to, they would've been deeply disappointed. That was one more piece of shame and guilt adding to my burden that I did not want to face.

Finally the day came, after days of sleeplessness caused by abuses that had escalated beyond any and all control, that my body began to shut down. I reached my breaking point. I was experiencing uncontrollable shaking, difficulty breathing, a very erratic heart rate, and blood pressure fluctuations that left me weak and on the verge of fainting when I stood. Sadly, there were a few times in my darkest years when I had experienced these near death symptoms before but had somehow managed to survive. This time was different. I began to experience an anxiety associated with the thought of my parents receiving the news of my death or worse, finding me dead with no understanding of the explanation the coroner would cite as "cause of death." This time, I did not think I would somehow pull out of it. I knew my survival was hanging on a thread.

In an emergency-instinctual action, I desperately sought my parents' help. I'd lived this despicable lie long enough. I'd pushed myself to the edge of death with the self-destructive behaviors and habits that had accompanied them. For a brief moment, I saw it clearly—the problem would never go away without help. It was only growing worse. I didn't want to die. I wanted the nightmare to end and a chance to start over. I resolved to never make such horrible choices again, but first I needed to survive. The time for truth had

come. If I really wanted another chance at life, I knew I could no longer hide the consequences of my poor choices and the lie I'd been living. I mustered all my strength to get to my parent's doorstep, where I waited on the verge of collapse, praying they could save me.

Thank God for Mom and Dad's unconditional love. Yeah, they were disciplinarians, and yeah, they sometimes cut TV time short when we were kids in order to hold us accountable or to kick our butts outside for some real activity. But, in the end, they provided stability and security in their unwavering rules and love. If I did not have the parents that I do, I would not be here today. I'm thankful for that self-preserving belief they instilled in me long ago that gave me the courage to go home on that fateful day. Had they not been there to help me, I would likely have continued down that destructive path to even greater devastation that would've either been permanently damaging or life ending. Thank you Mom and Dad!

After a story like that I guess you could say I had been completely successful . . . at doing everything I could the wrong way. I'd beaten myself nearly to death doing what I thought I should to chase superficial goals with a "results only" mentality. Worst of all, I'd disappointed those who loved, cared for, and believed in me. I should have been much more discerning when deciding who was trustworthy and credible. Instead, I'd played myself right into the backwards, "results first," disconnected world of fitness. Had I known better, I would've been much more cautious and skeptical, and would've discovered simpler ways to search for what I needed and how to avoid being misled. Instead, I ended up learning the hard way that buying fitness products and programs that don't get results

is the least of all the disappointments that can happen. It's very possible and all too easy for someone to take a much more dangerous, horrible, and quite possibly, fatal turn.

A lesson in credibility: Is it a fish, or fishing?

Be a skeptic! That's my best advice for avoiding the dangerous path I traveled. Don't believe everything you read and see about fitness. Don't entrust your health without verifying credibility of the so-called expert who's espousing wisdom. There are so many in this industry who care nothing for your success or well being. You would be appalled to know just how much money and effort is spent, how many times the truth gets twisted and distorted, and how many lies are manufactured by the majority of the fitness marketing machine just to get your money. The almighty dollar is all they care about, not whether you will actually benefit from what they're selling.

If only I had followed this one, simple rule and not been as trusting and naïve as I was, I would have avoided a lot of difficulty. Always be skeptical of any fitness information, programs, and products for sale, especially if the manufacturer, vendor, or marketer is unwilling to fully share their method with you. It's sad, but you've got to set your senses on high, remaining wary in order to avoid being misled. If the only reaction they want from you, the consumer, is to pull out your wallet, then buyer beware! It's a veritable crapshoot as to whether the product is going to help you or not.

How many fish are there in the sea? How many different ways are there to achieve your dream of lifelong health and fitness? Walking, running, climbing, biking, bodybuilding, yoga, pilates, hiking, swimming . . . the list is endless. Wonderful health and fitness results have been achieved using them all. Beautiful physiques have been created using countless

methods. Our bodies are designed to be active and fit. The truth is, the process is not so specific. You can achieve success in many different ways. I (or anyone else, for that matter) have no business standing between you and your desire to be healthy and fit, trying to trick you into paying me for my secret or magic method, when I know dang well you could easily be achieving success right alongside me using a number of different methods.

Getting and staying fit should be a natural, desirable, necessary and yes, enjoyable process. As much time as I've just spent telling you why you need to be skeptical, I'm not about to turn-around and say, "Hey, do it my way!" To claim that my way is superior or the only way would undermine everything I believe in and the entire point of this book. Yes, my way works for me. I have achieved results with my now-healthy approach to achieving lifelong fitness and health with the nutrition and exercise options I have chosen; however, I know that true success is based on developing habits of regular activity and healthy behaviors that are sustained naturally because they are satisfying, enjoyable, and we feel genuine happiness from the experience.

With general fitness seekers, the method or process is far more important than the outcome or results at first. We are talking about a way of living, so it's the long-term repetition of methods and processes that will produce the optimal outcome. A credible fitness product or program will describe why the experience—not fast results—is superior. What makes the program desirable? What do users like about the experience? Can it be safely used long term? And, would I truly enjoy incorporating this into my daily life? When evaluating credibility, you should be able to answer those questions from the descriptiveness of the claim.

Credible programs know that not one solution is the right solution; there need to be options that suit the individual. They help you decide if their program is right for you. Here's an example of what I consider to be a credible superiority claim comparing a weight training program to a long distance running program:

Weight training is superior to long distance running for those who want to pump their muscles and increase their strength. Weight training creates feelings of “full” and “strong” muscles much more so than long distance running.

Another example using the opposite scenario:

Long distance running is superior to weight training for those looking for a very meditative experience where great satisfaction is derived from the distance covered and ability to maintain high levels of activity for sustained periods of time. Long distance running produces a greater steady-state cardio workout and is a far greater experience than weight training for those who enjoy exercising outdoors.

These simple descriptions allow someone to decide whether they would like to choose a fitness experience to pump and strengthen muscles or more of an endurance and meditative activity. Many factors are important to making the personal decision of which method is preferable. Such honest disclosures make it easier for potential users to decide if they would like to give the particular fitness method a try. Descriptive claims greatly increase the chances of users finding methods they will actually enjoy.

In terms of credibility and marketing fitness products, if a vendor has taken the time to describe the methods and experiences in detail, I see no harm in sharing some of the results regular users have experienced. Sure, in specific situations, results are the most important factor, such as evaluating a rehabilitation specialist or hiring a professional coach to begin training for high-level competitions. But for those simply looking to become fit and live happily, I disagree with claims of superiority based purely on results. For the majority of us, such claims are just silly. Remember, finding a fitness experience you enjoy is much more important to your long-term success than anything else, including quick results.

So ask yourself, is it a fish or is it fishing? I'm sure you've figured out by now that "fish" is a metaphor for any fitness product, supplement or "secret" method that you must pay for, that's marketed to us, the general fitness seekers. After all, what good have I really done you if I sell you a fish by using false credibility, showing you shiny pictures and blown out testimonials about results to prove that my fish is the best fish? In the worst case scenario, my fish makes you sick or hurts you because I spent more time and money marketing it rather than actually studying, using, and testing it. Or maybe you don't like my fish and you get no satisfaction or results from it, and you blame yourself. If by some rare stroke of luck, you like my fish, and I get you "hooked" (sorry for the pun) on it. Then, from that point on, you must return to buy a fish from me because I'm the only one who can provide you with your magic fish. However, if I've taught you, somewhere along the way, to be self-sufficient by "fishing," you are now empowered to be successful without me (or my

fish). How many get-fit-quick programs or lose-weight-now pills want you to become self-sufficient? None. The only thing they encourage is buying more.

The point is, unless I teach you to be self-sufficient, you will always need me to supply the fish whenever you run out, for the rest of your life or for as long as you want to keep experiencing the perceived happiness you get from it. What happens when I'm gone? What, then, have I really given you? Have I given you a fish or have I taught you to fish? Is tricking you into paying for my fish credible? Not in today's fish market, but for some strange "fishy" reason (pun intended), it's the most popular way to sell health and fitness methods and products today.

To me, it's just plain BS. I'll never hide my methods from you. I'll always give them to you for free. And I'm probably going to piss off a lot of other "fitness professionals" in the process. Oh well. Here it is. In my opinion, true credibility, in terms of health and fitness, is about teaching you to fish, or rather, to take care of and sustain yourself without external help. True credibility is caring about both your short-term and lifelong success. True credibility is about knowing that what I'm sharing with you will not only help you survive, but also thrive—with or without me, my help, my services or products.

My promise to you

As a person with a true understanding of your desire to be happy and fit for the rest of your life, here's my promise to you: I will give you help that is grounded in my knowledge, but goes beyond to help you the way you need help. My objective is to teach you how to easily and effectively get involved with your own process of lifelong fitness. I truly care about your success and wish to protect, guide, and help you. I care about your

wellbeing, health, and happiness. Most importantly, the information I'm sharing is designed to see you through your process the whole way. I will always be truthful with you—sharing everything I have learned and know, even my faults and struggles. I'm sharing a way of living and improving your life so that you can have all the happiness you desire. The success I wish for you is not temporary, nor is it dependent upon you purchasing products from me or giving me your money. I have no desire to trick or mislead you. I care about your immediate results and your lifelong results. I want you to achieve everything you've ever imagined, and more.

Why this book exists

I wrote this book because my journey and search led me to a revelation. This revelation and understanding was so powerful and yet so simple and commonly missed, I knew I needed to share it—

Seek and choose exercise and better nutritional habits on a regular basis because they make you feel good, raise your energy levels, and bring you happiness, joy, peace, wellbeing, health, and love. Do this and the results you desire will follow.

This type of thinking is the fundamental truth for creating lifelong healthy, natural habits that will really serve you and give you more than you could ever imagine.

This book exists because I know that many folks left in the wake of the fitness, money-making, marketing machine never fully understand how great they really are. Many never get the chance to understand what they are truly capable of, even if they never completed a fitness program or successfully got those “guaranteed” results that were

promised. Achieving and maintaining amazing lifelong health and fitness results isn't about a diet or a secret technique, it's about learning how to live. It's your job to discover how you want to live your life. Really, I'm just here to share some insights that may help you on your way.

There's a side to feeling healthy, energetic, and fit that is so empowering at times, it's nearly indescribable. I've seen the effects of how achieving fitness goals dramatically change lives for the better in the shortest of times. As you know, I've also experienced the extreme negative side of health and fitness. That is a place I never want to return to again in my lifetime, nor do I wish it upon anyone else. However, there's a benefit to sharing the negative side of my story with you: 1) so you won't have to experience it yourself, and 2) so you can understand how I arrived at the simple, all-encompassing solution to the success you truly seek.

After I was completely broken down by using the most common but wrong and dangerous approaches to achieve the fitness success I desired, my only choice was to start with the basics. I had to get back on track with living life again. No fitness, just functioning. I felt the void in my life as I began to rebuild myself. Living my life during this time without fitness helped me to understand just how much I truly loved fitness. I knew that I needed fitness in my life, but I couldn't survive another trip down the self-defeating path I'd been on. If I wanted to live a fit life, I would need to scrupulously review my past, learn from my mistakes, and discover the ways to achieve what I wanted without the risk of destruction. The answer I sought had to be effective, and it had to be simple. This book exists as a culmination of my efforts (failures and successes), to find and share such an answer. It

should simply serve you as a guide, both for what to do and what not to do, when seeking your own answers to lifelong health and fitness.

Applying the Feel Good First Principle

Feeling good is the primary factor and is the simplest, most encompassing answer for achieving lifelong fitness. There's no need to experience failed fitness attempts because you have postponed happiness in the hopes of receiving some vaguely defined results. You can feel good about your health and fitness and be successful right now, in this moment, as you make the decision to embark upon your own quest for lifelong health and fitness. You can feel good using your chosen exercise and nutrition, bypassing or stopping methods you dislike. You can feel good about the results you are getting. You can feel good and be as fit as you want for the rest of your life.

Today, I know that success in fitness is about learning to enjoy the process and the feelings of satisfaction you get as you continually strive for and reach desirable outcomes. Success in fitness is not different from success in any other endeavors we choose. Actually, if you're not succeeding in your life, it makes your fitness success that much more difficult. Success never precedes belief, and a lot of the beliefs we hold in our mind come from the messages we are subjected to. The messages with the most impact are those we allow and accept into our lives and continually tell ourselves and believe every day. But at the end of the day, when it's all said and done, we are the ones responsible for our own destiny. It is up to us to make up our minds and take ownership of all the successes or failures we claim to be ours. You do not need someone or something else to make these decisions for you.

Deep down, you know this. Regardless of what you have ever tried to achieve, you knew before you ever got started whether or not you would succeed. You just felt it.

It's okay to want to better yourself. It's okay to want to be in better physical shape. Just don't make the mistake of telling yourself that you will only be happy if you get certain results from your efforts. Feeling good and seeing yourself as successful is where you must begin. If you don't start there, you're asking for trouble.

Feel Good First: Is it really that simple?

Yes! At its core, the principle of *Feeling Good First* is as simple as understanding what methods (behavioral changes) you can use to achieve a higher level of fitness, and how you feel about such methods. It doesn't matter if the method is activity- or exercise-based, or whether it's a nutritionally based concept. There are endless options of both. If you know, without a doubt, that you will not enjoy a method after observing or researching that method, then don't attempt it, regardless of the results and benefits that are promised. Similarly, if you try a method and discover that you don't like it, then stop doing it. You may choose to try and modify particular methods more to your liking, so long as the positive health and fitness benefits are retained. If you cannot successfully modify the method, you should discard it in search of a different approach that is more to your liking.

Going a bit deeper, the *Feel Good First* principle entails a responsibility to developing an awareness for each moment of your journey and whether or not you are truly bringing greater joy and happiness to yourself as you embark upon your health and fitness endeavors. This is not something you do until you get what you want. Once you fully understand and grasp this principle, you realize there is no beginning or end to it. It's a way of being and living.

Accepting the truth and the possibilities

The truth is, your search for health and fitness should lead you to all the success you desire and more. Sadly, though, this is rarely the case. It's very possible to be as fit as you like without looking outside of yourself for the most important answers. In fact, achieving success is much easier when you believe in yourself and your ability to achieve your fitness

dreams and goals. It's quite possible to quietly and successfully achieve all the amazing fitness results you want from methods you like. You should be able to relax and enjoy the inner peace and confidence that comes with believing in your ability to search for and find what you want. You should even be able to enjoy a bit of a laugh, from time to time, that comes from the contentment of knowing you are perfectly satisfied with your fitness results and are no longer affected by all the fitness-related ads and misguidance you see on a daily basis. The truth is, you can look and feel the way you truly want to without ever again buying something from the fitness industry or choosing to be misguided by any other outside source.

No outrageous jargon, ridiculous claims or QUICK FIXES!

You will not find the all-too-common outrageous fitness jargon and claims like "The single-most effective exercise routine in the world," or "Permanent elimination of body fat and six-pack abs while eating whatever you want!" Nor will you find the claim of "Amazing results backed up by extensive scientific studies," or any other such nonsense. By the way, most of these "studies" are swayed and distorted during both the conduct and reporting to suit the marketing of the fitness methods or products. The "scientific data" in these studies is basically worthless. I have no desire to attempt to dazzle you with such things.

Through a lot of trial and error (mainly error!), I have discovered and concluded that such claims and jargon are useless and that no such thing as "miracle products" or "miracle methods" truly exist in this world. It really just comes down to two things: 1) what you are choosing to do, and 2) how those behaviors make you feel. Likewise, there are

only two types of activities and methods: those that make you feel good, and those that don't.

No Quick Fixes! If it's a quick fix or magic method you are searching for, and you think that this book's nutrition and exercise methods will provide those types of answers, let me tell you with confidence that it will not. Nothing in this book promotes a quick fix or magic method! I repeat: There are no quick fixes. Until you accept this, nothing I can say or do, and nothing you can buy is going to "fix" you or provide what you think may be missing. Great health and fitness is a lifelong journey of self-improvement. It does not come from a miracle product, crash diet, or magic pill. The sooner you can get on board, the sooner you can leave all the quick fixes behind and discover real fitness, real happiness, and real success.

Understanding the *Feel Good First* principle gives you the ability to discover and learn about ways of being healthy and fit without the fear of choosing methods you will hate or that will lead to failure. By understanding and always applying this simple truth, you run a much greater chance of finding and using methods that truly work for you. Along with finding methods you like, you are bound to discover methods that you do not like. Don't let this discourage you. Learn from it. Soon, you will develop a much deeper understanding of your own personal prerequisites for achieving health and fitness success.

How to get the most out of this book

Once you fully grasp the *Feel Good First* principle and understand how to use it in your search for health and fitness, I encourage you to start discovering and learning about new nutrition and exercise methods that interest you, especially those within this book.

You will learn how to set and achieve goals in Part 1, all about nutrition and creating lifelong healthy habits in Part 2, along with exercise activity and working out in Part 3. It's okay to dive into any of these sections without waiting until you've read the entire book. Each section is chronological, so you can read it all the way through while you are already putting the plans into action.

However, don't make the mistake of making your primary goal following my nutrition and exercise methods! If you jump straight to the "methods" and devote your whole effort to following them without fully understanding the *Feel Good First* principle, you run the risk of missing the whole point of this book. The methods I describe in this book are by no means exempt from the *Feel Good First* principle. I can't stress this enough. Internalizing the concept of the principle is the most important aspect.

The fitness and nutrition sections are a starting point to help you get going. For some, they may be all you need. But others may decide these methods aren't right for them. That's okay. If after browsing through the methods in this book, you feel beyond a doubt that they are not for you, then by all means, do not follow them. And, if after learning, trying, and experimenting with the methods in this book, you find they aren't for you, my recommendation is for you to NOT FOLLOW THEM. Your time will be better spent searching for other activities and methods you will truly enjoy. I promise, my feelings won't be hurt; in fact, I will be glad to know that you are taking responsibility for choosing the methods that work for you—as long as you don't give up!

Sure, I'm sharing some of my most successful methods. My methods are successful in more ways than just the results you may achieve by using them. They are easy to implement, flexible, time efficient and, above all, have proven to be enjoyable for a great

variety of people. But I'm not here to tell you that my way is the only way. It's not. I'm sharing my methods in the clearest fashion I can so that you can make an informed decision as to whether or not you should use them.

The nutrition and exercise methods in this book are merely suggestions based on my research, study, and experience. They are a result of my lifelong quest for fitness and extensive personal observation and experience with hundreds of clients seeking health and fitness dreams and goals. I am sharing what I have learned and discovered—not as a means of proving that my methods are superior to anyone else's—but in order to help you along your way, increase your chances of success and simply shine some light to help you in your search (Remember our friend who dropped his keys?).

So, by all means, learn, understand, and start doing the workouts and using the nutritional guidelines as soon as you like. You can benefit from using all the sections of this book simultaneously. But don't miss the main point of learning and understanding how to apply this simple, crucial principle of feeling good first to your health and fitness efforts by focusing completely on my methods. If you do, this book may end up as just another in a pile of your failed fitness attempts.

The successful and the unsuccessful fitness seeker: It's up to you!

My years as a personal trainer have confirmed the *Feel Good First* principle time and time again. These years have given me the great advantage of seeing what matters most when it comes to achieving health and fitness success. I have had the opportunity to witness many people who have achieved great fitness results. I've observed the rare few who have maintained such long-term results. I've also had the opportunity to observe and

learn from those who really wanted to be fit, but did not achieve their goals, or did not maintain their results despite great efforts.

The main distinction between those who achieve and maintain their goals is the simple principle I've been explaining to you. Those who succeed attach good feelings to, and enjoy the actual act of being healthy and fit; those who don't succeed, do not. The unsuccessful fitness seeker looks to the future, in some distant time, for the day when they will get some vague results to feel good and be happy. The successful person feels good now, doing whatever activity they have chosen—walking, running, swimming, hiking, yoga, pilates. They really enjoy the healthy habits that serve them, well beyond the choice of sitting on the couch or binging on sweets or comfort foods. They enjoy them because of the health, fitness, energy, satisfaction, wellbeing and success they provide. Because they seek and use methods they really enjoy, they keep doing them regularly. That's what leads the successful person to attaining wonderful, lifelong results. Just as the negative cycle of failing a diet or not completing an exercise program leads to self-defeating behaviors, feeling great and achieving results leads to a positive fitness cycle that grows and expands as long as you continue to feel good.

Success begets success. Once a successful fitness seeker hits that stride of feeling good and enjoying the activities they've chosen as a means of being fit and healthy, and achieving the success they desire, their mindset begins to further reprogram itself from one of thinking "I will be happy when . . ." to believing in themselves and accepting themselves as a fit and happy person now. This change in mindset sparks the positive, result-attaining cycle that creates healthy habits and activities for life. Positive results attract more positive results, and on and on. Searching within one's self and subsequently finding and applying

the answers is the true challenge to lifelong fitness and health. Once you've discovered them, the rest of the health and fitness picture falls into place.

If, after reading this far, you feel as though you fully understand the principle and find yourself thinking, "That's just common sense!" Well, yes. It is!!! The trouble is sometimes the answer can be so obvious and right in front of us that we skip it entirely. The phrase "can't see the forest for the trees" comes to mind.

You can be successful or unsuccessful as a fitness seeker. In the end, it's really all up to you.

Four simple steps for getting started:

1. Decide what you would like to achieve

Figuring out why you would like to improve yourself is part of cultivating a healthy, positive, and success-oriented desire to feel better, get fit, and be healthy.

In the beginning, when I was just fifteen, I got the message loud and clear that being fit equaled happiness. However, to me, happiness was based more on what others thought of me than what I really wanted for myself. I was more motivated by the affect my physique would have on others than cultivating a healthy desire to better myself. Having a stronger, healthier body can garner more respect and admiration from others, and there's nothing wrong with acknowledging and accepting such benefits. However, making the reaction of others your sole purpose and goal is not a healthy desire for you to feel better.

In order to avoid this, base your goals on your true desires for yourself. For some, this may take some time and deep searching. But once you have found the real reason you want to achieve fitness success for yourself, the rest will fall into place much more easily

and the experience will be a much more enjoyable one. The desires to feel better, have more energy, get stronger, lose weight, and have more endurance—so long as they are your desires—can easily be converted into the right kind of goals and then achieved.

2. Educate yourself

Remember, you don't have to reinvent the wheel. Take the time to educate and open yourself to learning about health and fitness, and then choose an exercise- and health-based direction using your own intuition, likes and dislikes. Find methods of exercise and nutrition that intrigue you and that you think you might enjoy. Spend a little time investigating new methods to decide if you will enjoy using them. Remain focused on that procedure or regimen and how it will suit you; don't let any "results first" marketing fool you or cloud your decision. Apply the *Feel Good First* principle to your lifelong success by questioning whether the chosen method may be harmful to your long-term health and fitness. If there's any doubt, then you should skip it.

Look for these signs of credibility:

- sharing the facts about the method
- accessibility of information
- descriptions about the experience
- genuine care about your short-term and lifelong success

Once I decided I did not need to reinvent the wheel of exercise and fitness all by myself, I opened up to the opportunity to learn from others. This allowed me to explore and

take my education deeper. The need to investigate still serves me well today, and I continue to learn while educating in my training practice.

One of the most common mistakes I often see and hear as a trainer is when someone approaches me and begins their question or statement with “I know what to do, but...” I hear it so often that I call it the “I-know-what-to-do syndrome.” Don’t let what you think you know get in the way of what you could be learning. There’s a lot of misleading marketing aimed at this way of thinking. I know that I, for one, wasted too much time and effort thinking this way.

There was a time when I had no concept of what real credibility was and let my emotions—that yearning for a certain result—make my purchasing decisions for me. If a method or product was “guaranteed” to get results, I was going to do it. From running and lifting weights several times a day, to taking the most awful tasting supplements while choking down horse pills and cardboard-like foods, I would commit to it all. For me and the countless others I see doing this all the time, it always leads to the same equation:

lack of commitment = failure

And almost everyone blames this failure on themselves. I never even took the time to think about where the product was coming from, or whether they actually cared about my success or about me as a person. I invariably blamed myself every time I didn’t follow through with a fitness program or didn’t get the results I was promised. I didn’t understand that I should have been taking the time to question whether I would like the method or whether it was even doable or realistic.

This is where certain myths about fitness can play very negative roles. Myths like having to workout strenuously for long periods of time or depriving the body of anything

that tastes good, like fats and carbohydrates, can often contribute to choosing undesirable methods in the effort to obtain fitness results. These myths simply are not true. Squash them by reminding yourself there are countless ways to find amazing health and fitness! While some methods may require a lot of time and effort, there are also those that require very little.

3. Do it!

Once you've decided on a method that you think you will enjoy, and you've learned how to implement it, go ahead and get started. Remember to keep the concept of feeling good a priority. If for any reason, at any time, you discover that the method does not suit you, take time to stop and evaluate what you are doing. Decide whether you can modify the method more to your liking while still retaining the health- and fitness-related benefits, or whether you should discard the method entirely and replace it with another method more suited to your liking and to your health and fitness goals. It doesn't matter what results you may have achieved. If they have come from using a method that you hate, it won't be long until you quit and the results disappear.

No one in the sane crowd enjoys putting their time and effort into something that is not rewarding. One of my greatest early mistakes was not setting measurable goals. Instead, I relied on the way I felt about how I looked and the reaction I was getting from others as a means of showing my progress and success. Neither how I felt nor the reactions of others were actually measurable, therefore, both were a constant source of frustration and disappointment. Many days, it all just felt like wasted time and, you guessed it, borderline insanity. Goals like "looking good" and "being attractive," while positive and

encouraging, cannot be measured and are completely susceptible to your mood and the all-too-unreliable response of other people. All of this can be avoided by learning to set goals that are easily measurable. I will show you how to do this in the next section, “Turning Fitness Dreams into Goals That Succeed.”

These simple steps eliminate any of the internal chatter as to whether or not you are achieving the success you desire from the methods you are choosing to use. Facts are facts; you cannot argue whether you have gained or lost weight, or if you have or haven't lost inches or gotten stronger once you begin to monitor yourself properly. Seeing successful, incremental results by setting and achieving weekly goals will add to your sense of accomplishment, providing proof of your success while encouraging future progress. No more wasted time or effort, and it makes you feel great!

4. Keep the education door open

Meet new people who are successfully practicing other methods of fitness and learning new ways to be fit. Keep a sharp eye for the chance to help and share the successful methods you have learned with others. Keep the big picture in mind by applying the Feel Good First principle to the long-term outcome of any methods you have chosen.

Another mistake I made on a regular basis was thinking that my way was the only way. Once I found a method that I liked and that worked for me, I would close myself off from anything new. Remember, just because you have found something that works for you doesn't mean that it will work forever. The same ol' same ol' gets boring, and boring is not fun. As the body and muscles adapt to the same exercise, progress slows or halts to the point where you will not get good results for the work you are putting forth. When this

happens, exercise can quickly become boring and tedious. By the same token, the same “healthy” foods over and over get boring, too. Keep an open mind and always be ready to put another method in your bag of lifelong health and fitness tools and tricks.

Obviously, the first question on your mind should be whether you think you will like any new activities or methods. But remember to avoid any poor methods or choices that may come your way by applying the Feel Good First principle to your lifelong health and fitness. I made a colossal mistake the day I decided to use steroids and performance enhancers. I thought I was just opening my mind and doing the same as everyone else I saw getting the fitness results I wanted. This is where keeping an open mind can get a little tricky for some; keeping a long-term perspective is extremely important. Mistakes can be avoided by simply asking yourself if a program or method applied throughout your life will result in feeling good in the long term. If the answer to this question is “no,” then avoid it.

You might never be faced with doing anything as extreme as using steroids and performance enhancers, but this is just one form of an imprudent lifelong fitness choice. Other questionable choices include crash and yo-yo dieting, overexertion, diet pills, taking unnecessary hormones, or choosing to have unnecessary and dangerous surgical procedures. The list goes on and on.

When you first take into consideration feeling good as a long-term objective, none of the above-mentioned choices can be considered good. Yeah, yeah, I know. We hear it all the time, usually from people who are committing the very same indiscretions they are trying to absolve and even advocate. “People don’t die from steroid abuse.” “People don’t die from performance enhancers.” “People don’t die from diet pills.” No, they die of heart attacks,

advanced aging, cancer, and a myriad of other not-so-wonderful diseases that come from using or abusing these methods.

The die-hard advocates or endorsers will argue, "But you can't attribute those deaths to such choices."

My response to this rationale is, "So what?! Show me former steroid and performance enhancer abusers, diet pill abusers, fad and yo-yo diet repeat offenders etc. who are living long, healthy and happy lives and who are, in their older years, strong and well. I don't see any."

I, for one, want to live a long, happy life—enjoying my family and friends as much as possible. I have to live with the consequences of the decisions I've made in my past, unsure of the repercussions I may still face in the future. That is a reality that becomes more and more significant the older I get. For younger readers, don't fool yourselves into thinking you'll be young forever, or that you're only going to use a harmful method one time. It's just not worth it.

Follow these four steps to applying the Feel Good First principle to your health and fitness, and you will safely avoid the pitfalls that can be so detrimental and potentially fatal.

Thank You!

I'm thankful for my struggles because of what I discovered along the way and the person that I am today. The person that has emerged from the poor choices of my broken past is someone with a keen ability to: a) understand and appreciate how important we truly are to our own lifelong fitness journey, and b) understand and apply the most

important principle of feeling good first as a means to achieve all the happiness we want from our health and fitness. We can have all the success we want if only we find and cultivate our own healthy desires for improving ourselves—looking inside rather than outside to find these most important answers. This is the one step everyone skips. Instead, they validate options that appear to be faster or require less effort. What they're really doing, however, is looking under a hopeful but false light for the keys they dropped way back there in that dark alley. I've discovered how to navigate that alley. Turns out, it's not as dark as it may seem. Finding what you're looking for is easier than you think.

Making a positive difference in the lives of others is one of the most rewarding goals I have ever pursued (much more rewarding than the superficial goals of my youth). But none of this could be, had you—fellow fitness seeker— not chosen to take this “road less traveled” with me. So it is to you I say, “Thank You” for choosing to include me in this most important and rewarding of life's adventures . . . the journey of improving your health and fitness.

PART TWO

Turning Fitness Dreams into Reality

Setting Goals for Success

Setting vague goals is a common mistake I see people make, especially for those new to fitness. Instead of taking a little time to clearly define what they truly want, fitness seekers allow a tug o' war to take place by relying on unclear and unwritten fitness goals. Not defining goals and choosing a specific direction can be one of the early mistakes that lead to discouragement and failure. In the beginning, I made this same mistake. My vague goal was to have a nice physique. I was running all the time, trying to get lean while also trying to get stronger and add muscle. If I would have had clearly defined, specific goals that were all working in the same direction, I could have avoided a lot of heartache. Instead, I ended up working very hard for over two years only to end up very discouraged because I had not achieved the results I wanted. After all that time and hard work, I had no measurable results to reinforce the fact that my efforts were paying off.

Don't confuse this section with the backward-thinking "results first" approach. It's different. This section is meant to teach you how to reinforce the fact that the methods you are choosing are working. It's meant to further solidify the fact that you are capable of deciding what to do to achieve your health and fitness dreams. If you're truly choosing methods you enjoy, it won't be hard to see and feel your positive results. What we're learning here is how to clearly define and monitor your dreams and goals in a manner that will confirm your success and further fuel your efforts.

Getting stronger usually requires adding muscle, and since added muscle weighs more, you can see how a "gain muscle" goal can pull in the opposite direction of a "lose weight" goal. That doesn't mean you cannot get stronger while you lose weight. It just

means it can be a bit more difficult to achieve measurable results for these two goals at the same time, and measurable results are what you are after. Being able to show measurable results fuels future efforts and reprograms your brain for further success. This is a very important step in achieving your first short-term fitness goal.

One of the most important parts of reaching your fitness dreams, especially in the beginning, is to give life to those dreams. You do that by first believing in your ability to achieve them. If you have a dream or goal that you do not believe will happen, you might as well consider that goal dead before you even finish the thought. You can fix these self-defeating thoughts, behaviors, and programming by showing yourself that whatever fitness goal you want, YOU GET. And, you do it by using methods you enjoy so your goals will become your reality naturally, without undo pain and struggle. Achieving short-term fitness goals on a regular basis rewrites the programming in your subconscious that says, “Hey, you’re not a fit person. You never follow through on fitness promises. You never get the fitness results you want.” As you see yourself achieving these initial goals, you quickly realize this inner voice has been lying to you. Suddenly, you realize, believe, and tell yourself that you ARE a fit person.

It’s not good enough to just say, “I want to look better,” or “I want a great body,” or “I want to get fit.” That’s like grocery shopping and writing “get some stuff” on your shopping list. You write down exactly what you need so you will have it when you get home from the store. There’s no difference with setting your fitness goals. You’ve got to get specific about the direction of the most important goal for you to achieve right now.

Ask yourself what “look better” or “have a great body” means to you and what you will need to achieve in order to reach that goal. If looking better means you’d like to fit in

your pants more comfortably, or you would like to lose two sizes, or you need to lose 50 pounds, your goal falls into the category of *Lose Weight and Slim Down*. Conversely, goals based on statements such as “I’d like to have more muscle,” or “I wish my arms and legs were more tone,” or “I don’t want to feel so weak all the time; everything feels so heavy for me,” naturally fall in the *Gain Muscle and Strength* category.

Remember, just because you are choosing to achieve a goal in one of the two categories, does not mean that you won't be able to achieve goals that fall in the other category at a later date. For now, in order to properly monitor and achieve your success, you must shift your focus to just one of these directions. Don’t worry about anything else except achieving measurable results in your chosen direction. You will soon be amazed at how this simple, effective shift in your focus produces such amazing results.

If the goal you are choosing to achieve falls into the *Lose Weight and Slim Down* category, then keep reading. If your goal falls into the *Gain Muscle and Strength* category then skip ahead.

Lose Weight and Slim Down

STEP ONE: Measure

Weight:

Step on the scale and weigh yourself. Yes, this may be scary, but it's a necessary part of choosing to be happy now. Accept yourself for where you are today and give thanks for the successful path that you are on. Take note of what you actually weigh right now.

Circumference:

First take note of the circumference of your waist by placing the tape at or just below the belly button and measuring around your midsection. Next, measure your hips and butt (where your torso meets your thighs, commonly in line with the pubic bone) using the widest point. You may take more circumference measurements of any other areas you wish to monitor. I encourage you to monitor areas you may have noticed fluctuate while gaining or losing weight in the past.

STEP TWO: Gratitude

After you have weighed and taken your circumference measurements, find one thing in your life to give thanks for. Whether you have many blessings or are having a hard time thinking of any, you must choose at least one. And be specific. It doesn't matter if you select something related to your fitness and your measurements or not. Since this is the beginning of your first week, giving thanks for any fitness-related results may be best postponed until next week's measurements. You may just choose to be thankful for something in your life like your family, or the fact that you are on a healthy, fit path. Whatever you are thankful for, take note and write it down. You will use it later in your affirmations.

At the end of your first week, measure again and select another part of your life for which you are thankful. Each week, following your measurements, make one statement about how your life has improved because of your new direction and add it to your growing list of gratitude. Whether it's feeling stronger, sleeping better, having more energy, or enjoying a brighter outlook, it doesn't matter. Just write it down and use it as part of your

affirmations for the next week. For the next six weeks (40 days), continue adding new gratitude statements after each measurement.

STEP THREE: Setting Goals

Setting weight loss goals is not as simple as it first seems. Not everyone knows what an acceptable short-term (weekly) weight loss goal is, and the broad-spectrum advice doesn't always seem to work. Setting unattainable goals is just as detrimental to your fitness dream as not believing in your ability to reach them. I have trained hundreds of clients, read, studied and contemplated, and have come up with one simple truth: everyone is unique. When it comes to weight loss, the “normal” one to two pound per week recommendation is a great, safe place to start. However, if you are holding on to either a large amount or small amount of body fat, you will fall outside of this recommendation. Why? Because having a lot of body fat means that your body will be able to safely lose more each week. Likewise, the opposite holds true for those having lower-than-average levels of body fat. Their bodies will not easily let go of the general one to two pounds per week. Make an honest assessment of your starting point so you can set realistic goals.

How to Set Short-Term Goals

Weight loss

Let's say your initial weight measurement is 270 pounds (that's just a number I picked). This week's goal is either 269 or 268 pounds. That's either $270-1=269$ for a one-pound loss, or $270-2=268$ for a two-pound loss. It's up to you whether you choose to lose one or two pounds per week, again based on your honest assessment of what needs be

done and from where you are starting. If you have a lot of weight to lose then a goal of two pounds per week may be more to your liking. If you only have a little weight to lose (say, ten to fifteen pounds) the one-pound goal is probably a better choice.

Circumference

Losing inches is different for everyone. A one-half to one inch loss in any given area per week is a good, general goal to start with. Don't be upset if it seems like you are going slower. You may be losing from an area that you are not monitoring. If you notice this and suspect that you may be losing in another area, I encourage you to begin monitoring the circumference of that area also.

Now, let's say your initial waist measurement is 43 inches. This week's goal will be either a half-inch or one inch less: 42.5 or 42 inches. Likewise, if your initial hip measurement is 49 inches, your goal for the week would become 48.5 or 48 inches. Make a note of your measurements and the date you took them. Try to take your measurements, both weight and circumference, on the same day of the week and at the same time of day for the next six weeks. Each week, set your new short-term, weekly goal.

Short-term goal setting is actually very simple but VERY powerful. Although *right now* may not be an appropriate time to measure and set your initial goals, make it a priority to do this as soon as possible. If *right now* is acceptable, then stop reading and do it. It doesn't matter if this will be your "normal" measuring day in the future or not. It is more important to get started *now* or *as soon as possible*. You can establish your "normal" measuring day later. Too many people put these beginning, short-term goal setting steps off in order to slim down or lose a little *before* taking initial measurements, which is a little crazy when you really stop and think about it. This is a critical step to success. DO IT ASAP!

Just a hint: If you are on a typical Monday through Friday schedule (like most people), Friday mornings, upon waking, are usually the most consistent times to measure.

When weighing and measuring, always use the same scale and be sure to only weigh and measure once per week when working toward the *Lose Weight and Slim Down* goal. Measuring too often can be very unproductive, so don't do it.

I do not recommend monitoring your body fat percentages, especially if you are a beginner. There are too many factors, errors, and difficulties associated with this kind of testing that lead to vague, discouraging results. Misleading results are not what you need at the start of your fitness program.

How our bodies release body fat

When it comes to losing body fat, our bodies release fat from all over. Typically, the area that we most recently stored fat will release fat first. This means if you just put some fat on in your rear, that may be the first place your body will begin to release fat and you will slim down there *first*. Conversely, the places you *first* began to store body fat will likely be the *last* places you will release body fat. So, if you began storing fat around your belly many years ago, it may be a while before you see bigger weekly results in that area. Not to worry, time and the proper application of the *Feel Good First* principle will take all that fat off forever. Pay close attention to how your system reacts and how quickly or slowly the area you are monitoring changes, and then set your short-term goals accordingly.

Exercising a certain area more than others will not necessarily produce greater fat loss in that area, but it may produce a greater over all fat loss, which could come from that

area. For example, crunches or sit-ups will not necessarily reduce the size of your waist. That's just the way things go with losing body fat.

Gain Muscle and Strength

STEP ONE: Measure

The easiest method you can use to assess increases in strength is to monitor your workouts. By incorporating measuring into your workout routine, you will be able to simplify this process while effectively monitoring your progress. This is why I highly recommend using these steps.

If I want to increase my leg strength using this simple method, and I decide to use the squat to test myself, I would write the number of squats I was able to do along with the amount of weight I was using (if any), during a workout. Then, I would monitor these stats for the next 40 days. It's just that simple.

When you do your first workout, pick an exercise and make note of it so you will remember to write down the number of repetitions you completed. You may monitor more than one exercise, but avoid monitoring more than three exercises within any given 40-day period. Doing so begins to complicate the workout process and can take some of the enjoyment away by adding too much stress and pressure to perform. All you need to get started is the name of the exercise(s) you're monitoring, the number of repetitions completed, and the weight used (if any). If you decide to use this simple method, and I highly recommend it, you will use these numbers to set your short-term goals *after* your first workout. For now, move on to gratitude.

STEP TWO: Gratitude

For your first gratitude statement, find one thing in your life to give thanks for. You may choose more than one thing, but you must choose at least one. What you select may or may not be related to your choice to get stronger and gain muscle. It is perfectly fine to be thankful for something in your life like your family, or the fact that you are on a healthy, fit path during this step. Whatever you are thankful for, take note of it by writing it down. You will use it later in your affirmations.

In two to three weeks test yourself again by giving particular attention to the exercise(s) you are using in your workouts to monitor your strength gains. Record your performance by writing down the number of repetitions (and amount of weight used, if applicable) you completed while doing the exercises you've chosen to monitor your strength progress. Do this either during or after your workout. Along with recording your performance, choose *another* point in your life to be thankful for AND make one statement about how your life has improved because of your new direction. Whether it is feeling stronger, sleeping better, having more energy or a brighter outlook, be sure to write it down and use it as part of your affirmations for the next few weeks. Continue adding gratitude statements every time you monitor your strength, which will be every two to three weeks.

Specific Strength Testing

If you would like to get more precise with your strength testing methods, it will require added effort on your part to monitor your progress using specific strength testing.

The following is a slightly more complicated, specific strength testing method for measuring and monitoring strength. I do not recommend using this if you are just starting out. It can easily overcomplicate the goal setting and achievement process. I'm including this for those who have been training a while and want to monitor their strength increases more closely.

Pick the area(s) of your body you want to monitor

You may monitor more than one area for strength, but I would not test more than three areas for any given forty-day period. I do not advocate one repetition max testing since it can be a very dangerous practice. Rather, I would like to see you using *only* the necessary amount of resistance in order to complete five or more repetitions, in good form, for any given exercise.

Pick the testing exercise(s)

If you are pursuing stronger legs, squats are a great way to assess your current leg strength levels. You may also do leg presses, lunges, or any number of exercises. If you want to increase your upper body strength, choose pushups, pull-ups, bench presses, bar pulls, or another exercise that suits your specific needs best.

Test yourself

After properly warming up and choosing the right resistance or weight (if necessary), test yourself by doing as many repetitions as you can of your chosen exercise. If you are testing yourself using additional weight in what could be a dangerous manner, be sure to have someone with you who can help you immediately if you need it.

Take note of the number of repetitions you completed. You will test yourself again in two to three weeks. In my experience, when doing specific near-maximal effort testing, you

will be able to see greater results by testing every two to three weeks rather than at shorter durations.

Side note on strength testing the core

Along with counting repetitions and monitoring the weight you are using, you may choose to time yourself when testing the core. If you want to increase your core strength and muscular endurance, time yourself while holding the plank position, or see how many crunches or full sit-ups you can do. After a proper warm up, you can either do as many repetitions of your chosen core exercise as you can, or hold your position (like the plank) for as long as you can and make a note of the number of repetitions or time completed.

Remember to include your gratitude statement in the same manner as mentioned above in the simpler method of testing your strength.

STEP THREE: Setting Goals

Using the number of completed repetitions recorded from either your first workout session or your specific testing method, you will set your short-term goal. In general, those new to exercise will show greater strength gains while those who have been exercising longer will show smaller, more specific progress in the areas and exercises being monitored.

Again, I recommend two- to three-week intervals when monitoring strength gains. Although you will see progress all the time, the “measurable” progress that fuels your natural success is more evident with a couple weeks in between measurements.

Keep it realistic

This isn't highly structured and specific periodization. Go easy on yourself.

Experiment a little in the beginning and you will soon get the hang of setting these strength goals. If you are starting out at fifteen squats with 100 lbs, don't expect to do fifteen squats with 250 lbs in two to three weeks (or even 40 days). Likewise, if you are starting with only five bodyweight squats, don't expect to do 25 bodyweight squats in two or three weeks. As you progress, if you notice that any goal is too easy or too challenging, adjust it accordingly.

If you're doing fifteen squats with 100 lbs during your workouts, a goal of fifteen squats with 105-115 lbs in two to three weeks is realistic. So, that means you will be increasing your squat weight just a few pounds per week while trying to maintain fifteen well-executed repetitions.

In general, as a way to get started with your goals, you *may* begin by setting strength increase goals of 5-15 percent in the amount of weight being lifted for the same number of repetitions in any two to three week period. This "general" goal-setting percentage recommendation gets thrown out the window in any extreme cases where the starting weight or resistance being used is either very low *or* high. Someone starting chest presses with five pounds can easily double that weight in two to three weeks. Likewise, someone already bench pressing 250 lbs for five repetitions may not be able to maintain the same number of repetitions with 262.5 lbs in two to three weeks. They may not be able to complete five repetitions at 262.5 lbs even after *40 days* of consistent training, despite the fact that this is only a five percent increase in weight. Also, everyone responds differently to strength training, so this recommendation is a *very* general starting point that's only aimed at getting you to set your initial goals. You will quickly develop a natural knack for setting your future strength goals as you continue training.

You may also choose to increase the number of repetitions you are doing on any given exercise while keeping the weight the same. Once again, a very *general* starting place for setting such goals is a 10-30 percent increase in the number of repetitions in any given two to three week period. As with increasing the amount of weight used, the 10-30 percentage increase recommendation gets thrown out when starting on extreme ends of the spectrum. My recommendation is to learn to use your intuition as soon as you can when setting your strength goals. Be ambitious. Get excited. But keep it realistic.

Side note on exercise form when strength testing

Although beginners will show a markedly larger increase in their initial strength gains, it's important to monitor form closely. Beginners often come up with alternative means of completing repetitions that are outside the recommended form. This causes other muscles to complete repetitions of any given exercise and lessens the impact for the target muscle. A quick way to avoid this is to learn and use good form immediately. Remember the area you are testing and stay true to correct form as much as possible. This is not only necessary for proper monitoring but also for safety. Exercises like weighted barbell squats can be "cheated" up by relying too heavily on the lower back muscles if you lean too far forward or push your hips too far back. In cases where the monitored weights or number of repetitions has increased by using "cheating" form, not only are subsequent strength gains considered nearly or completely invalid, the risk for injury skyrockets. If you are unsure about how to use good form while doing any exercise, you can use mygeofit.com or any other reputable reference to educate yourself. Or, speak with a qualified trainer or strength training specialist to learn the proper form for any exercises. Whatever you do, keep good form!

How to Set Short-Term Goals

If you want to increase upper body strength and start with an initial measurement of seven pushups, a good first goal is nine pushups. If you are trying to increase lower body strength and want to use squats as an assessment tool, set a goal of going from ten bodyweight squats to thirteen after two to three weeks of training.

You'll quickly get a sense of what goals are going to provide *you* with the proper challenge as you continue through the next forty days.

After setting your goal, record it.

Unlike *Lose Weight and Slim Down*, the chances of being able to measure your strength right away will be much less likely. However, the strength monitoring process is just as important, so be sure to include it.

Creating Your Natural Pathway for Success

Some will choose to use the following process more extensively than others. The more you apply yourself to creating these natural pathways for success, the more success you will achieve. However, I must again recommend that you choose to feel good first. If this process is at all disagreeable to you, then by all means, do not use it. If you want, you can minimize this process by just converting your short-term goals to the present tense and using those statements, along with your gratitude statement(s) as your weekly affirmations. At the bare minimum, if you are choosing to use this process, I recommend you do that much. If you do not have time or do not want to convert your goals into Visual, Auditory and Kinesthetic statements, then don't. For some, converting short-term goals into present tense statements is all that is necessary *and* desirable for achieving their goals.

Everyone benefits from reprogramming of the subconscious in differing ways and amounts. I am including the full process for those who feel they need it and would like to experience the full power of its life-changing capabilities.

After converting your short-term goals into the language of the subconscious, I've included a process for creating a few simple visualizations to further ensure your success and set the whole process on autopilot. Don't underestimate the power of this process. It holds the capability of creating natural, effortless success when used properly and can help you achieve any goal, fitness related or not.

The Language of the Subconscious

Now that you have measured and set your short-term goal(s), we're going to simply take those goals and translate them into a language our subconscious easily understands. We are going to create a process that will clearly communicate a pathway for success within our subconscious, increasing our ability to make those goals happen naturally. First, let's learn about the four basic necessities the subconscious needs to communicate effectively: **present tense, visual, auditory, and kinesthetic.**

Present tense

The subconscious only understands right now, not yesterday or tomorrow. Don't bother with statements like "I will" or "I'm going to." Your subconscious will disregard these.

For example, if you are affirming that you want to eat healthy foods in the right, nourishing quantities, then you would write down: *I eat healthy foods in the right quantities*

that nourish my body, not I will eat healthy foods. Don't worry about whether it was true yesterday or last week. Just say it either aloud or in your head and know that it is true at this moment.

Visual

This is what you'll *SEE* when you have achieved your goal. Once you have achieved your goal of losing your weight, how will you look in (or out of) your clothes? What number will you see on the bathroom scale? Creating a clear picture in your mind will help your subconscious make it your reality.

Auditory

What will you *HEAR* when you have achieved your goal? A great way to take these goals and make them auditory is to imagine what others will be saying as they see your success. Imagine your supportive family and friends saying "Wow, you look amazing," and "You are so fit!" Then, imagine hearing *yourself* as you make statements like "I'm in the best shape of my life." These auditory tools are great for internalizing your goals.

Kinesthetic

This is the language of the subconscious that can be a little more challenging. It has to do with how you are *FEELING* about your success. Descriptions like "happy," "great," and "good" can sometime be a little vague. The subconscious needs something a little more specific. The best way to do this is to remember a time when you felt very good and imagine exactly how and where you felt that feeling. What details of the good feeling do you

notice? Do you feel warm? Do you feel energetic? Do you feel light on your feet? Do your senses feel crisp? Does your appearance feel sharp? How about "at ease," "comfortable," and "in complete harmony with everyone and everything"? This third language of the subconscious requires detail. You may go so far as to describe the colors, shapes, and smells associated with how you were feeling.

Here are a couple quick examples using kinesthetic language:

I feel light on my feet, and I have a warm and relaxed feeling in my chest every morning upon waking. My clothes feel loose around my rear, waist, legs, and arms, and I feel a lightness in my step. Or, my muscles feel tight, tone, powerful and ready for use.

1) Convert Your Short-Term Goals into the Language of the Subconscious

You are welcome to take your short-term goals and just plug them into the statements below by replacing the "example measurements" I have used. Or, you can create your own affirmations.

Affirmation Statement Examples for Lose Weight and Slim Down:

Weight loss

Initial weight measurement: 270 pounds

Goal: 268 pounds

Present tense: I weigh 268 pounds.

Visual: As I step on the scale I see a reading of 268 pounds.

Auditory: I hear myself laughing with joy because I weigh 268 pounds.

Kinesthetic: I feel so sharp, energetic, empowered and confident now that I weigh 268 pounds.

Circumference

Initial waist measurement: 43 inches

Goal: 42 inches

Present tense: My waist measurement is 42 inches.

Visual: I see the tape measure reading 42 inches around my waist.

Auditory: I hear myself exclaiming, "Yes!" as I read aloud my 42-inch waist measurement.

Kinesthetic: I feel content, empowered, and a growing sense of excitement having a waist measurement of 42 inches.

Affirmation Statement Examples for *Gain Muscle and Strength*:

Upper Body Strength

Initial upper body strength measurement: seven pushups

Goal: nine pushups

Present tense: I can do nine pushups

Visual: I see how my muscles have improved and how strong I've become having completed nine pushups.

Auditory: I hear myself laughing as I finish my ninth pushup.

Kinesthetic: My muscles feel strong, tight, and hard, and I am filled with confidence having completed nine pushups.

Lower Body Strength

Initial lower body strength measurement: ten bodyweight squats

Goal: thirteen bodyweight squats

Present tense: I can do thirteen bodyweight squats.

Visual: I see myself completing my thirteenth bodyweight squat with ease.

Auditory: I hear myself exclaiming, "Yes!" having completed my thirteenth bodyweight squat.

Kinesthetic: My legs are full of strength and power, and I feel at ease and a strong sense of confidence having completed thirteen bodyweight squats.

Combining Gratitude Statements with Short-Term Goal Affirmations

Take your initial gratitude statement and place it at the top of your affirmation list. Of course this is easy to do if you are typing your statements on a computer or on your smart phone, but if you are using the old tried-and-true pen and paper, just add your gratitude statement(s) to your affirmations on a separate sheet of paper if need be. You will be adding at least one gratitude statement every time you measure your progress. You will always begin by reading your gratitude statements before your short-term goal affirmations.

Choose a time of day that suits you and read this list either aloud or to yourself in a quiet setting, taking time to feel each statement as much as possible as you read it. Both in the morning upon waking (wake up just a little earlier if needed) and right before bedtime have shown to be very effective times for reprogramming the subconscious (so turn off that

TV and start playing the leading role in YOUR LIFE), but any free time during your day is a great time to take advantage of using these powerful statements and affirmations.

Achieving Short-Term Goals

The only way to know your goals is to keep them visible (if only for you) on a regular basis. Keep them simple and easy to monitor.

If you are choosing to lose weight and slim down, I will always recommend that you use the scale because it is so easy. You should make sure that you have access to an accurate scale and only use it once per week at the most. Choose the same time of day once per week to check your scale weight.

Remember, a typical safe and effective weight loss goal is one to two pounds per week. You may experience lesser or greater losses, especially in the beginning, as your body begins to respond to exercise and dietary changes, and that's okay.

Many health professionals believe that the scale is not a good indicator because of the muscle that can be gained from exercise. If the scale does not indicate that you have lost weight (sometimes this happens), look to your circumference measurements to show your progress. Before long, the scale will begin to reflect the same progress. How your clothes are fitting will tell you a whole lot, too, about the progress you are making.

Always be thankful. Any losses are a great accomplishment. Communicate them in a positive way, congratulating yourself on ANY success you achieve.

You will quickly know what is typical for you, and you can begin to set your goals accordingly after the first few weeks of monitoring. Keep your short-term goals specific, measurable and realistic for you. If you are only losing a total of one to two inches per

week, do not expect to lose four inches next week. It's not going to happen, and by setting an unrealistic goal you will sabotage any further success. Instead, keep congratulating yourself on the progress you are making. Remember, real, natural muscle is attractive and toned, and it is stored in different areas than fat. Although some areas may not change as fast as you want at first, giving thanks for the areas that *are* responding positively will be the ticket to achieving *all* your goals.

Feel good first. Always remember that this is your first priority. If you don't start with feeling good, chances are you're headed somewhere other than success.

That's it!

That's the basics for turning dreams into goals that succeed. If you're in a hurry and would like to keep moving forward, you can skip ahead to the *Nutrition* section of this book where you can either begin learning how to apply the simple changes in week 1 in the *40 Days to Lifelong Healthy Nutritional Habits* aimed at creating your lifelong healthy nutritional habits, or you can begin following the *40-Day Strict Nutritional Approach* and start computing your BMR so you can choose the correct meal plan.

If you'd like to know more about creating the mindset for success, keep reading. What follows are some simple and powerful methods you can use to add to your daily affirmation statement routine. These methods can be used on all types of goals—not just fitness related goals. They will help you achieve the success you desire while eliminating self-defeating behaviors. They are very effective.

Adding your own affirmations

You may add any of your own affirmations you like to your list, and I encourage you to do so. Make your own affirmations really effective by stating them in the present tense. You may also state them in any of the visual, auditory, and kinesthetic manners that you prefer. Keep all affirmations positive and focused on what you want, rather than what you do not want. One of the greatest ways to effectively create affirmation statements that really work for you AND eliminate self-defeating thinking is through the process of daily thought monitoring.

Thought monitoring

Now that you know how to specify an effective direction, set your short-term goals, and create affirmations for those goals by translating them into the language of the subconscious, it's time to look at thought monitoring as a means of locating and correcting any thinking that may be keeping you from your fitness dreams.

I heard Bob Proctor, writer of numerous success driven books, including *You Were Born Rich*, and one of the original participants in the movie *The Secret*, say something that made great sense and had a profound impact on my life. He said that we all have a record playing in our head. Round and round it goes, delivering a constant message about who we are and what we think we are capable of achieving. It's this message on the record that our subconscious uses to determine what we can and cannot do. Most of us never stop to ask whether or not the message on that record playing in our heads is true, or whether the message is in alignment with what we want.

You've got to pay close attention and find out what you are feeling, thinking, and telling yourself on a regular basis, especially when it comes to your exercise and fitness.

You've got to determine if what you are thinking is keeping you from the success you truly desire.

Sometimes the message you tell yourself is silent to the world because it is only within your head. Other times, it's right out there for everyone to hear. I've watched many clients follow a high volume/high frequency workout regimen with a strict nutritional approach to meal planning, and the whole time while training with me they keep repeating statements like, "I can never lose any weight," "I hate my hips," "I hate my belly," or "It's so hard for me to eat right," aloud for everyone to hear.

These clients and others like them are doing all the right "things" in terms of getting fit, but they are playing and listening to the wrong record in their head. They are telling themselves and believing the wrong message. This makes achieving success extremely difficult if not impossible for them. Because they truly do not believe in themselves, one way or another, something appearing to be an "outside" force, causes their regular exercise and any healthy eating habits to stop. Soon, the record they are listening to in their heads becomes their reality.

Now, that's not to say that all of the messages you tell yourself are wrong. It's just saying that some of them might be wrong, and it's well worth your time to examine this record and see what's playing. It's most important to locate the messages that are keeping you from achieving the success you desire.

Here's a double-edged sword. I have noticed that many who consider themselves to be very positive, in fact, hold very negative thoughts and views about themselves and their ability to achieve success. It was the initial defining of themselves as positive that inhibited their opportunity to correct their self-defeating behaviors. In essence, it was like they were

hitting themselves on the head with a hammer and complaining about the pain, but when asked whether they were hitting themselves on the head with a hammer, they quickly responded with, “No, I’m not the type of person who hits myself on the head with a hammer.” So, without seeing or being able to admit the problem, they never gave themselves the opportunity to correct any behavior that was holding them back.

Keep an open mind; you may be harboring some of these thoughts, too. I catch myself doing this all the time. The trick is to find it, admit it, and fix it as soon as possible. Fearful thoughts and negative emotions lose power over us the moment we identify and correct them. Being honest with yourself about who you are at this moment is a very powerful step. The sooner you recognize negative thoughts and emotions, the sooner you can correct them so you can get on the path to achieving all of your fitness dreams.

As you read the statements below, I’d like for you to take your time and carefully think about how each one makes you feel. (Some of the statements below have been adapted and come from the book *Psych K The Missing Piece Peace in Your Life!* by Robert Williams.)

I deserve to be fit and healthy.

I deserve any fitness results I desire.

I deserve to eat healthy food and to exercise regularly.

I am proud of any fitness results I have ever achieved.

I am comfortable with all my fitness successes and failures.

I do my best, and my best is good enough.

It is okay for me to want to be fit and healthy, and I do want that.

I enjoy being very fit and deserve to look good.

I trust myself to be very fit and attractive.

I accept being fit and healthy as a natural part of my life.

I am a good person and I deserve to be fit.

I love and accept my body as it is and as it changes.

I treat my body well.

I feel safe, secure, and confident in the world.

I release all guilt, shame, and blame for my past thoughts, failures, and actions.

I forgive myself for love and affection I withheld from others and myself.

I fill my mind with constant positive, nurturing, and successful thoughts.

I have faith in my future and myself.

I am true to my personal vision.

I give myself permission to be fit and healthy.

The Thought-Emotion Connection

Any of the above statements that elicited a negative emotional reaction need to be noted so that those thoughts and feelings can be corrected. This is why I recommend using thought monitoring throughout your day, beginning as soon as you wake up. After all, you are taking on a new endeavor (one that may have challenged you many times before—maybe your whole life), and it will be on your mind a lot. In a very small note pad or on your smart phone (you may also record a voice message on your phone), take note of the thoughts you are having at various times in the day about achieving your new fitness goals. This will help you recognize if you are providing your subconscious positive or negative information to feed off of.

In my experience, thought monitoring is an effective process whether you apply it to achieving your fitness goals, business goals, spiritual goals, relationship goals, etc. If it works, it works. I encourage you to embrace this practice. Sure, you may need to ask yourself slightly different questions when applying this process to any endeavor other than fitness, but you get the idea.

Using Thought Monitoring Affirmations

Lose Weight and Slim Down:

I eat healthy foods in the right quantities that nourish my body.

I see myself surrounded by healthy, tasty foods.

I always hear people telling me that I eat such good, healthy food.

My body feels so alert and energetic because of the nourishing, healthy food I feed myself every day.

I can lose as much weight as I like whenever I want.

I see my clothes fitting loose on me.

Everyone keeps telling me I'm so slim, trim, and fit.

When I move my trim, fit body, it feels so crisp and effortless, and I can move in any way I like.

Gain Muscle and Strength:

My muscles feel stronger and more tone every day.

I can lift anything I need throughout my day with ease.

I can feel the blood coursing through my muscles as they work to easily lift and move my body.

Affirmations that work for both goals:

I deserve to be fit and healthy.

I see myself being as fit as anyone I have ever aspired to be like.

Fit people ask me how *I* keep so fit and trim.

I feel so blessed and elated to have all the health and fitness I so deserve.

I am proud of any fitness results I have ever achieved.

I look so good and I can wear any of the clothes I want to accent my appealing shape.

Everyone always compliments my fit shape.

My fitness results make me feel proud and confident and happy to be who I am.

Letting Your Imagination Run Wild with Long-Term Dreams

You may be much more creative with your long-term dreams and visions. Let your imagination run wild, knowing that ANYTHING you can dream up will be yours, and you've got proof of that as you continue to achieve each of your short-term goals. Go ahead and dream away.

Get your energy and the feelings associated with your success right and everything else will fall into place. From exercise to nutrition, it's not about the method, but rather how you feel about the method, along with your ability and desire to follow through and succeed using the method. It's the believing that causes the seeing—not the other way around.

The Hierarchy of Energy

We have a hierarchy of energy, if you will, when it comes to feelings and emotions. Good feelings and emotions of love, joy, and peace are at the top while anger, jealousy, and

fear are at the bottom. The question is, what are you experiencing emotionally when you catch yourself thinking about your dreams and goals pertaining to fitness? Thought monitoring is the best way to determine whether the thoughts you are having will be serving you. If your thoughts bring emotions and feelings of fear or anger, then they are blocking you from achieving your dreams and goals. If they bring love, joy, and peace, then they are helping you achieve your dreams and goals.

Sharing Your Goals with Others

You will find that reading or seeing your goals and affirmations on a regular basis will place them on your mind much more often, and it will be difficult (at first) to avoid sharing them with everyone you meet. Remember, not everyone you meet will know what you have learned here (most do not), and not everyone will support your success. If you find that you are in a situation where you have shared your goals with someone whom you should have not, relax and remember the hierarchy of energy. Anger, fear, jealousy and the like are at the bottom of that energy. Allowing yourself to feel them will not help you achieve your success.

Remember the higher energies of joy, peace, happiness, and love. They alone can take you straight to your success. If you have found that your energy has dropped because of sharing your goals with the wrong person, do not argue or let yourself believe any of the negativity they may have tried to impart on you. Quietly, and respectfully dismiss them (and give them a blessing if you like), and then go about your business of keeping your energy at the higher levels.

Before long you will naturally know exactly with whom and when to share your goals. Think of those who *really* support you as Your Own Personal Network. The only people allowed in Your Own Personal Network are those who unconditionally support you and your success. All others are not welcome, and you should always be working to expand Your Own Personal Network.

Creating Visualizations

Use your affirmation statements to create a vision reinforcement process for yourself in either a vision board or video. Find and include images that really resonate with your success and how you see yourself living life after achieving your goals, especially your long-term dreams. This is the time to really let your imagination soar.

For the vision board, you may use images from magazines, periodicals, or the internet. You'll know when you find the right images because they will make you feel great. Do the same to create vision videos by using video editing software like *Camtasia* or those that come with newer PC's and Mac's. You can also use a program designed specifically for this process called *Mind Movies*, available at www.mindmovies.com. Use either moving images or flash still images along with your affirmations. Add music or other inspiring messages to your vision videos.

Remember to include your affirmative statements with your images. Take the time to make your dream vision something that is powerful and makes you feel great. Set aside some quiet time each day to really feel the message it is giving you. It will become your truth.

PART THREE

Nutrition

Let's start with a quick discussion on the importance of nutrition. The formation of strong nutritional habits that will serve you throughout your life is an absolute necessity for lifelong health and fitness. I consider your knowledge of nutrition and your nutritional habits more important than your knowledge of exercises and working out, which is why I've chosen to address creating healthy nutritional habits first. Let's face it; a person can maintain their ideal weight with little or no exercise at all. I don't recommend that, by the way, but it's possible. Eating is like breathing. While you are alive, you can't go very long without it. When it comes to lifelong health and fitness, your nutritional habits will be the key to maintaining your wellbeing, strength, high energy, regular activity and achieving amazing results. Unlike eating, there will be times when you cannot exercise or workout. Your nutritional habits will either make or break you during these times.

How Poor Nutritional Habits Can Really Hurt

I was in the worst shape of my life as I was finishing my college degree (yes, the degree in kinesiology— exercise science). How could that be? Here I was, Mr. Exercise, studying away and yet I was so far out of shape, I could barely button my pants. All my classes, studying, and commuting, coupled with my gradual decline due to an accumulation of previous bad behaviors and poor choices, left my workouts on the back burner.

As I said, it will happen. There will come a time when you cannot be as active as you like. When it does, it will be your foundation of established, solid nutritional habits that will help you through these times of lower activity. I did not have a solid foundation of good nutritional habits, so my physical shape, along with my attitude, was in the dumps.

Sure, I could write a workout with the best of 'em and spit out all the correct answers on fast twitch vs. slow twitch muscle fiber, carbohydrate loading, and muscle hypertrophy, but when it came to applying habitual good nutritional habits in my own life, my bag was empty. I knew how to go on a diet. I knew how to cut my carbs or cut my calories. But when it came to my day-to-day habitual nutritional behavior, the only thing I knew was feast or famine: all or nothing. Feeling good and eating healthy seemed like oil and water. To me, they were two very separate and different things.

Today, I can accept a week or two with little or no activity as normal under certain circumstances, and it does not have a detrimental effect on my physical shape because I keep eating healthy foods that taste good, satisfy me, and carry me right on through until I can establish regular workouts again. As a matter of fact, I'm purposefully losing a little weight as I write this book even though my workouts have been very infrequent in the midst of this very important yet time-consuming project. I'm lucky to squeeze in a workout every five days or so. I really miss my workouts, but this book is my priority at the moment. I am able to easily and painlessly control my physical state using my established nutritional habits, even to the point of losing weight while hardly working out. No, I'm not starving myself. I'm not even hungry (I knew you were thinking that).

The simple fact is we eat by habit. In general, during our day-to-day lives, we eat a lot of the same foods over and over. That's why establishing beneficial nutritional habits is critical. When it comes to being really fit and active, especially for the rest of your life, your nutritional habits are a cornerstone. You must learn to eat in a manner that satisfies not only the needs of your appetite and the need to feel satisfied, but also the needs of your body. What you eat will be the fuel for your workouts. Get it right and things are good. Get it wrong

and your workouts can seem next to impossible. Good nutritional habits will be your savior during the times when you don't or can't exercise because they will help you to maintain your lean muscle and keep you from storing unwanted body fat.

Isn't it enough to workout hard and be active?

Let's imagine creating your fit life without bothering to change any bad nutritional habits. You know, what if you said, "I'm just going to work out hard and eat whatever I want." (By the way, I hear that statement all the time, especially from guys.) First off, you'll get maybe a fraction of the results you would have if you had practiced healthy nutritional habits while you were working out. Good nutrition combined with regular activity and workouts are synergistic. One without the other is only so good. Put them together and they produce amazing results.

If, after all the hard work and big efforts you put into working out, you decide to eat whatever you want, your reward will be little or no fitness results. That's a bit of fitness sabotage that can lead to a subconscious disaster. By not getting the fitness results you desire after working so hard, you are just affirming and further programming your subconscious belief that you cannot be fit. Remember that part of the brain that says, "Hey, you don't get results when you exercise, so why do you bother?" Keep getting no results or very little results long enough and you'll quit exercising altogether, taking you right back to where you started: unfit and probably unhealthy and unhappy.

On the other hand, learn and use proper nutrition, create a strong, healthy nutritional foundation of natural habits, and show yourself that you are getting results, and your subconscious will recognize and accept that you are a fit person. Second, without healthy nutritional habits, you are just one small step away from not living a healthy, fit life. What do

I mean by this? When that inevitable time comes and you have to stop working out, if you are eating wrong, too, any miniscule success you may have achieved will be gone in a flash, taking your attitude toward fitness and life along with it (at least that's what happened to me).

The nutritional information in the section, *40 Days to Lifelong Healthy Nutritional Habits*, is designed to take you from where you are right now to the naturally fit person you truly want to be by creating healthy natural habits that will be with you for the rest of your life. Establishing healthy nutritional habits is not about losing vast amounts of weight in short periods of time. Those extreme weight-loss methods rarely, if ever, last. Instead, you will follow simple, new guidelines each week for six weeks that will give you a solid foundation of healthy nutritional habits.

The weekly levels will teach you how to naturally provide the healthy foods that satisfy the needs of your body and satisfy your appetite. Each week of this 40-day program is aimed at teaching and reprogramming your habitual nutritional behavior and setting you on a path of self-discovery. That's right—self-discovery. You are allowed to experiment, change, and learn with a variety of foods in order to discover what works best for you. This is not a “one size fits all” nutritional approach. It's an opportunity to easily learn good habits while tailoring them to your satisfaction. Feeling good physically and feeling satisfied by the foods you eat will be the only reason you'll want to continue practicing good nutrition.

Creating Healthy Natural Habits

You will learn to eat the majority of your food earlier in the day, giving your body more of an opportunity to effectively use the food you are providing, while reducing the

chances of storing unwanted body fat. You'll discover how to naturally eliminate sugar, high fructose corn syrup, and other processed foods (even the hidden ones).

You'll learn how to recognize and effectively combine your macronutrients in the right amounts by simply looking at the food you are eating and choosing foods that will serve you best. Eating these foods will help you achieve the fitness results you desire, feel good, remain satisfied, and be more energetic.

You'll discover easy and effective ways to choose and prepare food so that you'll always have healthy options, no matter how busy your life gets. You'll learn how to eliminate all bad fat sources from your diet while retaining and seeking the sources of fat that help you reach your fitness goals and stay healthy.

You're going to learn to eat more frequently, helping to keep your metabolism high while fueling workouts and providing the energy you need for your daily activities. By eliminating long periods of not eating, you will avoid starvation and binging cycles that derail your fitness and nutritional goals. You'll learn to snack in a way that serves you rather than works against you.

You're also going to learn how to choose and properly eat the sources of protein that are available to you, wherever you may be. You'll learn the difference between commercial and organic sources of protein, what that means to you, and how to eat both in a manner that serves your needs.

You'll learn to incorporate an effective means of lowering your stress and keeping hydrated so that you'll feel great while maintaining optimal health and getting all the fitness results you ever imagined.

Each weekly level comes with a phrase to remind you what new, nutritional behavior you will be practicing for the week. The phrases are designed to be a fun and easy reminder to help create habits that will follow you for the rest of your life.

Nutritional Individualization

At the end of each weekly level, you will find suggestions to individualize the recommendations to your specific goals—*Lose Weight and Slim Down* or *Gain Muscle and Strength*—and for your specific metabolic type. Not everyone will have to use Nutritional Individualization in order to achieve amazing results. These individualized recommendations are only provided as extra help, and aren't meant to make things overly complicated. They are aimed at helping you feel even better about your nutritional habits by guiding you toward your personal goals a little faster. They are also meant to help you learn more about identifying and satisfying your body's unique needs.

If this is the first time you have ever made serious dietary changes, you may want to skip the individualization recommendations for now, and focus only on establishing the basic, healthy nutritional habits at the beginning of each weekly level. The basic nutritional behavior changes will help you feel better as you experience more energy, lose body fat, get stronger, and look better. Just be sure to note how the basic dietary and behavior changes work for you. These notes will be very useful for fine-tuning later as you continue on your unique path of creating lifelong, healthy nutritional habits.

Having true, healthy nutritional habits is not about following the same exact rules as everyone else. It's really a lifelong discovery process that starts with solid recommendations and continues to improve as you learn more about yourself and your body's needs. These recommendations are designed to help you recognize and overcome any challenges that may

appear. They will help you lose those pounds or inches; get stronger; understand and overcome cravings, hunger, and low energy; and maintain your ideal body weight.

Lose Weight and Slim Down

The nutritional individualization recommendations for *Lose Weight and Slim Down* are based on simple methods that help your body reach a negative energy balance between intake and expenditure. In short, this means your body will take in less energy than it uses.

Gain Muscle and Strength

The individualized nutritional recommendations for those wishing to *Gain Muscle and Strength* are aimed at helping your body achieve a positive energy balance by eating more than your body uses.

For either goal, these recommendations are subtle and designed to create healthy, lasting changes without sacrificing muscle or leaving you hungry while losing weight, or gaining body fat while adding muscle. They are very straightforward, simple recommendations to help with achieving your individual goals.

Metabolic Typing

Individualized metabolic recommendations are for identifying, fine-tuning and perfecting your meal planning habits based on the specific nutrients your body type may need. These tools can be used along with the individualized recommendations for either losing weight or gaining muscle and strength.

What is Nutritional Metabolic Typing?

Determining your metabolic type can make all the difference between effortless, lifelong fitness success and fighting an uphill battle, especially if you have a metabolic type

that predominately needs certain types of food and nutrients. While many (especially the Mixed Metabolic Type) can achieve great results by only following the behavioral and dietary changes described at the beginning of each weekly level, other metabolic types need a more specific approach to discovering the nutrients their bodies need in order to perform at optimum levels and achieve fitness goals. Depending on how you are feeling and the results you are getting, you will know whether the basic behavior and dietary changes are working for you or if you need to apply the individualized nutritional recommendations for metabolic typing.

Strong identification with either the **Protein Metabolic Type** or the **Carbohydrate Metabolic Type** is a good indication that your body will benefit from using these recommendations. Applying these recommendations should feel natural once you correctly identify your metabolic type. Your body will crave many of the recommended foods, and these recommendations should help to relieve cravings while increasing your energy, mood, and overall sense of wellbeing.

The metabolic typing “rabbit hole” can go very deep, and the specific needs of some metabolic types can go beyond the scope of this book. Just know there’s no such thing as a one-size-fits-all best dietary program. We are all different and require slightly different dietary protocols in order to reach our full health and fitness potential. It is our job, if we want to feel and look as good as we possibly can, to continue to discover our individual needs throughout our lifetime. We all know that our bodies change over the years, and as our bodies age and change, so do our specific nutritional needs. Our metabolic type can also change and should be monitored based on how we feel and what we are eating.

Metabolic Type: Protein (PMT)

The Protein Metabolic Type is classified as being able to process foods quickly. People of this type need to eat very regularly and maintain a diet that consists mostly of slow-digesting foods like proteins and fats. PMTs usually have big appetites and want to eat frequently. They feel hungry often and have a hard time feeling satisfied or full from meals and snacks. On the extreme side, PMTs can overeat to the point of feeling miserable.

PMTs tend to crave salty and fatty foods like pizza, burgers, and fries. Not usually considered to have a sweet tooth, PMTs will not have a problem avoiding sugar unless too much sugar or carbohydrate during any one meal is consumed. Then the cravings begin, and the roller coaster ride of up and down moods and energy swings ensues. Sugar and other fast digesting foods do not agree with the PMT and should be avoided as much as possible to prevent adverse effects like weight gain, lethargy, low energy, and digestive discomfort.

Carbohydrates are a very individual category for PMTs and should be used carefully as some protein types will tolerate carbohydrates better than others. Most PMTs will do better by opting for the slower digesting natural and fibrous carbohydrates recommended for them in the nutritional individualization for metabolic typing.

When a PMT needs to lower the overall amount of food they are consuming, often to achieve weight loss, they should begin by reducing their daily intake of carbohydrates, starting with foods that are very high in carbohydrates (grains and grain-based foods like breads, tortillas, pasta), and then progressing to the elimination of moderate carbohydrate sources (certain fruits and or vegetables, to be defined later). Moderate carbohydrates should only be eliminated after all high carbohydrate sources have been completely eliminated. This gradual elimination of the highest carbohydrate sources should continue

until the desired effect, whether it is weight loss or higher energy and strength, is achieved. Many PMTs feel better and do better on meal planning commonly referred to as “low carb.”

Characteristics of the Protein Metabolic Type:

- Craving heavier foods like cheeses, steaks, eggs, and butter
- Having a big appetite; able to eat a lot in one sitting
- Needing to eat often
- Don't usually crave sugar, but have a problem with energy, mood, and binging after ingesting too much sugar and or carbohydrate

Metabolic Type: Carbohydrate (CMT)

Classified as processing foods more slowly, Carbohydrate Metabolic Types can tolerate carbohydrates much better than the protein type. CMTs do not feel as hungry and do not need to eat as often. Special emphasis needs to be placed on eating regularly, as going too long without eating leads to lowered metabolism, starvation, weight gain, binging, decreased energy, and other health problems.

It is more challenging to get the CMT to eat regularly because they have a lower appetite. Because CMTs can tolerate simple carbohydrates better than others, this can be metabolically helpful but habitually harmful; they can easily fall into the habit of substituting sugar and refined carbohydrates for real meals.

The majority of their daily calories should come from good carbohydrate sources. Starchy carbohydrates usually work well for CMTs. However, CMTs still need to balance meals with a lean protein source, such as chicken, fish, beef and low-fat dairy or even plant-

based proteins like beans or tofu. Lean protein should be the second most abundantly consumed dietary macronutrient for CMTs.

Fat intake should be kept to a minimum but not eliminated entirely. Fat intake should consist of the “good” fats from healthy oils, seeds, nuts, fish, and avocados. CMTs should use fats from commercial sources like dairy and meats sparingly, opting for the lower fat options. All processed fats should be avoided as much as possible.

When a CMT needs to lower the overall amount of food they are consuming, often to achieve weight loss, they should begin by reducing their daily intake of fat, starting with any processed sources of fat (of course!) like hydrogenated oils and spreads and progressing to elimination of non-essential fats like butter, cheese, and other high-fat dairy and meat products. All processed fats and non-essential fats should be eliminated from their daily meal plan before considering the elimination of any essential fat sources like nuts, seeds, avocados, and fish (more specified later). This gradual, healthy progression of eliminating dietary fat should continue until the desired effect, whether it is weight loss or higher energy and strength, is achieved. However, always remember that dietary fat is an essential necessity for our health and wellbeing, so it should never be completely excluded from our daily meal plan. I consider ten to fifteen percent of total daily calories coming from fat to be very low and do not advise anyone to reduce fat intake any lower. Many CMTs feel better and do better on "low fat" meal plans.

Common characteristics for CMTs:

- Prefer lighter foods like fruit, vegetables, and lean protein sources
- Smaller appetite; able to go long periods of time without eating
- Don't typically crave heavier proteins like steak

- Don't usually eat very much at one sitting

Although CMTs can process carbohydrates very well, this can also be their downfall. They, too, can become addicted to sugar, riding the roller coaster of high and low blood sugar and energy levels.

Metabolic Type: Mixed (MMT)

A Mixed Metabolic Type has characteristics of both the Protein Type and the Carbohydrate Type. Their meals should include balanced amounts of food from all three of the macronutrient groups: protein, carbohydrates, and fats. A good balance of protein, carbohydrates, and fats at every meal is the nutritional goal for the MMT.

Balanced meal planning is the key for MMTs. Mixed Types can eat a combination of low fat and heavier, higher fat proteins. However, they should never structure their daily meal plans in a manner where they are taking in excessive amounts of fat, nor should they restrict fat consumption too much. MMTs need to make sure to include protein every time they eat a meal (and snacks if possible), and should refrain from eating a carbohydrate by itself as a snack or meal.

Mixed Types usually do well on a good combination of fruits, vegetables, good carbs, and proteins. Normally, MMTs don't get cravings. However, if they are not eating well-balanced meals, they may experience cravings.

Although we all have a unique metabolic type, the MMT will do best by simply balancing nutrients. For this reason, I have not included individualized recommendations at the end of each weekly level for the Mixed Metabolic Type. Basic dietary and behavioral

changes will be enough to generate positive health and fitness results. Individualized metabolic recommendations are only made for the Protein Type and the Carbohydrate Type, which are the two more extreme metabolic types.

Mixed Metabolic Types don't have any specific traits but may display any combination of traits shown for the Protein and Carbohydrate Metabolic Types.

Fit Forever's 40 Days to Lifelong Healthy Nutritional Habits

Week 1

Behavioral and Nutritional Changes

Moving your food forward and eliminating sugar and high fructose corn syrup.

Helpful phrase: Big Breakfast Eaters Succeed Happily

1) "Big breakfast" = Begin Breakfast

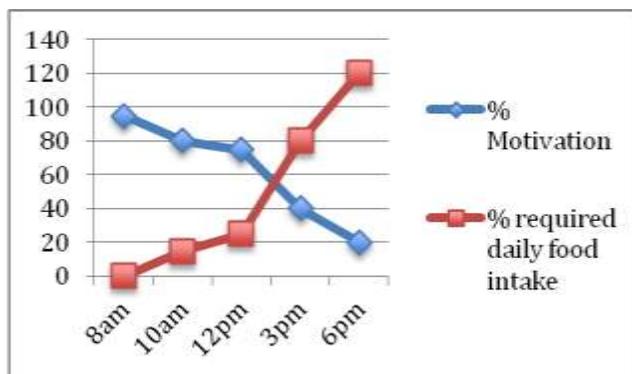
If you are skipping breakfast, don't. You really need to wake up and eat breakfast.

Feeding your body upon waking will cause your body to use the energy you provide in this first meal more efficiently than any meals you consume later in the day (post-workout meal excluded), and you will decrease, if not eliminate, any cravings that may occur later in the day.

If you are not a breakfast eater, that is no excuse. Find something that works. If not having time for breakfast is your fall-back excuse, get up earlier if you have to. I take a simple oatmeal, fruit, protein, and flax or hemp oil shake made in the blender. It's delicious and takes minutes to prepare and consume. Getting up a few minutes earlier is a very small price to pay for the profound impact this little shift will have on your health and fitness. There's no excuse for skipping breakfast; there's only a desire to have more energy and achieve your fitness goals.

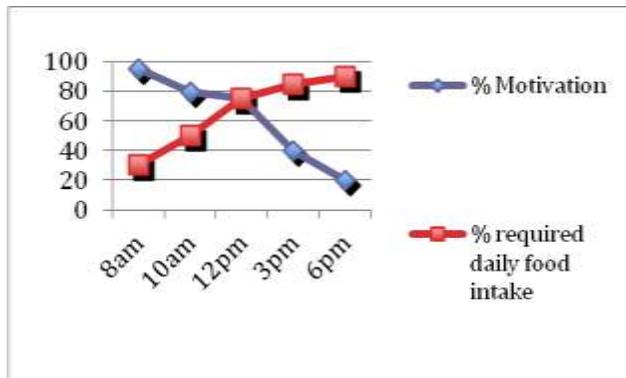
By not eating in the morning, you will be setting yourself up for day after day of a perceived nutritional failure.

It is very common for someone to wake up after an evening of eating too much or binging and say, “Today is a new day and I have the will power to start over, so I will not eat or I will only eat as much as necessary to lose weight and be fit.” The following chart shows how the day goes for the person who wakes up full of motivation and decides to not eat. You can see how the percentage of food required throughout their day climbs until they surpass (goes past 100%) what was necessary for the day. In essence, this day becomes the same as the day before, because it ends with eating too much.



While the initial attitude of thinking it's a new day and mustering up the courage to start again is good, it is the choice to not eat or to eat very little that sabotages the entire day and any chance of long-term fitness success. One of the greatest causes of late-day hunger is not eating enough throughout the day. So while not eating may feel like the right thing to do after a night of eating too much, it is exactly the opposite of what you really need to do.

This is what the day will look like if you decide to eat a good breakfast and move your food forward:



If you are consuming the majority of your food later in the day, take whatever you are eating and move it forward. You will end the day feeling as though you have been successful because you did not finish with a huge meal or binge right before bed. You will be able to easily consume less food than your daily requirement, which is a big plus if you are trying to lose weight.

If you are already eating breakfast, make sure that breakfast or the meal right after breakfast is your biggest meal of the day. A piece of fruit and coffee is not considered breakfast. Neither is one egg. If that is all you can eat at first, that's fine, but keep working on making your first two meals the largest of the day.

Side note on using the “not being a breakfast eater” excuse:

My wife always claimed she was not a breakfast eater. She simply was not hungry in the morning. I knew this was partially due to the fact that she was eating later in the night and sometimes during the night when she would wake up. This had become a natural habit for her, and although she was exercising very regularly, I knew she was missing out on a great opportunity to get better results from her exercise and to increase her energy levels and health.

We started slowly with one egg and toast or one of my healthy hurry protein, oatmeal, and fruit shakes. It took a little more effort from her in the beginning, but in a very short

while she experienced a dramatic shift. The more she pushed to eat breakfast and move the majority of the food she was eating earlier in her day, the more she was hungry for breakfast in the morning. This shift also meant she no longer had food cravings in the evening or at night. She had more energy and was soon getting the results she wanted from her exercise efforts, easily and naturally.

Making this slight shift created a healthy habit for her that continues serving her today. She does not have to think about eating breakfast anymore, and she does not have to restrict herself in the evening. It a natural habit for her now, and she easily maintains a super fit physique. I'm amazed at her.

On a rare occasion, she will experience greater hunger in the evening, but she immediately knows that this is because she did not consume enough food earlier in her day. She naturally corrects this the following day and her cravings are gone. No feelings of deprivation, just natural correction and natural habits.

2) "*Eaters Succeed*" = Eliminate Sugar

How often are you eating sugar? If you are consuming sugar on a regular basis, this is the area of your daily dietary habits where you can make a dramatic change right away.

Why? Sugar is everywhere.

Sugar is the most common dietary culprit making us unhealthy and unfit. Even if you think you aren't having sugar that often, let me tell you from experience, sugar is everywhere and is always working, on some level, to get back into our lives. It doesn't matter how many times you complete this step or how well you clean up your meal plan, sugar will always be lurking in the background.

Sugar is an anti-nutrient. It actually takes nutrients from our bodies. Sugar is nothing but empty calories that causes greater swings in blood sugar and thus, our energy levels. Sugar simply does not mix with an active, healthy life. Whether the goal is to lose weight *or* build muscle and get stronger, eating sugar will be detrimental.

Sugar is addicting, so when you begin to cut it out of your life, you may experience strong cravings. This is another reason why it will take some work on your part to eliminate sugar from your meal plan. Keep working to get rid of as much sugar as you can and I promise, the rewards will far outweigh the initial discomfort of any short-term, addiction-based cravings.

Show me the sugar: Quickest places to find and eliminate sugar

Candy, cookies, cake, some coffee drinks, and sugar from the sugar bowl (Yeah, I know, it's just to sweeten your coffee, right? Get rid of it.) are sources of sugar you should eliminate from your daily meal plan immediately.

Sodas, Sports Drinks, Energy Drinks

Regular sodas are full of sugar. So are flavored teas, sports drinks, and energy drinks. Even supplement drinks that claim to be healthy can be full of sugar. Check the labels. Just because "diet" versions of drinks do not contain sugar doesn't mean that you are allowed to drink them in unlimited quantities. All of these "diet" drinks should be restricted or eliminated completely from your regular meal plan. They are not at all healthy.

Juices

Most juices are made from concentrate and are full of sugar. Don't be fooled by the 100% fruit juice label or any health claims the manufacturer might make. Don't let places serving fruit juice drinks and smoothies that are so called "natural" and "healthy" fool you

either. Some of their products can have between 50 and 100 grams of sugar! It would be much more difficult to get that amount of sugar by eating natural fruit, so in my opinion, their products are not natural. There's a good chance that by consuming any of these drinks you are about to sabotage your health and fitness success for a quick ride on the sugar-energy rollercoaster. Ask questions and read the labels.

Breakfast cereals

Only a few cereals are truly low in sugar. Oatmeal is always a healthy choice right? Flavored oatmeal can have more sugar per serving than frosted or flavored "kid" cereals. Granola bars and cereals can also be misleading. How about those good old cereal and fruit bars? Nope. These are loaded with sugar and other bad stuff, too. Once again, read labels and check for sugar in the list of ingredients. If it's listed in the top three or four ingredients, or if the sugar grams per serving are in the double digits, toss it aside and find a better alternative.

Milk

Commercially processed milk can be a big source of empty sugar calories. If you want to lose weight and lower your body fat, you may need to cut down, if not eliminate, your use of commercial milk and other dairy products that are high in sugar.

3) "Happily" = High fructose corn syrup

High fructose corn syrup is everywhere, and it's just as bad as sugar. Maybe worse. You need to locate and eliminate as much high fructose corn syrup from your daily meal plan as possible. You will find high fructose corn syrup in commercially baked foods, breads, crackers, many store-bought soups, snacks, sodas, tomato and spaghetti sauces, ketchups, and other commonly used condiments.

The reason you see so many products containing high fructose corn syrup is because it was developed long ago as a cheap alternative to sugar, cutting the cost of manufacturing and thus lowering the prices of products. High fructose corn syrup also provides “substance” or “feel” to processed foods, especially those that are low in fat, and it extends the shelf life of some foods.

There was a time when fructose was said to be a healthier alternative to sugar and so you can understand how it has found its way into foods advertised as healthy. It's not. High fructose corn syrup is also seen on labels as “fructose” and “natural fruit sweetener.” It is hidden in a variety of ways and is one of the reasons why I recommend a very short ingredient list for the foods you eat.

Fructose is actually fruit sugar and small amounts can be found in the fruits we eat. The problem with the high fructose corn syrup that comes in processed foods is that it's usually one of the main ingredients. Whenever you find high fructose corn syrup listed at the top of any ingredient list, that's not good and you should skip eating that product.

There's a whole host of problems for our bodies that are associated with the consumption of high fructose corn syrup. Don't believe the hype you see on TV where they are using commercials to promote the use of high fructose corn syrup. They are trying to justify its use by saying that sugar is sugar, and our bodies can't tell the difference between high fructose corn syrup and sugar. Even if that *were* true, sugar is really bad for you, too. So, in following with their logic, that's just another reason to cut high fructose corn syrup out of your life.

Sugar and fructose: What's acceptable?

If you are going to allow for some sugar in your meal plan, natural sources of sugar and fructose like fruits and veggies are best. When fructose and sugar comes from natural foods, they are accompanied by the fiber and nutrients our bodies need. How much natural sugar and fructose you allow in your daily life will depend on what your goals are and how your body responds. Some individuals will need to eliminate more sugars and work harder to control blood sugar. Others will be able to tolerate natural sugars and fructose better while achieving their health and fitness goals. If you are looking to lose weight, slim down, and get rid of body fat, chances are good that you will need to monitor sugar intake, even from natural sources, very closely.

Remember, just because you may be one of the “lucky” ones who doesn’t store body fat or gain weight when consuming processed sugars and/or high fructose corn syrup, it does not mean other unseen damage might not be occurring. My recommendation is to always work on restricting, reducing, or completely eliminating using these processed products.

Nutritional Individualization for Goals

Lose Weight and Slim Down

Give a big effort to the behavioral and nutritional changes this week and you will be greatly rewarded. The two most common problems with daily nutritional habits is eating too much too late and blood sugar spikes. That’s why we address these two in the first week, giving you the opportunity to make a big difference and feel better right away. Moving your food forward either by starting to eat breakfast or making your first couple of meals bigger, will allow you to achieve your weight loss goals much more easily. This simple, little trick

allows you to naturally avoid any overeating or binging in the evening or at night when your body is more likely to store excess food as body fat.

Blood sugar and insulin spikes are very detrimental to making weight loss goals. You should avoid these spikes to the best of your ability. Of course, you will need to eliminate all processed sources of sugar and high fructose corn syrup, but you *may* need to regulate your blood sugar more strictly by choosing foods that are very low in sugar and possibly, lower in overall carbs. If necessary, take it upon yourself to do a little experimentation in the sugar and carb department of your daily meal planning. Do this by simply reducing or eliminating some of the higher carb sources like grain-based foods, such as bread and tortillas, and then progress on, if necessary, toward reducing or eliminating the natural sources of sugar and carbohydrates (high-sugar fruits and high-carb veggies) from your daily meal plan for a day or two. Pay close attention to your mood and energy levels throughout your day as you cut back or eliminate these natural sugar and higher carb sources. This experiment will help you learn more about yourself and what you can and cannot do in terms of sugar and carbohydrate consumption in order to make your weight loss goals.

Gain Muscle and Strength

Although you may not feel the need to restrict sugar as much as someone wanting to lose weight, remember that sugar and high fructose corn syrup are not natural products. They strip the body of vital nutrients for normal function, robbing you of energy and decreasing your ability to be as healthy and feel as good as you want to. By avoiding sugar and high fructose corn syrup, you will feel stronger and will be adding good quality muscle without adding unwanted body fat.

If you find that you are not able to gain strength or weight as fast as you like, you might need to add more carbohydrates (we'll cover this further in a bit) from natural sources like fruits, legumes, and whole grains.

Nutritional Individualization for Metabolic Typing

Protein Type

Protein Types will do better on “heavier” foods, especially for breakfast. Lighter foods are processed more quickly and leave you feeling hungry too soon. Eating breakfast will not be a problem for PMTs since you probably wake up hungry already. You will definitely notice hunger into the evening if you have not had enough food throughout your day. Continue to work on eating early and moving your food further forward in your day to keep evening binging at bay. Sugar and high fructose corn syrup are very bad for you and can cause many problems like lethargy, mood swings, binging and addictive eating, poor sleep, and poor digestion.

Carbohydrate Type

Carbohydrate Types will be less likely to want to eat in the morning and throughout the day. Breakfast will be a challenge, as will any other big meals earlier in the day. You will do better by beginning with lighter foods and starting with smaller portions and working your way up to consuming larger meals earlier in the day. Continue to work at this and you will see the benefits very quickly.

Although you will tolerate sugar and high fructose corn syrup better than most, you must still work to avoid them, as they are very detrimental to your health and fitness success. You are less prone to late night overeating and binging; however, your tendency to avoid

eating can produce starvation-like cravings for sugar and other bad foods. For this reason, it is very important for you to keep focusing on eating early and eating often.

Week 2

Behavioral and Nutritional Changes

Balancing meals using quick portion assessment and choosing good carbs.

Helpful phrase: *Combination Power Punches Create Good Champions*

Portion assessment sounds more complicated than it actually is. Don't worry, you will not have to type every food you are eating into your new smart phone app. There's no need to get your macronutrients (protein, carbohydrate, and fat) exactly perfect for every meal. That's not real life and not a good way to form natural habits.

Balancing your meals is as simple as eating protein and carbohydrates together. While I am not making specific protein recommendations for this level, I do suggest that you try and choose healthier, less processed versions of protein.

1) "*Combination*" = Carbohydrates

Carbohydrates generally originate from plant-based foods. Good examples are potatoes, yams, brown rice, many fruits and grains, and grain-based products like breads, cereals, and tortillas.

2) "*Power*" = Protein

Protein usually comes from animal products like chicken, fish, beef, and dairy, but it is also found in soy and legume-based foods.

3) "*Punches*" = Portions

Portions for both protein and carbohydrate are approximately the amount that can fit into your cupped hand. This means that when you hold your hand palm side up, the food that you are choosing for either your source of protein or carbohydrate could fit in your hand.

No, this doesn't mean you can stack the food six inches high and still call it one serving. Start at about a 1 ½- to 2-inch thick, rounded serving (measured from the center). Adjust the thickness of your servings as necessary in order to meet your goals (don't embarrass anyone by breaking out the tape measure; just eyeball it).

For the next week, use this combination power punch for every full meal. Snacks do not have to be balanced in this manner, but your efforts will be much more effective when they are.

4) "Create Good Champions" = Choose Good Carbs

Sometimes it's easier to recognize the good if you know the bad. Bad carbs are the foods that may not taste as sweet as sugar but can turn to sugar in your system very quickly.

Foods made with processed flour

This includes white flour, wheat flour, and any other processed flour. Some of these foods, just to mention a few, are white bread, wheat bread made with processed wheat flour, pastas, tortillas, and chips made with processed flour.

Flour that is processed no longer has fiber or other beneficial nutrients we like to see in our good carbs. When you look at the ingredient list, look for the word "whole" or "whole grain" in front of the flour. This indicates that the flour has not been fully processed. Most manufactures advertise this predominantly on their packaging since it is the preferred choice for health-minded consumers. For example, choose "whole grain wheat flour" instead of "wheat flour." Regular wheat flour is highly processed and just as bad as white flour. White

flour is just wheat flour that has been bleached. Stay away from enriched flours, too. Just remember to look for "whole" or "whole grain" in front of the name of the flour.

Continue learning to spot and choose good carbs and whole grains. You should be reading a lot of ingredient lists and learning how to pick the carbs that are healthy for you. Pastas, tortillas, breads, buns, and rice (white rice has been stripped of its nutrients and quickly turns to sugar) all have very processed versions for sale at the grocery store. Choose the whole grain versions that still have their natural fiber, and then read the label to make sure there's nothing else in the ingredient list you don't want. If there isn't, you've got a good carbohydrate choice in your hands.

If you must prepare foods that have been canned, read the labels closely. The ingredient list should be very short. I use canned beans or tomatoes sometimes when preparing food. The ingredient list usually reads "beans, sea salt, water." That's it. No high fructose corn syrup, sugar, or any other bad stuff.

A good rule is if the fiber has been removed, you should remove it from your meal plan. Good carbs still have their natural plant-based fiber and nutrients. Fiber is beneficial to our health and fitness in so many ways. It slows the release of sugar into the blood stream (all consumed carbohydrates eventually turn into sugar). This helps eliminate blood sugar spikes and thus, insulin spikes. Fiber helps our cardiovascular system work efficiently, our digestive system work properly, and helps us burn fat. Simply put, without fiber we are unhealthy and unfit. With the right amount of fiber, we are healthy and fit.

So your goal for this week is to remember that good carbohydrates still have the natural fiber they came with; choose them instead of those processed carbs you may have been choosing in the past.

Nutritional Individualization for Goals

Lose Weight and Slim Down

Keep a close eye on your portions, starting at the 1 ½- to 2-inch thickness (again, eyeballing it—don't go picking up your food at a restaurant) in your cupped hand, and slowly work your way up to larger servings if you find that you are still hungry. Remember, you should be eating more food earlier in the day, so your first meals will be an ideal time to incorporate some bigger servings. Combining carbohydrates with protein for every meal will have a very beneficial effect on weight loss as it keeps blood sugar stable while helping you feel very satisfied at every meal.

Some may need to limit carbohydrates just a bit more. Your weekly progress will let you know what you can and cannot do. Begin by eliminating the carb sources with the most ingredients: breads, tortillas and pastas. If you find it necessary to cut back even further, eliminate the natural carb sources known to have the most calories.

A great way to experience the power of consuming the right type of carbohydrate and kick your weight loss efforts in gear is to substitute all carbohydrate sources for legumes (beans, peas, etc.). Avoid any processed sources of legumes, like refried beans, and stick to the whole, unrefined versions. Canned legumes work well; just make sure there aren't any unwanted ingredients like sugar or high fructose corn syrup. Whole legumes are full of fiber and naturally combine protein and carbohydrates. Substituting legumes for all carbs is a healthy and safe option that can be used for as long as you find it beneficial. Just remember to pay close attention to how you feel and adjust accordingly.

Losing weight, especially body fat, is about keeping to a middle ground. Reduce portion sizes too much and you will know because you will feel hungry and weight loss will

be nil or short-lived. Starvation tells the body that conservation is necessary. Chances are good that your body will sacrifice muscle rather than body fat, because it costs the body so much more to maintain muscle than fat. You should be able to eat proper portions that satisfy you, making you feel full without feeling stuffed. It's a unique experience when you get your portions just right. Your body will let you know how quickly it's processing the food you eat while losing body fat. You will feel as though you are truly "burning" your daily food intake *and* your body fat. Overeat by stuffing yourself just once and you'll notice this feeling goes away as your body switches back to storage.

Gain Muscle and Strength

When gaining muscle and strength, you will more than likely not have to limit your carbs as much. Make sure to choose whole grain, natural carbohydrate sources that contain their natural fiber, and continue to combine carbohydrate and protein portions at every meal as a means of maintaining healthy blood sugar levels to keep your energy stable throughout the day. You may opt for larger portions of both carbohydrate and protein if you are not getting stronger and gaining muscle.

Blood sugar spikes are usually not ideal. However, when gaining muscle and strength, you may consider giving yourself a slight blood sugar spike immediately following a strength training session by consuming a higher glycemic carbohydrate. Dextrose and maltodextrin work well, as do larger servings of fruit. Pay attention to how your body responds to this technique. If you experience energy or mood swings, excessive cravings, or binging, reduce or eliminate your post-workout high-glycemic intake.

Nutritional Individualization for Metabolic Typing

Protein Type

Protein Types require more protein per serving and tend to do better on heavier proteins that contain more fat rather than leaner, lighter proteins. PMTs generally struggle more with overeating than not eating enough. If you find yourself hungry, remember that eating the majority of your calories earlier in the day helps eliminate big cravings later.

PMTs should adjust portion sizes to increase the amount of protein and fat and decrease carbohydrates at each meal. Cut back or eliminate foods that have several ingredients in them, like bread, tortillas, and pastas. Even if they *are* whole grain versions, they may be responsible for adverse effects like mood and energy swings, and they may cause intense cravings and binging. Stick to veggies and some (but not excessive amounts) of fruit to get your daily supply of natural carbs. If you find that you must cut carbs back even further, begin with sugary fruits and starchy vegetables that are higher in carbohydrates and sugar. Two quick examples of veggies that are high in carbs are potatoes and yams. Examples of fruits with higher sugar content include but are not limited to oranges, pineapples, and grapes. To avoid adverse effects, it's very important that PMTs become familiar with carbohydrate sources (even natural sources of sugar and carbs), their sugar content and glycemic ratings, and how certain carbohydrate-based foods affect their bodies.

Carbohydrate Type

If you are the Carbohydrate Type, you will be able to handle more carbohydrate-based foods. Adjust your carbohydrate portions to be greater than your protein portions per meal. Although you can tolerate processed carbohydrates better than most, you should still choose

natural, whole grain versions for your carbohydrate intake for optimal health, fitness, and energy.

Decrease your protein portions and choose leaner, lighter versions of protein.

Although you may not crave protein, you still need to include it in each meal because protein is essential to gaining and maintaining muscle, and keeping your metabolism and energy up.

Get the essential fats your body needs from sources like nuts, seeds, avocados, and fish.

Week 3

Behavioral and Nutritional Changes

You will begin cooking and replace all processed fats with healthy fats

Helpful Phrase: Getting Control Requires Preparation First

1) "Getting Control" = Get Cooking

Purchasing and preparing your own food is the best way to take control of your health and fitness. If you haven't already, it's time to start using recipes that include the good ingredients you need to be really fit. In time, you will learn how to adapt almost any recipe by replacing unhealthy ingredients with healthy ones. You will be pleased to discover that creating *healthy* versions of recipes taste just as good, if not better, than the originals. Cooking is the greatest way to control what foods enter your body and thus, to have control over your health and fitness.

Pick five recipes that include the healthy ingredients you have learned about so far and cook them this week. You can find many delicious recipes at www.mygeofit.com. Each

recipe comes with a convenient shopping list that you can print or email to your smartphone for use at the grocery store and in the kitchen.

There's a lot of magic and love that goes into preparing the food that will nourish your body. If you are cooking just for yourself, enjoy the leftovers for lunch or dinner tomorrow. Likewise, if finding healthy food at work derails your nutritional goals, make extra each evening to pack a healthy, satisfying lunch. If you have a family, get them involved. Cooking can be one of the greatest times of the day. There's something for everyone to do, whether it's washing, chopping, or setting the table. Great conversations along with loving and learning interaction are nearly always to be expected.

Learning how to cook and taking the time to cook regularly is part of creating and maintaining a positive mindset and natural habit that will keep you fit for the rest of your life. Once you experience the increase in energy, health, and awesome fitness results that come from regular preparation of your own food, you will truly understand the power you have over your own fitness destiny. You will never again decide to regularly leave your health and fitness fate in the hands of some stranger at a restaurant where you can only guess at what is actually in the food you are eating (most likely, you would be guessing wrong).

2) *"Requires Preparation First"* = Replace Processed Fats

Many commercial oils can be highly processed. Don't let the "zero cholesterol" labels fool you. These oils have been altered so that they can remain on shelves longer without going rancid. The alteration of these oils, called hydrogenation, produces trans fatty acids which are unrecognizable to our bodies and leads to body fat storage and, ultimately, sickness.

Know how to spot trans fatty acids on labels and elsewhere. This nutritional trap, like sugar and high fructose corn syrup, is very common in packaged, processed food. Just because it's called 'vegetable' oil does not mean that it's healthy. The average processed source of oil has a half-life of 51 days. This means that every time you ingest processed fats, they *could* remain in your body for twice that long, doing harm to your health and fitness the whole time.

Replace processed fats and oils with natural fat sources like olive oil, coconut oil, grape seed oil, macadamia oil, and yes, even butter (organic, grass-fed, raw butter is best). When frying with higher heat, stick to using butter, coconut, or macadamia oil. Grape seed oil is good for cooking over medium heat, while olive oil is only good for lower heat cooking (120 degrees or lower) as it goes rancid quickly. Be sure to store oils that go rancid more easily like olive oil and grape seed oil out of direct light.

Nuts, seeds, avocados, and fish also contain healthy sources of fat, but we will cover them a little later. Right now pay closer attention to replacing all processed fat sources you may be consuming with natural, healthy sources.

Nutritional Individualization for Goals

Lose Weight and Slim Down

Losing weight requires that you have control over your body. The greatest way to have control over your body is to know exactly what you are eating. This is why regularly cooking your own food will help you be much more successful in your weight-loss endeavors. Did you know that most restaurants put a heaping scoop of butter on steak and chicken before it is served? Probably not, because the butter melts and is absorbed by the meat

before it reaches your table, leaving just the appearance of a juicy entrée. One that, had you prepared it yourself at home, would have nearly half the calories.

Fat is the most condensed form of food energy. Therefore, you can consume a large quantity before feeling full or satisfied. This makes fat one of the worst culprits allowing you to consume more than your body needs or uses on a daily basis. Fat consumption can play a huge role in preventing weight loss for some people, while others aren't affected as much. This week's level is designed to help you determine if fat consumption is a factor for you, and learn how to adjust your fat intake accordingly.

However, you should never eliminate *all* fat from your meal plan, as fat is an essential part of your health and wellbeing. First, focus on replacing all *processed fats* with natural, healthy sources of fat. Once you have done this, you can turn your attention to adjusting the amount of fat you are consuming as necessary to achieve your weight loss goals.

Gaining Muscle and Strength

Some people see the quest for strength and muscle as a free-for-all when it comes to their meal planning. While it is true that you have fewer restrictions than someone wanting to lose weight, this does not mean you can eat whatever you want, anytime you want, from wherever you want.

When viewed from a lifelong health and fitness perspective, properly gaining strength and muscle is not as much a change in the *type* of food you are consuming as it is a change in the *quantity* of food you are consuming. You should only increase the amount of food you are consuming enough to reach your goals. Don't lose control.

Gaining strength and muscle requires big efforts from your workouts. Not just any food can supply the energy necessary to exercise and workout at greater volume and

intensity. The only way you will ever have good control over the food you are consuming is to purchase and prepare it yourself. Using the excuse of getting stronger and gaining muscle to eat anything is just another prescription for putting on too much body fat, having lower energy and possibly, bad health. This is why it is *still* very important for you to learn to have control over the food you eat by learning to prepare it yourself. Get cooking!

Fat is an essential part of hormone regulation and the building, repair, and functioning of our bodies. Consuming the right amount of fat can help keep joints healthy while gaining strength. Depending on your body's particular needs, you may or may not need to monitor fat intake as much. If you find that your pants are getting tighter in the wrong places (around the belly, especially), you should back off the fat intake while working to get stronger. If you are *not* getting stronger, consider increasing your fat intake. Small adjustments like adding or cutting out butter or peanut butter can make a big difference. Test for yourself and pay close attention to your results so you can continue to adjust accordingly.

Nutritional Individualization for Metabolic Typing

Protein Type

Protein Types do much better with a higher amount of fat in their daily meal plan. This does not mean it is okay to consume processed fats. Although processed fats may not make you feel bad immediately, the unseen damage is too dangerous. Stick to natural fats from nuts, seeds, olive oil, coconut oil, macadamia oil, avocados, fish, and grass-fed organic raw butter. PMTs use fat more efficiently as a fuel source since they tend to metabolize food more quickly and fat is a slower burning, more condensed form of fuel.

Carbohydrate Type

Carbohydrate Types process their food more slowly and, therefore, need a faster burning source of food. For this reason, CMTs don't do as well consuming higher levels of fats. Fats should be kept to a minimum, and only natural fats should be consumed. Replace all processed fats with healthy, natural fats from nuts, seeds, olive oil, coconut oil, macadamia oil, avocados, fish, and grass-fed organic raw butter, but do so sparingly. Too much fat of any kind may make you feel bad.

Week 4

Behavioral and Nutritional Changes

Increasing the number of times you are eating per day and adding fruits, veggies, nuts, and seeds.

Helpful Phrase: Increased Metabolism Allows Healthy Success

1) "Increased Metabolism" = Increase Meals

You should be eating four to six times per day. This helps to regulate your blood sugar, keeps your metabolism high, and prevents starvation-based behavior and muscle catabolism. You need to eat at least three full meals containing protein and carbs each day.

The remainder can consist of healthy snacks.

2) "Allows Healthy Success" = Add Healthy Snacks

Add fruits, veggies, nuts, and seeds to your daily meal plan. These healthy food choices can be added to your main meals and enjoyed between meals as healthy snacks. If you haven't done so already, it's time to start hanging out in the produce section at the grocery store. It's a great place to meet healthy people. Start picking up fruits and vegetables that can

be eaten raw as snacks. Carrots, celery, cucumbers, broccoli, cauliflower, peaches, nectarines, apples, bananas, grapes, strawberries, blueberries, raspberries, kiwis, and pears are excellent choices. Choose snacks that work best for you and are in alignment with what you've learned about yourself from your previous three weeks of forming healthy habits. Having healthy alternatives available at home or on the go gives you the option to snack when you feel hungry, be creative with your main meals, or have a tasty side or dessert.

Fruits and vegetables serve so many good purposes in our bodies. Many vegetables and fruits are very nutrient dense, which means they are loaded with all the nutrients our bodies need without too many calories or any of the bad, fat storing, health diminishing qualities found in processed foods.

Fruits and vegetables are a great natural source of fiber. When foods are processed, one of the main things removed is the fiber. Fiber is not good for the shelf life of foods (that's one of the reasons why fresh produce doesn't last nearly as long as processed, packaged foods).

As with produce, you can also eat nuts and seeds both in meals and as snacks. Raw nuts and seeds are best since they're closest to their natural state and contain more of the healthy fats and oils your body needs. Read labels to make sure the nuts and seeds you are choosing are not roasted in any processed oils.

Instead of going to the pantry for snacks, start thinking of the refrigerator, fruit bowl, nuts, and seeds as your new place to find healthy snacks.

Side note on choosing fresh foods:

Many of us learned not to waste our food at a young age, so the habit of eating everything and never throwing anything away is deeply engrained. This habit derails our

health and fitness goals. Since processed food hardly ever spoils before we can eat it, we are fooled into thinking we are wasting less. The trouble is that processed food also makes us sick and fat. For some of us, a big shift in thinking is necessary to form a habit of choosing fresh snacks over processed ones. As you know, natural foods will spoil if not used in a timely manner. Until you become accustomed to shopping in smaller quantities, learning which items last longest, storing food for maximum freshness, and using produce more efficiently, it may be irritating to have to throw away wilting or rotting food. Don't let your "can't let food go to waste" thought pattern stop you from switching to fresh food. Your health is more important, and you will see less and less waste as you get more comfortable purchasing, cooking, and eating natural foods.

Nutritional Individualization for Goals

Lose Weight and Slim Down

Even though fresh fruits, vegetables, nuts, and seeds are healthy options, some are higher in calories than others. You may need to monitor or exchange these for their lower calorie counterparts. Melons, grapes, oranges, and pears have higher sugar and calorie content than other fruits. Potatoes and yams, for example, are a much higher calorie vegetable than peppers, celery, or broccoli. If you find that you are not reaching your weekly weight and measurement goals, take a closer look at the vegetables and fruits you've been using. If they are on the high calorie side, replace them and see if your weight loss gets back on track.

Nuts and seeds are also very calorie dense, so take care not to overindulge in these healthy snacks. One small to medium “cupped” handful once or twice a day should be fine for the bigger nuts. Cut that portion in half for the smaller seeds.

More often than not, fruits, vegetables, nuts, and seeds are *not* overeaten, so adding reasonable amounts of these foods to your meal plan should not stop you from meeting your weight loss goals. Pay close attention to your sources of fruits, veggies, nuts, and seeds. Commonly, extra ingredients like the sugar added to dried, canned, and other forms of fruit, or nuts and seeds being roasted in bad oils are what cause these foods to hinder weight loss.

Gain Muscle and Strength

You should be able to consume all the vegetables, fruits, nuts and seeds you want (within reason) without any adverse effects. Be sure to eat fruits, veggies, nuts, and seeds that are as close as possible to their natural state; avoid fruits canned in syrup, veggies dipped in ranch dressing, or nuts and seeds roasted in processed fats or oils.

Nutritional Individualization for Metabolic Typing

Protein Type

Increasing the number of meals consumed per day should be natural for PMTs since they process food very quickly and are more likely to be hungry often. If possible, increase the amount of balanced meals you eat, combining protein and carbs, rather than just adding snacks of fruits, veggies, nuts, and seeds to your daily meals. Balanced meals help satisfy hunger and provide energy while keeping blood sugar stable throughout the day.

PMTs need to monitor their intake of vegetables and fruits that are high in carbohydrates, as these can cause more digestive and energy-based problems than lower carbohydrate varieties. Nuts and seeds are ideal for PMTs because they contain plenty of natural fats, which are great for health and ideal for the fast burning nature of protein types.

Carbohydrate Type

Increasing meals can be much more challenging for Carbohydrate Types since they process food more slowly and are less likely to feel hungry regularly. It is much more acceptable for CMTs to add fruits, veggies, nuts and seeds, by themselves, as snacks in order to increase the number of meals eaten per day. Unlike the PMTs, Carbohydrate Types won't likely need to balance their snacks as long as they remember to include them between meals.

CMTs do better on higher carbohydrate fruits and vegetables since these fast-burning fuels work well with slower digestive systems. While CMTs don't usually have overeating problems (their appetites are naturally low), their appetites can soar when going without food for long periods of time. Constant care should be taken to eat more meals and snacks to avoid periodic starvation cravings that can lead to binging, especially later in the day.

Week 5

Behavioral and Nutritional Changes:

Becoming aware of the time between meals and making good protein choices.

Helpful Phrases:

Taking Time Brings Miracles

Lifelong Fitness Can Produce Amazing Outcomes

1) “Taking Time Brings Miracles” = Track Time Between Meals

Now that you’ve become comfortable with increasing the number of your meals, it’s time to pay closer attention to the time between meals. You should wait no longer than two to three hours between meals. Your first meal should be shortly after waking up. Your next meal should be no longer than two to three hours after the first meal, and so on. Remember that during the first week you developed the habit of moving your food forward by eating early, and last week (the fourth week) you formed the habit of increasing your number of daily meals and snacks. Now, this week, you will form a habit of eating frequently using a very simple method to keep track of the time between you meals.

Why?

Feeding your body every couple of hours is a great way to keep your metabolism as high as possible, avoid any negative starvation effects, and regulate your blood sugar.

Tracking time between meals is as simple as looking at a clock while eating, and then projecting two to three hours ahead. If you're eating at 10 a.m., you know that you need to eat again between noon and 1 p.m. Either make a mental note, jot it down, or type it into your smartphone (you can even set an alarm with your smartphone if you find yourself losing track of time), whichever works best for you.

2) “Lifelong Fitness Can Produce Amazing Outcomes” = Low Fat Commercial Protein And Organic

You have two main choices when it comes to protein sources: commercial *and* organic, natural grass-fed products. Commercial proteins are cheaper, more readily available and usually have a greater selection (for now), which is why most people choose commercial

meat, fish, dairy, and eggs. However, commercial products come with a few usage limitations for healthy eating when compared to many organic, natural, grass-fed protein sources.

If you are using commercial products, here are a few tips for reducing the fat content. With meats, choose fresh, leaner cuts and trim the visible fat. Discard egg yolks. Choose low-fat dairy products. However, I do not recommend nonfat cheeses, cottage cheeses, sour creams, and such because they don't have the same quality. They don't cook as well, and I feel most of them taste bad, which will ultimately send you running back to old, bad dietary habits. When it comes to dairy products that contain a fair amount of sugar, like milk and yogurt, I strongly suggest that you DO NOT choose nonfat. Use either one percent or two percent, or other low-fat versions, since a little fat slows the rate glucose enters the bloodstream, thus reducing spikes in blood sugar. So, while ingesting fat from commercially processed dairy may not be ideal, spiking blood sugar and forcing your body to release a bunch of insulin can result in detrimental effects like crashing energy levels and craving unhealthy foods.

Some may choose low-fat versions of dairy products merely as a means of lowering caloric intake, especially as a means to lose weight. Dairy affects everyone differently, and it's only through trial and error that you will discover what works for you. If you find that you must limit your dairy intake, consider using supplements as a means of receiving adequate amounts of calcium and vitamin D.

Farm-raised fish does not have the fatty acid profile of wild caught, organic fish and should be avoided. As of the writing of this book, farm-raised fish are associated with many health risks, not only to our personal health but also to the natural environment of the sea and all fish. I cannot recommend any "safe" consumption of farm-raised fish, because they

are exposed to many untested, unsafe pesticides, hormones, antibiotics, and more. Even so-called “organic” farm-raised fish can be exposed to very similar products. Farm-raised cultivation of fish is under a great deal of investigation; there is plenty of material available on the internet if you are interested in learning more about it.

Natural Grass-Fed Organic Raw Products

Organic, natural, raw (not homogenized or pasteurized), or grass-fed sources of meat, eggs, and dairy can be consumed without alteration. You generally don't need to trim or remove fat (organic, grass-fed meats tend to be naturally lean) or drastically limit fat for any health related reasons. The only reason to alter fat consumption when using natural, organic protein sources would be due to your specific goals, the needs of your body based on your specific metabolic profile, or for personal preference. Make sure all organic, natural, raw, grass-fed products are fresh.

Resources for researching or purchasing organic, natural, and grass-fed products:

www.realmilk.com
www.organicpastures.com
www.eatwild.com
www.americangrassfed.org

The term "*raw*," when referring to dairy, does not mean these products are not cooked or that you may not cook with them. Raw means that dairy products are not pasteurized or homogenized.

This week, pay close attention to the beef, chicken, dairy, eggs, and any other sources of protein you are eating. If commercial sources of protein are your only option, choose lean products and trim the fat. Use commercial dairy sparingly, especially if you want to lose weight.

If you are able to purchase organic, natural, grass-fed sources of protein, that's great. You still need to be aware of other protein sources. Chances are you will still be consuming commercial sources of protein. For example, when going out to eat you might be limited to commercial meat. In these cases, choose leaner menu options, and then trim the excess fat. At this time, I recommend avoiding all commercially farm-raised fish, even when dining out. As mentioned, this topic is under a lot of discussion and investigation as of this writing.

Incorporate natural, raw sources of protein and choose organic wherever you can. This is a process that *can* take some time, especially in relation to where you live. For example, I live in California's central valley, the agricultural capital of the world, but I have a very hard time getting organic sources of protein (or anything organic for that matter). If I lived just a bit north or even west of my current location, it would be easy for me to buy all the organic, natural sources of protein I wanted at fairly reasonable prices, purely based on demand.

Identify where in your diet, budget, *and* convenience that it is reasonable for you to make improvements so when you can, you will. Fresh, grass-fed, organic, natural, raw sources of protein will always be your best choice when it comes to being healthy and fit. Take advantage of every opportunity to incorporate these healthy sources of protein. Use the resources provided to do some research of your own and see where you can find organic, natural, grass-fed sources of protein near you.

Nutritional Individualization for Goals

Lose Weight and Slim Down

If you are not reaching your desired weekly weight-loss goals, you may need to stop all eating two to three hours before bedtime. Not everyone will need to do this, but some (yes, myself included) will find this is a requirement in order to achieve weight-loss goals. C'mon, would you rather be hungry while you are awake or asleep? It's kind of a "no-brainer." Sleeping on an empty stomach allows for restful sleep and lets your body take a break from the "work" of digestion throughout the night. This also allows the body to burn more fat while you are sleeping, granted you have been eating every two to three hours and your body has been sufficiently fed throughout the day. Not eating two to three hours before bed allows your body to efficiently accept the nutrients provided in your first few meals of the day. Monitor your goals closely and you will know whether you need to experiment with this additional weight-loss step.

Dairy

Commercial dairy will likely need to be limited or removed from regular, daily meal planning in order to lose weight. More than likely, natural, organic, raw dairy won't need to be limited to the same degree as commercial dairy when it comes to losing weight, because its nutritional value is much higher than that of commercial dairy.

Gain Muscle and Strength

Keeping your metabolism high while getting stronger and gaining muscle is optimal. That's why it is key for you to continue consuming meals at two to three hour intervals while you are gaining strength and muscle. This is the secret for putting on maximum muscle without adding unwanted body fat.

You may opt for higher fat, organic, natural sources of protein purely based on the increased caloric content of these foods. Pay close attention to how different protein sources (especially higher fat vs. lower fat) make you feel. Fat intake can play an important part in increasing strength, from hormone regulation to keeping joints healthy and pain-free. If too much fat makes you feel sluggish or bad in any way, try lowering your fat until the undesired effects go away.

Nutritional Individualization for Metabolic Typing

Protein Type

Eating early and eating often should not be a challenge for the Protein Metabolic Type. However, you may be challenged to not overeat in the evening before bedtime since you have such a strong appetite.

PMTs will generally be able to choose heavier, higher fat proteins and actually do better with them. I still recommend using natural, organic sources because of the alteration of fatty acid profiles (read info below) that occur with commercially processed proteins. If you are unable to get organic, grass-fed products, then trimming the visible fat from your meat is still advisable. You can safely increase fat intake with other natural sources like all-natural peanut butter, avocados, olive oil, coconut oil, macadamia oil, nuts, and seeds.

Milk has a lot of sugar, even low-fat milk, and needs to be consumed in limited quantities, if not eliminated altogether for PMTs. Other low-fat commercial dairy products should be fine for most PMTs. Full-fat natural organic meats and eggs are fine. Natural, organic grass-fed raw dairy is acceptable unless it's a product that contains a lot of sugar, like milk, in which case, these products may still need to be limited or eliminated.

Carbohydrate Type

Remembering to eat every two to three hours can be a big challenge for CMTs since it is uncommon for them to have high appetites or to naturally feel hungry at regular intervals. Greater attention will have to be paid to the time between meals, and frequent eating may be accomplished more easily by including small, light snacks instead of full meals.

Carbohydrate Metabolic Types do better with lighter, leaner sources of protein regardless of whether they are coming from commercial or natural, organic sources. Lower fat versions of raw dairy products are usually best for CMTs. Protein still needs to be the second most abundantly consumed source of macronutrients (behind carbohydrate) for CMTs.

Side note: Is fat really bad for us?

Fat is not bad and is not the problem when it comes from natural sources. The problem with fat comes from the fatty acid ratios that are in commercial sources of protein. The fatty acid ratios in commercial products are what cause health problems. When animals that are meant to eat grass are fed grain, they end up with different omega 6 to omega 3 fatty acid ratios. Similar effects occur in grain-fed chickens and their eggs, as are similar ratios found in all grain-fed versus grass-fed livestock products.

Our bodies are designed to receive these fatty acids in the proper ratios that are present in natural, organic, grass-fed sources of protein, not in the ratios found in commercial protein sources. There are many examples of indigenous people existing on high-fat diets from natural sources with no health problems. Health problems only occur once these indigenous people are introduced to a commercially produced, processed diet.

Commercial Dairy Products

I consider dairy a protein source, which is why I am addressing it this week. Don't forget that dairy *can be* a source of protein that also comes with a lot of carbohydrate (mainly sugar). Dairy itself is not the problem. It's what commercial processing does to dairy that makes it a much less useful nutrient for our bodies. Commercial dairy products are pasteurized and homogenized. Pasteurization was initially intended to eliminate harmful bacteria. Much of the bacteria we get from dairy is both good and necessary for our health. Pasteurization kills all bacteria, good and bad. Homogenization crushes the molecules of dairy products, thereby changing the natural molecular structure of these products. When we change food from its natural state, it's never for the better as far as our health is concerned.

Dairy is best when left in its natural form: organic, raw, natural, grass-fed. You don't need to fear the safety of these products; they are held to a higher standard of bacterial testing than pasteurized dairy products.

Week 6

Behavioral and Nutritional Changes

Lowering stress and increasing water.

Helpful Phrase: Let my success determine my way

1) "Let my success" = Lower my stress

Pick one activity that lowers your stress and makes you feel good, and then take the time to implement that activity the remaining five days of these life-changing 40 days (Monday through Friday for those on a regular work-week schedule). The activity doesn't

have to take a long time. It may be as simple as reading a little something, listening to music, or doing something motivational, inspirational, relaxing, or calming.

2) “*determine my way*” = Drink more water

One of the easiest ways to do this is to start your day with a glass of pure, cool, clean water. Before breakfast—before anything—just drink it and see how well your body receives it. This helps flush toxins from your system and increases your ability to burn fat. After that, try to put water in front of you every chance you get. A great technique is to drink a full glass of water before each meal. Make it easier to consume water more often by carrying a reusable water container. Drink water every chance you get. You will be very impressed at the positive effects this little change will have on you, your body, and your health.

Nutritional Individualization for Goals

Lose Weight and Slim Down

A great way to relieve stress is to choose a slow- to medium-paced cardio activity, or any fitness-related activity that makes you happy, calms you, and lowers your stress, and do it merely for the fact that it makes you feel good. Going on a walk, riding a bike, running, stretching, and dancing are just a few examples of activities that help lower stress while also helping shed pounds.

Increasing water intake always helps burn fat. Whether it's to flush toxins that may be inhibiting fat burning or just to keep the body and its cells hydrated, drinking more water always helps. As mentioned above, try drinking a full glass of water before all meals this week as a means of increasing your water intake and losing weight.

Gain Muscle and Strength

You can't make muscle and get stronger if you are stressed out all the time. Trust me; I know. Kinesiological testing has revealed unique outcomes from stress and the body. When subjects feel stressed or hold stressful thoughts, they become physically weaker. The testing reflects this truth. Feel calm, relaxed, and confident and the body becomes physically stronger. Finding a way to get rid of stress and feel better on a regular basis is only going to help your muscle building endeavors.

Muscles are 70 percent water, so dehydrated muscles are small, weak muscles. Keeping hydrated only helps you to be stronger. It also helps to flush any toxins that may inhibit the muscle building process. Once again, drinking more water always helps.

Nutritional Individualization for Metabolic Typing

Protein Type

PMTs can be somewhat calm and relaxed naturally, so you may feel as though you do not need to lower your stress. Thought monitoring may help to reveal times when stressful thoughts are bothering you. Take the time to find an activity that you really enjoy merely because you deserve to feel good and indulge. Don't choose activities that have negative health effects, like eating large quantities of super nachos and movie popcorn, obviously.

Drinking more water is a good decision for everyone, but particularly for PMTs since they are constantly processing heavier foods like fat and protein. The additional water helps to protect the body and flush any excess toxins or other accumulation out.

Carbohydrate Type

Carbohydrate Types tend to be more stressed and can be dominated more by the fight-or-flight response, so it is imperative that CMTs not only find an activity but practice the

activity on a daily basis to help lower stress levels. Stress has a horrible effect on our bodies, maybe more so than unhealthy food for some people. Sometimes, learning to eat right and exercise regularly cannot produce the desired results until stress is managed properly and the body is able to function properly.

Nervousness and tension can increase the toxins within our bodies, and drinking more water is a great way to flush any of these toxins out. If you have a hard time increasing the volume of water you are consuming, try the technique mentioned above of drinking a glass of water before every meal. If a full glass is too much, start with half.

40-Day Strict Nutritional Approach

Why would you choose the Strict Nutritional Approach?

A great reason for beginning users is to take advantage of the opportunity to experience what it feels like to eat natural, unprocessed foods in a healthy manner. You will be amazed at the amount of food you can eat and still lose weight. It's quite mind-blowing for those who have never experienced it.

Advanced fitness seekers who've already reached high levels of fitness may choose to use this option to further their progress and achieve more extreme conditioning goals.

Advantages and Disadvantages of the Strict Nutritional Approach

The advantage of using the Strict Nutritional Approach, especially for the beginner, is that it will show you just how much healthy, whole food you can eat while still losing weight and body fat when you choose the right foods. This experience can be a real eye-opener for those who think they must starve in order to lose weight and slim down. Advantages for the advanced fitness seeker is that following this more precise approach *can* provide the edge necessary to achieve even more amazing and extreme results beyond the results provided from their current daily meal planning practices.

A couple disadvantages of using the Strict Nutritional Approach are that it's challenging (to say the least) and can become boring. It's definitely not something you'll want to follow for long periods of time (aka—regular life). You will need to purchase a lot of different foods, and for those unaccustomed to cooking from scratch, you may experience a little shock from all the cooking and cleaning involved.

The greatest disadvantage of this approach is that it does everything for you that I systematically teach you in the 40 Days to Healthy Nutritional Habits approach. The premade meal plans make the majority of your daily meal planning decisions for you, and so you will not be forming your *own natural habits*, unique to you and your needs.

The Strict Nutritional Approach is not a lifelong fitness solution. If it's not paired with a quest for education and natural, lifelong nutritional habits that serve you, it can easily become just another quick-fix!

Advanced Fitness Seekers and Body Fat Testing

Advanced users may consider measuring and tracking their body fat throughout their use of the Strict Nutritional Approach. The body gets very particular as you try to achieve more and more extreme states. To you, it may seem as though you're just trying to achieve higher levels of fitness, but to your body, it can easily appear as a threat to your survival. I know I said I don't recommend body fat testing, but chances are, if you are an advanced fitness seeker, you've already done or considered body fat testing. Once you reach advanced levels of fitness and body recompositioning, body fat testing *can* be a useful means of monitoring your progress when paired with circumference measurements and the monitoring of body weight. All three means of measurement will show much slower and smaller rates of progress for the advanced fitness pursuer, so any bit of progress, be it lower percentage body fat, loss of inches (in the right areas), or lower body weight, will be positive and can serve as a means of further adjustment and motivation. Body fat testing, when done accurately and correctly (using the same testing method and person taking the measurements *if* there's another person necessary for the chosen method), can also be a great way for advanced users to determine whether they are losing too much lean mass

(muscle). In most cases, this is caused by too low of a daily food intake or rather, too high of a daily food deficit, and can quickly be noticed and remedied through the monitoring of one's body composition (body fat tests). However, paying close attention to your strength levels when exercising and throughout your day, along with being in tune with your body, can also be a good way to monitor too great a loss of lean mass and too low a daily food intake.

My quick recommendation for body fat testing is the Jackson/Pollack three-site skinfold (pinch) test. You will need the help of someone else, preferably an experienced individual in order to gather your skinfold measurements. The three-site pinch test is the quickest and least invasive way of measuring and monitoring body fat. All skinfold measurements are typically taken from the right side of the body.

Formulas for Body Fat Testing

Males:

Body Density = $1.10938 - (0.0008267 \times \text{sum of chest, abdomen, and thigh skinfolds in mm}) + (0.0000016 \times \text{square of the sum of chest, abdomen, and thigh in mm}) - (0.0002574 \times \text{age})$

Females:

Body Density = $1.0994921 - (0.0009929 \times \text{sum of triceps, thigh, and suprailiac skinfolds in mm}) + (0.0000023 \times \text{square of the sum of triceps, thigh, and suprailiac skinfolds in mm}) - (0.0001392 \times \text{age in years})$

Siri equation for % body fat

$$\text{Percentage Body Fat} = (495 / \text{Body Density}) - 450$$

It's no secret that body fat testing is not my favorite experience. For that reason, I will leave it up to you to research, choose, and find alternate methods for testing. I figure if you're this advanced of a fitness seeker, you know how to use the Google search bar. You can also go to mygeofit.com and download the *Fit Forever in Forty* app (if not now, then very soon for those who are among the first to purchase this book), and it will greatly simplify your body fat testing endeavors.

Achieving Extreme Conditioning

What I'm about to share with you cannot be confused with fun (especially for the beginner) or natural, everyday life. It can be extremely challenging and time consuming, to say the least, especially for those just looking for a quick-fix to poor nutritional habits. You will be computing deficits, counting calories, sticking to strict meal plans, and possibly measuring body fat. Why? To achieve extreme conditioning you need to apply extreme efforts.

I believe that naturally we were not meant to achieve or maintain extreme conditioning, so it takes a lot of coercing to get the body to reach new levels of fitness. We were meant to stay within a "healthy" range, as deemed by our own body, when it comes to body weight and body composition. I feel the body establishes "set points" of safety and health along the way that are unique to each of us and the different levels of fitness we've all achieved and maintained. Going beyond such set points can be seen as a threat from the

viewpoint of your body and its survival, so in order to achieve extreme conditioning, we must take extreme action.

Results will be the guiding light for Advanced Users

Wait, results come after our effort. How can we put them first? As a matter of fact, I've spent the majority of this book telling you *not* to put the results first. So what gives? When you are in pursuit of extreme conditioning because you *enjoy* that pursuit, your weekly results will dictate further actions that garner further results. If you truly wish to do well in this process, you must enjoy the process; otherwise, your efforts and your results will be very short-lived. You must also pay close attention to your overall health and make your choices accordingly. Don't choose extreme conditioning now that could result in health problems later. Stay smart and stay true to the *Feeling Good First* principle. It is during such extreme pursuits that your resolve can truly be tested.

Your results will be your ultimate guide to making necessary and effective changes and adjustments when following the Strict Nutritional Approach. All of these numbers we are going to learn about and compute are little more than guidelines and starting points. If your results, or lack of results, are telling you something different, then adjust your calories, exercise, and efforts according to your results. Results are not just numbers; they are also how you feel on many different levels like strength, endurance, energy, mood, etc. All of your results need to be strictly monitored and noted so they may be used to make the correct future adjustments to your strict meal planning.

Is it really calories in calories out?

No. But it's the best starting place we've got, especially when it comes to getting really precise and achieving extreme results. To believe we can completely account for or even

accurately follow nutrients once they are ingested is hopeful at best. The body is an amazing organism, composed of very diverse complex activities and countless processes. There's no way to actually know exactly where and how our food is used after we ingest it. Food may be used for fuel, repair, or building, or it may not even get absorbed; in which case, it passes through our system in the form of waste.

Calorie counting is the best means we have at this time for accurately estimating the right amount of food to achieve our goals, and it really does work for everyone once you dial it in for yourself. Beginners will have a much easier time choosing a caloric level that will produce great weekly results. Advanced users can be a little more challenged, as their needs can be more precise. At any rate, calorie counting is just an educated guess. It becomes very effective *after* you've applied it long enough to see results. Estimating your initial daily caloric need really speeds the process up by providing a great place to start. With that said, let's find out where you should start.

BMR/RMR

We must first compute, as closely as possible, our Basal Metabolic Rate (BMR) or Resting Metabolic Rate (RMR). BMR is measured in the supine position following a twelve-hour fast and eight hours of sleep. RMR is measured in the supine position following a period of fasting (4-12 hours) and rest (4-8 hours). As you can see, the two are very similar and for our purposes, BMR and RMR will be discussed interchangeably with BMR being used most commonly as a term of reference.

Calculating BMR

The quick and easy way:

BMR = body weight in pounds x 10

Using this formula is very easy and again, it will be our results that show us whether we have computed a good starting point. I have found that if we miss our caloric recommendation by using this quick formula, it's usually on the low side. Consuming too few calories will result in too much weight being lost, sacrificing muscle, and leaving you feeling too tired and hungry. If you choose to use this "quick and dirty" formula, pay close attention to your weight loss (not losing more than two pounds per week) and how you feel, and adjust accordingly.

Here's a little more precise formula for computing BMR:

English BMR Formula

Men: $BMR = 66 + (6.23 \times \text{weight in lbs.}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (4.35 \times \text{weight in lbs.}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Metric BMR Formula

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Sometimes you will use this method and find that it's just a few calories different than the simple method of multiplying your bodyweight by ten. However, sometimes the easy method can be a few hundred calories lower and for the advanced fitness seeker, a few hundred calories a day can be all the difference between achieving success or not.

Side note on dietary recall:

Many dieticians or nutrition specialists will tell you that the most accurate way to see how many calories you truly need to maintain your current weight is to actually do a dietary recall, recording everything you eat while monitoring your body weight closely. You would typically do this for three to five days, or longer. According to how your body weight fluctuates, you should be able to compute your daily caloric maintenance.

In my experience, dietary recalls are nightmarish, pain-in-the-butts that are just about as accurate as the methods I'm sharing with you here when you consider portion estimating, water weight fluctuations, and just plain forgetfulness. After all, we are simply computing out a starting point, and our results, once again, will be our best guide.

Considering activity when calculating your daily caloric expenditure

There's a few ways to do this, but I'm going to show you the quickest way since it is better to consider the average activity of a seven-day period rather than compute each day individually.

Here are the numbers . . .

1. If you are sedentary (very little or no exercise): Calorie-Calculation = $BMR \times 1.2$

Choose this if you are not following *Fit Forever in Forty's* workouts but are doing very light activity two to three times per week. If you are not doing any regular exercise or activity every week, you have no business attempting the Strict Nutritional Approach. You will also choose this level if you are only doing one to two of *Fit Forever in Forty's* low volume workouts per week.

2. If you are lightly active (light exercise/sports 1-3 days/week): Calorie-Calculation = $BMR \times 1.375$

This is the level of activity recommended if you are doing three or more *Fit Forever in Forty* low volume workouts per week, or two to three workouts at the medium to high volume and are not otherwise active.

3. If you are moderately active (moderate exercise/sports 3-5 days/week): Calorie-Calculation = $BMR \times 1.55$

Choose this activity level if you are doing *Fit Forever in Forty's* medium to high volume workouts four to five times per week. (This is the one I use, and I work out four to five times per week, pretty hard for about 40 minutes.)

4. If you are very active (hard exercise/sports 6 days a week and/or a physical occupation): Calorie-Calculation = $BMR \times 1.725$

Choose this activity level if you are doing medium to high volume workouts five times per week and are very active aside from your workouts, either by participating in sports or working regularly at a very physical occupation. CAUTION: This is a very extreme and rare level of activity for someone. If you don't fit this profile, the result will be too high of an estimated BMR.

Creating the right caloric deficit

Is it as simple as a pound of fat equals 3,500 calories? Yes and no. Depending on where you are physically and how active you are, you will often come up with a caloric maintenance that will seem high. I usually come up with a maintenance estimate of about 2,900 calories per day for myself. So, if I wanted to lose one pound of fat per week, and one pound of fat is approximately 3500 calories, I will need to figure out how to create a 3500 calorie per week deficit in my meal plan, That would mean I would need to cut 500 calories

per day from my meal plan for seven days (if the weight I was losing was coming solely from fat). That would leave me with only 2400 calories per day.

Maintenance estimate - (3,500 calories / 7 days) = Estimate for 1 lb./week loss

If I wanted to lose two pounds of fat per week, I would have to eliminate 7000 calories per week. That's cutting 1000 calories per day, leaving me with only 1900 calories.

While this approach may work for some, I can tell you from experience that these deficits are way too low for me. They cause me to lose too much weight too fast, crashing my energy levels and sacrificing my precious muscle. It's very depressing, not to mention aggravating. If you are in the same boat, keep reading for a workable alternative.

If just subtracting 3500 or 7000 calories from your weekly calories is not the right way then how do we create the right caloric deficit?

For those who are already in good shape and are looking to achieve extreme conditioning consisting of very low body fat levels, remember that goals change when you are already in good shape. They become more precise, more calculated, and more closely monitored. There should no longer be a need to lose a lot of weight quickly, so choosing the one-pound per week weight loss goal is a great place to start.

Now, ideally, weight lost comes from stored body fat. As mentioned above, one pound of fat yields approximately 3,500 calories, or rather a 3,500-calorie deficit. Spreading that over one week means we need to create a 500-calorie deficit for each day. In my case, if I were to restrict my calories, that would put me at 2,400 calories per day, but I just told you that is too low for me, so what should we do? The solution is to abandon the 3,500-calorie thinking. "What?" you ask. "Those are the numbers, and numbers are numbers, so how can

we just abandon them?" I also just told you that it's impossible to completely track how the body uses the food you eat. So, it's safe to assume that the numbers may need to be adjusted slightly for the unknown. You're going to have to trust me (or you may have to just learn it the hard way yourself).

There are so many processes going on within our bodies, especially when we throw in the stimulus of strenuous training and exercise, we cannot completely look at the situation as simply as "food equals fuel" calories. Food is used for fuel and rebuilding and maintaining tissues, the formation of hormones, and many other complex processes. If you have accurately computed your BMR and your activity level, a 500-calorie per day deficit could cost you some precious muscle. To prevent this, start thinking in terms of a small daily percentage deficit, and look to your weekly results for further guidance. Start with a 10 percent deficit per day and work your way up until you are losing about a pound for advanced or two pounds for beginners per week. This is a much more subtle approach that will not create such an intense caloric deficit and will be very useful for accurately dialing in your daily caloric need with greater precision.

In my case, 2900 calories will only be cutting 290 per day during my first week, leaving me with 2610 (2600 calories rounded down) per day, during my first week. At the end of the week, I will check my results and alter my meal plan from there. More often than not, I don't have to change much because I will have lost weight, and I will know it before I even weigh in at the end of the week. Even starting with a ten percent deficit, I have to be careful not to lose too much too fast. If I've lost one to two pounds, more often than not, I will leave my daily calories the same for the next week.

Now, if by some chance you have not lost any weight, you will need to lower your calories again. Increase your deficit by cutting calories an additional 5 percent, and see what happens at the end of the week. Once you establish the optimal weekly weight loss, leave things as they are until they need changing. When you find your body stabilizing and you want to continue dropping, just move to the next lower caloric level (approximately 200 calories lower) meal plan. Don't be afraid to adjust each meal plan to your specific needs by adding or subtracting a few calories for further "fine tuning."

In the beginning, however, just because you did not lose weight in your first week does not mean you should jump right into or go beyond a 20 percent reduction in maintenance calories. Such rapid transitions usually lead to losing too much weight and too much muscle, and being deprived of energy and food. Stick to increasing your weekly caloric deficit by 5 percent increments, or just moving to the next lower caloric level meal plan until you get it just right.

You don't have to create your entire caloric deficit by eliminating food

That's right. You may choose to add some steady state cardio as a means of increasing your daily caloric expenditure. What I mean is instead of eliminating calories from the food that you are consuming, you may expend those calories by adding more steady state cardio to your activity/training routine. The caloric expenditure of steady state cardio is much easier and more accurately calculated than that of cardio intervals. Once again, the Google search bar will serve you well if you are choosing to do outside activities. If you have access to cardio machines that allow you to input your individual info like age and weight, you can get a fairly accurate measurement for calories burned and apply it to your daily deficit.

Dialing in your daily caloric deficit with just the right amount of cardio can be a great way to preserve lean mass as you strip body fat away. That's why you see so many bodybuilders doing regular cardio workouts near contest time. However, don't make the mistake of doing too much cardio. Many choose to do cardio as a means of "fixing" faulty meal planning. This can have negative effects, causing too great a loss of muscle and energy. A general, safe recommendation is to keep total daily cardio between 20 minutes to an hour at the very maximum.

How to make the meal plans work for you

The meal plans in this book start off with nearly equal amounts of calories from protein and fat, with just a little more (about 10%) coming from carbs. All you've got to do is calculate your BMR, subtract your daily caloric deficit, and locate those meal plans that are closest to your daily needs in Appendix A. The meal plans come in approximately 200-calorie increments, so make any small "fine tuning" caloric adjustments necessary for your specific daily requirement. As you continue and your progress slows, as shown by your weekly results, move to the next lower group of meal plans. You should achieve results again immediately.

By starting out with a fairly neutral meal plan that's approximately 40% carbohydrate, 30% protein, and 30% fat, you get the opportunity to experience what food types you are truly craving by the end of the week. This should align with your metabolic type, especially if you are a strong Protein or Carbohydrate Type. After that, you can simply use the meal plans as great guidelines, adjusting them along the way by adding or reducing any macronutrient group (protein, carbs, fat) to fit your specific needs, making sure to stay within your caloric range.

Caloric cycling: The final step

At some point, those seeking extreme levels of fitness will experience diminished returns for their efforts as their bodies begin to put up more and more of a fight against further progress. A lack of results, even after lowering your daily caloric intake, is a good indicator that you may need to raise your daily caloric intake for a few days (one to three). This often jumpstarts your fat burning efforts and pushes you on to further progress. Many use "semi-cheat" days when they reach this point. This doesn't mean going wild, eating anything and everything whenever. It just means you need to feed the body enough to convince it that plenty of fuel is coming, and that it's okay to continue letting go of stored fat. This is a perfect chance to enjoy foods you may have been craving or to eat a few larger servings. After one to three days (usually), it will be time to return to your regular daily caloric requirement. Some people even go a hundred or so calories lower for a day or two. Experiment and see what works best for you.

At this point, you will be getting down to a very precise game between storage and releasing, and you will need to pay very close attention to your results and how you feel in order to keep making any progress. It can be very challenging but very rewarding for those who really enjoy such precision fitness work.

What you can and can't do using the Strict Nutritional Approach

The Strict Nutritional Approach in this book will allow you to achieve extreme conditioning, mainly through the use of caloric manipulation. This extreme conditioning will vary slightly for each user according to a myriad of factors, like current health, starting fitness level, age, experience, discipline, gender, and genetics. In general (very general), advanced-fitness-seeking men can expect to achieve single-digit body fat levels by using this

Strict Approach, with some going as low as 5 to 6 percent. Advanced-fitness-seeking women may go as low as 11 to 18 percent. Both levels, in my opinion, are very extreme. Anything beyond such extreme levels of fitness will more than likely fall outside of the Feel Good First principle, as they may be detrimental to your short and long-term health and fitness. With that being said, further methods for pushing the body to more extreme levels will not be discussed as they are beyond the scope and recommendation of this book.

Nutritional "Cheats"

This is a very individual area, dependant on where you are in your fitness journey, what you want to achieve, and how your body responds to the foods you eat. Some can get away with a couple of cheat days per week, while others can hardly have any.

My strategy when I'm not applying the Strict Nutritional Approach is to allow myself random cheat meals throughout my week, but I try to use them as little as possible. If I allow myself to cheat for an entire day, I always end up feeling horrible not only that day, but also the day after. I can allow small, random cheats, usually replacing the amount of food I would be eating in my next regular meal (okay, sometimes maybe a little more) on one to three days per week, depending on my goals. Allowing for random moments of cheating a little allows me to get right back on track quickly and back to feeling good.

Remember that memory does not always serve well during these times, so making note of any random, weekly nutritional cheats can be very helpful. Put it on the fridge or somewhere you can see it regularly. Just doing this helps to reduce the amount of cheating, because you know you're going to have to write it down and put it in plain sight for a week. It also helps to stop any over-cheating from the "oh yeah" effect you get by seeing your cheats written down if you start thinking about indulging again.

Nutritional cheating is just an area that you will have to experiment in to see what works best for you. As I mentioned, a full day of cheating doesn't really work for me, but my wife feels just fine with taking a whole day to eat whatever she wants, when she wants, and then getting right back on the nutritional straight and narrow the next day. Gauge what you and your body need based on how you feel and whether you are reaching your weekly goals. If you are not reaching weekly goals, cut back on any cheating and always remember to feel good first. If you are not feeling good for long periods of time when you take cheat days, you may want to consider not cheating for a whole day.

Achieving results and goals always makes you feel better than overindulgence. So, by choosing to not cheat or cheat less, you are choosing to feel even better in the long term. Sometimes the food we crave only make us feel good for the very short time that it's in our mouths (and often our tastes change as we become more accustomed to healthier eating habits). Work on choosing to feel good by continuing to make your goals rather than having a "treat" that's just going to make you feel bad afterward, and I promise you that you will be feeling good much more often than not.

Remember, everyone falls when it comes to nutrition. We have many more bad nutritional choices available to us than good ones. So, when you fall, remember, the true winner is the one who can recover the quickest. Don't take the time to wallow in defeat, but rather quickly stand yourself up and get back on that victorious path. After all, it's that path that makes you feel the best anyway. The longer you stay down, the more you will make poor choices. The quicker you get back up, the sooner you will feel great, be healthy, and achieve all your fitness dreams.

PART FOUR

Activity, Exercise, and Working Out

Feeling Good First is about connecting with the activity you really want to do. It's about connecting with activities you were intended to do. Amazing fitness results and beautiful physiques have been created using countless methods of activity; so, it's much more important that you choose activities that align with what you want to do rather than what you think you should be doing.

I find a lot of people asking my wife this question: "How do you stay in such good shape? It's because you run a lot isn't it? I know you have to run a lot to be in such good shape." Yes, that's *how* they ask the question.

Now, on one hand they are asking a question. And yet, they are answering the question themselves, so they really aren't ready to accept the answer. The truth is, my wife does very little running. If she does run, she does it because she wants to go for a run, not because she *has* to run in order to stay in great shape.

The question they should be asking is this: "Do I want my long-term fitness to depend on the fact that I run a lot or not?" If your answer is "yes," then you probably enjoy running and should include running in your fitness regimen. If your answer is "no," then don't do it.

Why be active at all?

Now, I know what you may be thinking at this point. If all you have to do is feel good and do what you like, then why exercise at all? You may argue that it feels better to just lie around. To that, I ask you whether lying around or doing nothing all the time really makes you feel good. Chances are many of you reading this are doing so because your activity level is very low. If that's not you, I apologize. I'm trying to make a point here. Even if you already

have an active lifestyle, applying the simple principle of feeling good in the beginning and throughout your lifelong approach to fitness is very important for your success, too.

Sedentary does not feel good. Doing nothing all the time, does not help us feel better. One of the greatest reasons for depression and health problems today is lack of activity. We were made to be active. Yes, there are times to relax, such as vacation or leisure time, but living your whole life that way is not the answer. Believing that inactivity feels better is just a way to avoid properly searching and finding the right answers for achieving your fitness dreams and goals. Achieving your dreams and goals, and being active and fit is a big part of what helps you feel good in your day-to-day life. Sedentary is depressing, unhealthy, and a great way to slip into the trap of buying “miracle” products and methods. So, let’s dismiss this false belief that inactivity feels better than being active and fit—right now.

The trick is to claim responsibility for your own lifelong health and fitness. That way the power to be fit is in your hands and nowhere else: not with another person or any so-called miracle products. Once you claim responsibility, you can truly begin to discover which activities you enjoy and never feel as though you have to force yourself to do things you don’t enjoy. Always keep an open mind about trying new activities and be ready to discover new ways of being fit that you will really enjoy. The goal is to find enough ways to become fit that you really enjoy and that can be performed in a variety of places. A lifelong fitness mindset is about learning to be active and fit almost anywhere, anytime. From the beach to the mountains, inside a hotel room or vacation home and yes, even the gym, the more activities you know and enjoy, the more variety and options you have for being fit. Knowing how to exercise almost everywhere in a manner that’s enjoyable and effective increases your

chances of being active and fit for the rest of your life dramatically. It is a very rewarding feeling to know you are the one in control of your fitness destiny.

Why we offer and recommend the *Fit Forever in Forty* workouts

Time efficient

The workouts offered in this book are focused on efficient use of your time. Workouts should take no longer than 40 minutes. Many can be done in between 20 and 30 minutes depending on the exercises chosen and the amount of volume desired.

Multifunctional

The exercises in our workouts are usually performed in a back-to-back style, with little or no rest between exercises. Performing exercises in this manner is very time efficient and along with increasing strength, draws heavily on the cardiovascular system. For this reason, you are able to increase your cardiovascular fitness while performing resistance exercises to increase your strength and muscle.

Practicality

For the majority of those wishing to be fit (myself included), workouts must be practical. This means that you have the option to choose workouts that can be performed using little or no equipment, as with working out at home or in an outdoor setting, or you have the option to choose workouts that can be performed in a gym setting with a wide variety of specialized equipment.

How Our Workouts Are Structured

Workouts are grouped according to three very simple categories based on how much work per workout you want to do: low volume, medium volume, or high volume. The volume

of each workout is based on the number of exercises and sets completed within that workout.

Volume

Low Volume

Low-volume workouts consist of three rounds of different exercises. Each round consists of two sets, giving you a total of six sets per workout.

Medium Volume

Medium-volume workouts consist of five rounds of different exercises, where each round consists of two sets, for a total of ten sets per workout.

High Volume

For high-volume workouts, you will complete five rounds of different exercises, with each round consisting of three sets, for a total of fifteen sets per workout.

Medium- and high-volume workouts consist of the same exercises. The only difference is an increase in the number of sets or times through each round. For medium, complete each round two times; for high, complete each round three times.

Easily Individualized Progression

The workouts are designed this way so you can progressively increase the amount of work you are doing per workout very easily. You do not have to jump fully from the ten sets of medium volume to the fifteen sets of high volume, but rather you can progress at your own

rate by adding the third set of any round of exercise whenever you like. This way you can keep your progression moving up at a rate that works with you, rather than forcing you to work at a level that is uncomfortable or undesirable.

I'll always emphasize the fact that none of the workouts are written in stone. You are welcomed and encouraged to change them to better suit your needs at any time. These workouts are very effective; however, you are not expected to complete the same workouts, using the same exercises, in the same order forever. That would lead to boredom and ultimately, quitting. Use the workouts in this book as great starting points, but continue discovering and incorporating exercises you really like and that serve you the best.

Equipment

We offer workout variations based on the amount of equipment you have access to.

1) No Equipment: Body weight workouts.

2) Minimal Equipment: Using Resistabands.

Resistabands are the rubber bands with handles on the end of them. They are a great choice for those just beginning exercise and for the advanced exerciser since they are very cheap, light (they easily fit into a suitcase, unlike a set of dumbbells), highly effective, and they can be used almost anywhere. They work very well for replacing the more difficult bodyweight exercises like pull-ups, bar pulls, and even push-ups.

3) Full Equipment: Workouts for the gym.

Frequency

Our definition of frequency refers to how often, or rather, how frequently you are exercising the major muscle groups of your body, especially in reference to strength training. All of the major muscles are exercised in two separate workouts: 1) a "major day" workout, and 2) a "minor day" workout. The more frequently you rotate these two workouts, the more frequently you work the major muscles of your body. You may rotate any of the workouts, low, medium, or high volume in any frequency that you wish. It's perfectly acceptable to use low-volume workouts in a high-frequency manner, and it's also acceptable to use high-volume workouts in a low-frequency manner. Most importantly, do what works best for you rather than trying to force any particular frequency. However, I do not recommend exercising the major muscles of your body, in a strength training fashion, more than twice a week, as this can result in overtraining.

Frequency is a very individual decision. Some recover quicker than others based on many factors (not just genetics!). Make smart, safe decisions by paying close attention to how you are feeling. It is very common that as we become more fit and begin increasing the volume of our workouts that we also want to increase the frequency of our workouts. As our adaptive capabilities become greater, our energy increases and results continue to appear. It's natural for the workout experience to become more and more desirable.

Frequency is also a scheduling issue. If you don't have many days per week to set aside for exercise, then stick to a low- or medium-frequency schedule. Don't force the high frequency just because you feel it will get better results. Great results have been achieved using all three frequencies. Your overall results will be bad and you will bring undue stress upon yourself if your schedule becomes too hectic as a result of forcing too high of a

frequency. Ultimately you will have to adjust to a more suitable frequency or you will quit exercising altogether. Be honest with yourself and choose your frequency of training accordingly.

Frequency suggestions for *Fit Forever in Forty's* Workouts

In general (unless you are choosing low-volume, no-equipment workouts where you will be neglecting to work the back and biceps):

Low Frequency means you will be working all of the major muscles of the body once per week.

Medium Frequency means you will be working all of the major muscles of the body three times every two weeks (or one-and-a-half times per week).

High Frequency means you will be working all of the major muscles of the body two times per week.

These suggested frequencies are at the beginning of the different Volume levels in Appendix B. They are merely suggestions. You have the option to modify any of the workouts contained within these three categories as much as you like, either increasing or decreasing the volume and frequency to meet your wants and needs. Further modification makes these workouts easier or more difficult, so you can continue tailoring them to fit your needs.

We offer workouts based on volume with frequency suggestions because some have the time to work out longer and more often, while others do not, and some desire performing resistance training more often, while others do not. Remember, amazing results can be achieved using any combination of volume and frequency.

Why Resistance/Strength Training?

I highly recommend some form of resistance training for achieving your fitness dreams and goals, but only to those who are capable of doing so and want to do so. If you cannot do resistance training, I recommend working toward being able to do so. This form of exercise offers amazing benefits for men, women, and children alike. It strengthens muscles and bones, improves body composition, and can be done practically anywhere using only your own bodyweight.

The Exercises

The exercises chosen for our workouts are the most effective at recruiting a large number of muscle fibers. You will not find a lot of “shaping” exercises since these exercises are very ineffective for most people. Sculpting and shaping actually takes place as we change the composition of our bodies by creating more muscle and losing body fat. Once you have slimmed down to the level that you desire, you may focus on shaping a particular area, but once again, I find this very ineffective. It is much more practical to use exercises that primarily recruit the muscle you are targeting, or trying to “shape,” that also incorporating a large amount of muscle throughout the body. Yes, there are times to do single-joint exercises like curls, pushdowns and calf raises, but whenever possible, it’s most effective to use many multi-joint exercises, stimulating as much muscle as possible. Unless you’d prefer to live in the gym doing exercise after exercise, these “big” exercises that stimulate a lot of muscle at once are going to serve you much better than the “shapers,” which only stimulate a small amount of muscle comparatively. That’s why we have carefully chosen a lot of exercises within the workouts that will activate a large amount of muscle. If you find that you

absolutely don't like an exercise, or insist on some form of "shaping" exercise, substitutions are allowed.

The exercises in the medium-volume and high-volume workouts are more challenging than the low-volume workouts since higher volume trainers are usually ready for greater challenges.

Let's get rid of the "Oops I accidentally lifted too much weight and turned into one of those freaks on the cover of a magazine" myth.

Muscle burns fuel in the form of the food that we consume and body fat. Muscle keeps you healthy and strong. And no, I'm not talking about the freakish muscle you see on the cover of popular magazines. You would need to take drugs to achieve anything like that; those results never happen by accident. Lose those thoughts now! Especially you, ladies . . .

I'm talking about beautiful muscle, feminine for women and masculine for men. These workouts are very effective at producing attractive, natural muscle, which will serve you so well throughout your life.

Within the natural world of fitness and day-to-day life there are many factors that contribute to the loss of muscle. Age, poor nutrition, stress, environmental pollutants, and the fact that there is less physical work required in day-to-day life as technology continues to take the place of physical labor are just a few of these factors. This means there are many things out there working against you in the "muscle-building" department. That's why you need to abandon any beliefs about building too much muscle too fast, and switch your focus to creating and keeping as much muscle as possible. Yes, I know there are many huge guys and gals out there claiming to be all-natural. Disregard them! If they are truly natural

trainers, then it took an amazing amount of planning, dedication, work, application, and time to achieve their huge muscles. I'll say it one more time—making huge muscles does not happen by accident, and it surely does not happen overnight. Get rid of that false, limiting belief, and start putting your full effort into your strength training exercises and workouts.

What if you cannot workout right now?

If you are not able to workout for whatever reason, it's important that you begin to create the habit of setting aside time for exercise on a regular basis. Maintaining a schedule is very important in creating lifelong exercise habits, and your exercise and workouts will grow naturally to where they need to be in order to achieve the results you desire. Be sure to start with activities you enjoy and keep working to expand your horizons by searching for more enjoyable activities.

If you are not capable of, or do not desire resistance training, or just do not want to do the workouts we have for you, we recommend you pick an activity that you will be doing if you are serious about being fit for the rest of your life. If you decide not to follow the workouts in this book because you are going to use, or search for, other exercise methods, just remember these workouts are always available, should you decide to try them. Of course, I highly recommend you give them a shot. You might be surprised at how well the workouts challenge you and how good they leave you feeling in such a short amount of time. If you find that you like them, it won't be long until you will be amazed with your results.

Suggested Alternative Activities

Alternative activities can be very simple. They need not be overly complicated or challenging. Again, it's more important to establish a *habit* of regular exercise that will lead you to greater and greater health and fitness. Below is a short list of simple activities to help you get started:

- Walking
- Jogging
- Bicycling
- Elliptical Trainer (or other cardio machine)
- Yoga
- Pilates
- Stretching
- Calisthenics
- Dancing

What if you're just looking to lose weight without exercising?

Even though it is possible to lose weight and body fat without exercise, it is difficult and there is a greater chance you will gain your weight and body fat back. Losing weight without exercise, especially resistance training, will leave you with a less than optimal body composition. Without exercise, a larger amount of weight lost will be from muscle loss instead of body fat. This will leave you with less ability to burn food for fuel and a greater chance of storing fat. This is why I highly recommend some form of regular exercise and

activity, especially resistance training. However, if all you have time for is a brisk walk for a few minutes three times per week, then that is where I recommend you begin. No matter where you start, you will get there as long as you continue to schedule regular time to be active and stick to it. If you begin with light activity while you continue to improve your nutrition, you will find that you'll want to become more active *naturally*.

What if you don't have any idea what type of activity or exercises you would like to do for the next 40 days?

C'mon . . . you must have some idea as to an activity or form of exercise you would enjoy. If you're undecided about the *Fit Forever in Forty* workouts contained in Appendix B, give them a try and see how you feel when doing them. If, for any reason, either before or after trying the workouts in this book, you know they are not for you but are not sure as to what activity or exercise you really want to do, you will need to search your feelings and begin to find activities and exercises that intrigue you. Once you've decided on a few, take the time to educate yourself enough to begin trying whatever activity or exercises you're interested in. Rather than force any exercise or activity that you *will not* enjoy, your time will be best spent in discovery mode, doing some research for the next forty days, looking for, learning, and trying forms of exercise that you will enjoy.

I know many people just want to jump to the whole "getting to it" part of exercising, but believe me, your time will be wasted if you don't find something you really like doing. There are countless resources for discovering activities and forms of exercise. Just remember to seek out the method and not get swayed by any "results first" marketing you run into, especially when doing research on the internet. If you can't learn about the method of

exercise without having to buy something first, especially something expensive, then skip it. Remain open to learning about new forms of exercise, and it won't be long until you discover more and more activities and forms of exercise you'll really want to do regularly.

Exercise wisdom from the naked passerby

Once, I was in a locker room and I heard an older gentleman say, "Man, this exercise stuff reminds me so much of hitting myself in the head with a hammer." He was very old, and he had started this comment off while standing there completely naked, so I thought to myself, *Listen up. This may be very important. I'm about to learn something about exercise and hitting yourself in the head with a hammer.*

After a brief pause he continued by saying, "It always feels so good when I quit." There it was. This was the gem of wisdom from what would otherwise be just another mumbling (naked) passerby. Exercise is like hitting yourself in the head with a hammer to so many people. It's uncomfortable, hurts, isn't fun, and is annoying. To many people, the best thing about exercise is when it stops.

First off, let me say that there are two very common fitness myths floating around out there that are flat-out untrue. Don't underestimate these myths as they possess the ability to ruin any chances of achieving fitness success and can ultimately, if not proven untrue, lead one to consider choices riskier than exercise and activity as a means of changing and improving their bodies. Some of these dangerous choices include unnecessary surgery (lap band, gastric bypass, liposuction), which are being used now more than ever, or other harmful methods like starvation or fad, radical diets, and the use of performance enhancers, steroids, and other hormonal methods and experimentation.

Myth One

You have to exercise a lot every day in order to achieve great results.

The truth:

Great fitness results can be achieved exercising a minimal amount (20-45 minutes) just a few times per week.

Myth Two

Exercise must be difficult, uncomfortable, and sometimes near impossible, causing great pain in order to be effective.

The truth:

Exercise can be very enjoyable and still produce great results. In fact, in order to produce great results, one must enjoy the activity of exercising enough that they do not wish to stop, but rather continue and repeat the behavior on a regular enough basis in order to achieve great results.

Finding and increasing YOUR natural progression—the right way

If and when you are able to do resistance exercises and strength training, including the workouts in this book, always remember there is nothing wrong with lifting less weight or doing less time or repetitions on any particular exercise. You may also modify the exercises or change them completely if they cause you any type of discomfort.

For those able and choosing to do *Fit Forever in Forty's* workouts, at first you may need to follow them very strictly in order to learn how the whole system works. Once you get the point, you'll quickly understand it's about understanding *how* the workouts are structured so you can recreate them anytime and anyway you like. It's about *you* being really fit for the rest of your life and ultimately, doing exercises and workouts that are challenging

and enjoyable. *Fit Forever in Forty's* workouts are designed so that you can substitute some of the exercises, but the workouts will still retain their effectiveness as long as you are choosing good substitution exercises that activate as much muscle as possible whenever you can. With that said, it's also okay to throw in a single-joint "shaper" here and there, too, if you desire.

In the end, it's about finding *YOUR* natural progression. Not mine, not theirs—yours. We hear it all the time: a celebrity worked out seven days a week four hours a day to achieve his or her physique for a movie role, or bodybuilders and fitness models train excessively to achieve their "amazing" results. Who cares? I don't, and I think bragging about *how much* you had to work out to get great results is just another way of trying to tell me (and that part of my brain that wants to believe that fitness is impossible) that I can't really have amazing results unless I exercise that much too. I don't like that answer. Show me someone who trains 20 to 45 minutes a day, two to four times per week, enjoys their workouts *and* achieves amazing results, and then we will have something worth talking about.

The truth is, it's about learning to use your time to exercise to its fullest and letting the success come to you. Don't try to force it. That's what *Fit Forever in Forty's* workouts are all about, using your limited time to perfectly blend challenge and enjoyment while effectively training to get amazing results. Most *normal* people don't have a lot of time to commit to exercise.

Gradual progression is always better than pushing too hard, too fast. With patience, consistency and the constant application of the *Feel Good First* principle, you will find that you want to increase the work you are doing naturally. As you complete sessions and feel energized, you will want to complete more sessions, and as you complete more sessions, you see the results from consistently working out. You will naturally feel stronger, more

energetic, and happier. If you push too hard, you will burn out and won't experience this understanding of *your* natural progression. Continue to schedule time to exercise and complete workouts at *your* level of fitness and your body will gradually and naturally tell you when you are ready to step it up. It's a great feeling, so be patient and don't burn yourself out before you get to experience it.

Remember, amazing results can be achieved two or three day per week. In my experience, those who have started achieving amazing results doing exercise they really enjoy have never wanted to work out less. They've always wanted to work out more. It's a natural and necessary part in the whole process of making exercise and fitness an enjoyable part of your life.

Choosing the Appropriate Challenge

Don't confuse "feeling good" with eating comfort foods while curled up on the couch tucked under your favorite blanket. Okay, that does feel good . . . sometimes. But you already know you can't live your life like that. If you try, it will leave you feeling much worse than better. Feeling good, on a higher level, is about overcoming challenges and gaining the sense of accomplishment that comes with doing so. Choose exercise methods that sufficiently challenge you. Overcoming the challenge should become a rewarding experience when exercising and working out. No matter what you choose to do, you will always improve the more you repeat the activity and continue to subject yourself to the appropriate challenge.

The best way to ensure that you are subjecting yourself to the appropriate challenge is by continuing to naturally monitor your feelings about your chosen methods of exercise. Make sure you are always enjoying them and the challenge they give you. Keep an eye on

boredom levels. Boredom typically indicates a lack of challenge. Pain, too much fatigue, and physical and mental stress can all be indicators of too high a challenge. Exercise and workouts can become a burden if they are associated with dread. You may begin to feel you *have to do* an exercise or workout. A workout schedule that puts too much stress on your time can also be associated with dread. If, for any reason, you begin not enjoying your chosen methods, then you need to stop, re-evaluate, and begin to make some changes; otherwise, continuing with the wrong challenge can lead to quitting altogether.

It's your job to learn to apply the Feel Good First principle from moment to moment, down to the last exercise and the last repetition. It's a very personal feeling and the more you monitor yourself, the more you will be in tune with how you should feel. Feeling good should become a natural process, and you should know the difference between choosing to do what you're doing because you want to or because you think you have to in order to make progress. The truth is there are good days and less-than-good days, but consistent effort will get you much further than any single effort, exercise, or workout. Feel good down to the last exercise and repetition. If you're not choosing to do it because you want to, then don't do it. No pain, no gain is just insane . . . and it's not the way we train (okay, I'll stop the rhyming).

Choosing a Volume Level

After reading through the descriptions, look through Appendix B at workouts for the level you think will be your best starting point. If you think the low-volume workouts will be too easy, have a look at the medium- and high-volume workouts and decide whether they will work for you. Any of the volume levels can prove to be very challenging depending on a variety of factors, but especially for those who have not trained before or have not trained in a long time. If you are not sure, I always recommend starting at the low-volume level. You

can switch to different volume and frequency levels at any time, regardless of where you are in your forty day program. Some days and weeks, for many reasons, workouts need to be shorter and easier. And, some days you feel like conquering the world (those days are great!), in which case workouts can be longer and more challenging.

Low-Volume Workouts

Low-volume workouts are great for those just starting or those who haven't worked out in a long time because these workouts have less work per workout and use less challenging exercises.

A typical goal for the low-volume trainee is to strength train each major muscle group once per week. This can easily be accomplished by completing one "major" day workout and one "minor day" workout within the span of one week. This type of weekly training schedule is considered low frequency and does not demand very much time, as each workout will only be about 20 to 40 minutes in length. It is acceptable to do more *or* less, but if you can easily complete three or more low-volume workouts per week, you should consider trying the challenge of medium- or high-volume workouts.

Medium-Volume Workouts

Medium-volume workouts add two more rounds of exercise per workout and present a greater challenge with exercises of higher difficulty. This level is best for those who've been working out or have been active for some time, and who need more of a challenge. A typical frequency goal for the medium-volume trainee is to strength train all the major muscles one-and-a-half times per week. This can be accomplished in three workouts, each approximately

30 to 40 minutes in length. High-volume training should only be considered as fitness levels improve and the desire to exercise increases naturally.

High-Volume Workouts

High-volume workouts are very challenging and will be preferred by those who are very physically fit and wish to push their bodies to even higher levels of fitness. At this level, the number of sets per round increases from two to three. Each workout is set up so medium-volume trainees can slowly begin to incorporate higher volumes of training simply by doing one more set on any given round of exercises. For added challenge, high-volume trainees can use the more difficult version of any given exercise.

High-volume training puts a great demand on the body both during and after the workout. It should only be chosen because of a strong desire to exercise and never because of the perception of greater results. High-volume training can be used in any frequency desired. The most extreme trainees will opt for a high-frequency training schedule that will strength train all the major muscles of the body twice per week. This can be accomplished by completing four workouts per week, each about 30 to 40 minutes in length. A fair warning, working out in a high volume and high frequency manner can easily result in overtraining, so you must maintain optimum nutrition along with plenty of rest. Training at this level requires that you stay very in tune with how you feel.

Choosing the Right Frequency

Choosing *Fit Forever in Forty's* "major" and "minor" day strength workouts and rotating them back and forth will allow you to work the body completely and in a balanced manner. Some can handle more frequent strength training than others, depending on the

amount of effort put into training and a few other variables. In my experience, I have watched others strength train each major muscle group twice per week with great results while I, on the other hand, felt tired and achy. I found that strength training all my major muscles either one or one-and-a-half times per week (that means three strength workouts per body part every two weeks) was optimal, especially when my goal was to become stronger. Now, I often opt to strength train my major muscles only once per week as I am constantly in a state of experimentation, shifting my focus to many different facets of fitness like functionality, body weight exercises, and interval style training. For me, the discovery and learning never ends, so it's necessary that I adjust the frequency of my strength training according to how much other activity I'm doing. If I'm feeling too tired or achy, I know I need to cut back my exercise. Once again, properly choosing the right training frequency will depend on how you are feeling. Only increase training frequency when the desire to do so occurs naturally.

Greater efforts and their effect on training frequency and rest periods

Obviously, the decision of how many times per week to train the major muscle groups is a very individual one. There are a multitude of factors that go into this decision ranging from how your body recovers to how much time you actually have to devote to exercise. The most important factor to consider always needs to be how often you want to train per week.

One of the greatest changes I've noticed with my long-term clients is their ability to generate greater efforts as they progress. Once a person becomes comfortable with the process of strength training, they often develop the ability to push their bodies further and harder on each workout.

These increasingly high levels of effort place a much greater strain and demand on the body and should be taken into account when considering frequency of training, especially in terms of strength training. Learning to recruit more muscle per workout, and how to further stress and fatigue the body can and usually does require greater recovery times. The greater the effort given in any workout, the greater the recovery time that may be necessary before training again, especially the same muscle groups. In the case that you are reaching the point of maximal efforts within your workouts, it may not be necessary or even prudent to increase your frequency of training. In fact, for some it may be necessary to reduce the frequency of training in order to avoid overtraining. Someone training in a high-frequency manner at a lesser effort may only be able to train in a low-frequency manner once they begin to increase their efforts per exercise and per workout. In any case, the level of effort will play a big role in the time necessary for recovery and thus, in your choice of frequency of training.

Furthermore, greater efforts per exercise can increase the difficulty of any given workout greatly. Pushing your muscles to failure or near failure on each exercise will stress the body and, more often than not, require more rest between exercises and sets. Pay close attention to your body throughout your workout, adjusting either your rest periods or efforts in order to keep the challenge appropriate and the experience enjoyable.

As your efforts increase, if you do not feel well, experience pain or injury, stop making progress, or don't enjoy the process, you may consider lowering your frequency of training; thereby, allowing more time for your body to recover and adapt. You may also consider lowering the effort on some exercises or increasing the rest periods between exercises and/or sets during your workout if you find the need to reduce the challenge.

Choosing the right resistance or weight (if any)

If you are choosing to do workouts that entail exercises where you must choose a particular weight or resistance, like bench presses, pull-downs, weighted squats, and shoulder presses, you will need to select the proper weight or resistance before completing a set. The easiest way to do this, especially for beginners, is to experiment a little in order to get a feel for the weight you desire. You will either be completing between 8 and 20 repetitions or continuing to perform the given exercise between 20 and 40 seconds, so choose accordingly. If you discover at any point that the weight or resistance makes it difficult to properly complete the set, you need to choose a lighter weight or less resistance. On the other hand, if your chosen weights or resistance enable you to easily complete more than the maximum reps or time, increase the amount accordingly.

You may choose to keep close track by writing all weight and resistance settings down, but my experience has shown me there's no need for such meticulous tracking as you will soon develop a knack for remembering the right weight and resistance settings on each exercise. But, if you find taking notes from your workouts helpful, by all means, do it. I don't find it necessary unless you are tracking measurements for the *Gain Muscle and Strength* goal.

The same reasoning holds true for exercises of fixed, or nearly fixed, resistance, like pushups, pull-ups, bar pulls, bodyweight squats, and lunges. Try as best you can to choose the version of the exercise that allows you to complete the designated number of repetitions or time. If the exercise is too difficult, use any available modified versions to make it a bit easier. Some of these exercises may have a minimal resistance (your body weight) that cannot be adjusted but may be made more challenging by adding weight or resistance. A few

examples are adding weight to squats and lunges by holding dumbbells, and adding weight or resistance to pushups by placing weight on your back. There are many options for increasing resistance to such exercises.

The most important thing you can do when choosing the proper weight or resistance is to have confidence in your ability to choose correctly. Don't let external pressures influence you; everyone has different needs and capabilities. Choose weights and resistance that allow you to exercise in a safe, productive manner. Don't be that dummy trying to lift too much to impress everyone (I've been him, and he's not cool).

Using the Body Weight Interval Functional (BWIF) workouts at mygeofit.com

Body Weight Interval Functional (BWIF) exercises and workouts are common tools we use at mygeofit.com. Visit the website for great examples of these exercises and workouts, and learn how we integrate them with strength training. BWIF workouts are performed in an interval fashion, usually timing exercises rather than counting reps, and they are predominantly designed around a lot of functional, bodyweight exercises like lunges, pushups, and a variety of core exercises. BWIF workouts usually use little or no equipment. You will recognize the similarity of these workouts and the *Fit Forever in Forty* workouts that don't require equipment.

If you're looking for more cardio or interval-based workouts, you may choose any of the BWIF workouts at mygeofit.com. You can also modify these, or any of the *Fit Forever in Forty* workouts, by using less weight, resting less between sets, or doing exercises for longer periods of time. These options work well for cardio and interval-based workouts, because they place a greater overall emphasis on your cardiovascular system.

At mygeofit.com we post a five-day-a-week workout schedule where we integrate the BWIF workouts with our resistance and strength training workouts. We try to get two to three of each kind of workout in per week. Some weeks we complete three strength workouts and two bodyweight, interval, and functional workouts, while other weeks we do three BWIF workouts and only two strength workouts. We present our advanced workouts because that is what we (my family and I) are doing, but we always want you to know that you should start at your level. That's why we offer many modifications and easier workouts and easier exercise options. We never recommend exercising more than six days a week, and we only do four to five workouts per week. Overtraining is never fun and is very detrimental to your lifelong fitness outlook.

Achieving Fitness Independence

Fit Forever in Forty's workouts are a great starting point for a lifetime of fitness and health. Once you become more accustomed to strength and resistance training, you may begin to join us at mygeofit.com, or you may begin to design your own workouts in any fashion you like. The *Fit Forever in Forty* workouts are highly effective and a great way to discover and learn more about what you like and do not like. The workouts can each be tailored to your needs and liking. However, you do not need to follow them forever in order to be fit. I prefer you use them to get started or restarted if you've had a lay-off from exercise. Use the workouts to learn more about yourself and types of exercises you enjoy. In the end, the ultimate goal is to get on a path of learning how to create any workout you like, whenever you like, naturally, so you can function anytime, anywhere. Remember, there are countless roads that lead to the fit life we desire. It's important to find and use the ones we enjoy.

Personally, I change my workouts quite drastically about two to five times per year, depending on what I find and how adventurous I'm feeling. I love pumping iron and strength training, so I always use it as a fall back either when I'm extremely busy or just want to enjoy myself more while working out. I really like to experiment with different strength training schedules, working different combinations of muscles per workout, or just training one muscle group per workout. I've learned from experience that there's no real wrong answer outside of choosing to do anything that doesn't make me feel good. One of my favorites is a push-pull combination workout. I love the pump my muscles get from this workout, and I know I can always step out into the garage or the gym and enjoy myself when combining push and pull in a workout. *Fit Forever in Forty's* workouts are a great starting point on your path of self-discovery, but I expect you to experiment and discover exercises that are just as enjoyable for you and ultimately, achieve fitness independence, wherein you are completely self-sustained and able to know and do whatever you like, whenever you like, at any given time.

Workout Explanations

The Major Day Workout: Chest, Back, Legs, Abs/Core

This is a challenging workout because you use all of your biggest or major muscles. You work the muscles of your chest, back and legs through push, pull, and leg exercises. We exercise the abs/core after finishing with push-pull-legs.

Most *Fit Forever in Forty* "major" day workouts are configured push, pull, and then legs. You do not have to follow this order and can do the exercises in any order you like. I like to exercise the muscles that I'm targeting or trying to make stronger first, but once again, the

choice is yours. Any order is acceptable, with the exception of abs/core, which always comes after the major muscle routine.

Push Exercises

Push your hands out in front of you, either upward, directly in front of you, or in a downward direction. You will be using the muscles of the chest mainly, but you will also be using the shoulders and triceps, and even the muscles of the core, depending on the exercises you select. Push Exercises mainly work the muscles of the chest but also work the shoulders and triceps to a minor degree.



Pull Exercises

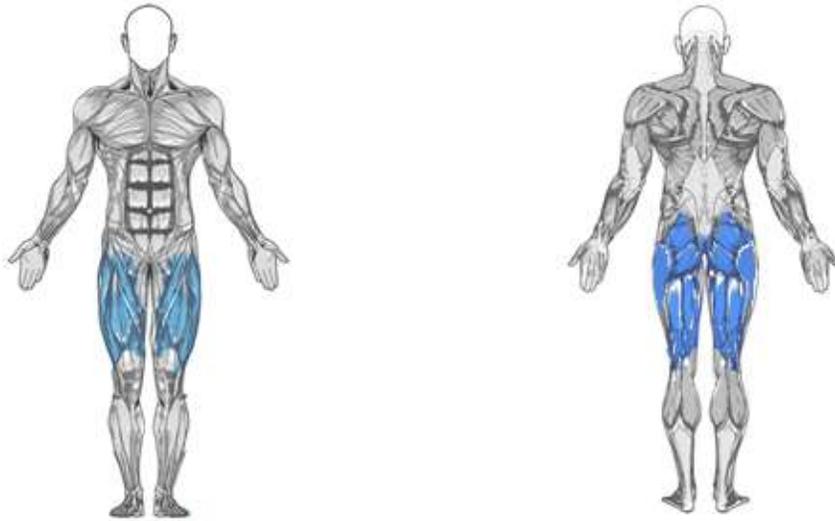
Pull from above, directly in front of you, or from a lower area. Pull Exercises mainly work the muscles of the back, but also work the shoulders and biceps (and sometimes the muscles of the core depending on the exercises you select) to a minor degree.



Leg Exercises:

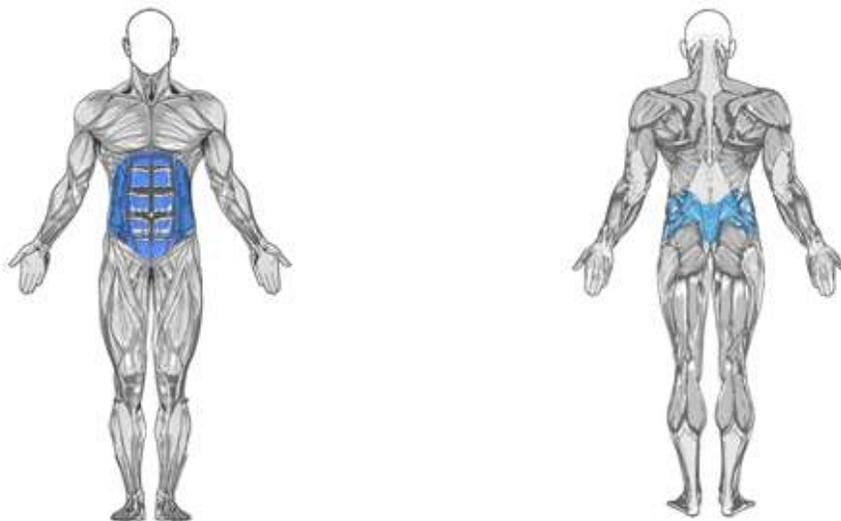
This is your biggest group of muscles, and the focus is on the front thigh, the back thigh, and the glutes. These exercises consist of squatting, lunging, deadlifting, and more. You may be using the calves and core, and even some arm muscles to a lesser degree, depending on the exercise you choose. Leg Exercises mainly work the muscles of the thighs (front and

back) and glutes.



Abs/Core Exercises

Abs/core exercises work the muscles of the midsection. These muscles can flex your spine forward, extend your spine back, and flex your midsection left, right, and all different directions. The abs/core muscle group stabilizes the spine when you move or lift things. It is important to have a strong, stable core.



The Minor Day Workout: Shoulders, Triceps, Biceps, Calves

This day is referred to as "minor" because it targets the smaller body parts, such as the shoulders and arms. We also exercise our calves after finishing the upper body. Don't let the name fool you. Minor day workouts can be very challenging.

Most *Fit Forever in Forty* "minor" day workout rounds are set up to proceed through shoulders, triceps, and then biceps. As with the "major" day workout, you do not have to follow this order. Your calf muscles will be exercised after completing the shoulder and arm workout.

Shoulder Exercises

Shoulder exercises come in a couple different forms. Pressing overhead (you must make sure that pressing overhead is acceptable for you by checking with your primary health care provider) and lateral raises. If your doctor has advised you to avoid pressing overhead, stick to the lateral raises. Shoulder exercises mainly work the shoulder area. Some shoulder exercises work the triceps and trapezius muscles to a smaller degree.



We will break Arms down into two parts, Triceps (Back Arm) and Biceps.

Tricep (Back Arm) exercises: Tricep, or back arm, exercises generally extend the arm at the elbow (straighten the arm) and work the back part of the upper arm.



Biceps Exercises: Bicep exercises generally flex the arm at the elbow and work the front part of the upper arm. Curling exercises of any type work well here.



Calf Exercises: Calf exercises work the muscles of the lower leg, mainly the gastrocnemius and the soleus. Most of these exercises flex the ankle downward.



Completing the Exercises

Do each exercise of any given workout for 20-40 seconds (or between 8 and 20 repetitions if you prefer counting). That's right; you don't have to worry about counting your repetitions if you don't want to. Just keep performing the exercise until your time is up. You

may use an interval timer or a wristwatch that beeps when time is up. You may also use the second hand of a clock on the wall as long as you can easily see the clock.

If you choose to count reps, complete between 8 and 20 repetitions per exercise. The number of repetitions performed per set is broad so that you can more easily choose a weight, resistance, or exercise that works for you and enables you to further customize your workouts according to your wants and needs.

Single-Sided Exercise Exception

The exception to exercise time or number of repetitions is if you are doing an exercise that only works one side of the body at a time, like single-leg squats or one-arm dumbbell rows. You may choose to reduce the time and or repetitions per side, especially if you are just beginning or are coming back after a long break from regular exercise. Instead of exercising for a full 20-40 seconds or 8-20 repetitions per side, you can reduce the time and or repetitions to a comfortable, appropriate level that will provide the appropriate challenge without causing you to become overly fatigued.

In time, you may perform single-sided exercises for the full 20-40 seconds or between 8 and 20 repetitions; but I'm warning you, this can cause some serious fatigue and make it very challenging to keep your workouts confined to the 40-minute limit, especially if you are doing a lot of single-sided exercises within any given workout.

Completing the Workouts

Both major and minor day workouts are completed using the same process. Use the following system in the order shown to ensure complete, well-balanced workout.

1) Completing Rounds

You will do all three exercises in Round 1, for either push-pull-legs (major) or shoulders-triceps-biceps (minor), with little or no rest between each exercise. After you finish the third exercise, rest as needed. This is considered the completion of one set.

Once you've rested sufficiently, you will then complete all three exercises in Round 1 one more time, resting again, only after the completion of the third exercise. This completes the second set in Round 1. Only those choosing high volume will do a third set, completing the exercises a third time through. Those choosing low and medium volume will move on to Round 2 Exercises.

Round 2 exercises are done in the same manner as Round 1 Exercises. Complete all three exercises, two times (sets) for those choosing low and medium volume, or three times (sets) for those choosing high volume.

Only medium- and high-volume workouts have a Round 3. Complete Round 3 exercises just as you did with Round 1 and Round 2.

2) Abs/Core on Major Day; Calves on Minor Day:

Low Volume = 1 Round, 2 sets

Medium Volume = 2 Rounds, 2 sets each

High Volume = 2 Rounds, 3 sets each

Complete both exercises in Round 1, one after the other, with little or no rest between each exercise. After you finish the second exercise, you may rest as needed. Then repeat both exercises in Round 1. After the completion of the second set in Round 1, those choosing low-volume workouts are done.

Only medium- and high-volume workouts have a Round 2. Those choosing medium-volume workouts can move on to complete two sets of Round 2 exercises. Those choosing

high-volume need to do a third set of Round 1 exercises before completing three sets of Round 2 exercises.

Why do we work Abs/Core when we do and how we do?

A word on Abs and the “six pack”:

“Abs” generally refers to the *rectus abdominis* muscle that runs from the sternum to the pelvic area, but there are a great many other areas that may also be referred to as the core including the oblique muscles, *serratus* muscles, and the lower back and hip flexors. If you have been choosing multi-joint exercises using the stability ball or standing exercises, chances are you have been working your core to some degree too.

If you are just looking to work the “six-pack,” stick to crunches or exercises that mimic the crunch. Extra focus on this area may be accomplished by completing some additional abdominal training whenever you like. You may also increase intensity by increasing the time of each exercise and decreasing rest periods. To place additional emphasis on this area, try doing all ab/core movements for the full 30 seconds to one minute. Some may find that this area adapts quickly and is tolerant of more exercise than other areas.

Remember, you can't see even the greatest of abs or “six packs” if they are covered with body fat. Keep focused on creating good nutritional and exercise habits. This is far more important than creating a lot of muscle around the midsection. Doing abs at the end of your workout lets you completely focus your efforts on training larger muscle groups such as your chest, back, shoulders, and legs. These areas are composed of much more muscle, and when stimulated properly can produce greater muscular gains, which in turn, give you a greater ability to burn fat. The amount of muscle within the “six pack” is small comparatively, but

integral in the functionality of your whole body since the core is involved to some degree in many of the exercises you do in order to stimulate your larger muscle groups. Compromising your abs/core first in an attempt to create or emphasize the “six pack” would be a mistake. Fatiguing your core muscles reduces your ability to place the same amount of effort into training your larger muscle groups afterward.

Unless you need a specific type of abdominal training, you should view training this area as a means of toning and firming the muscles that exists, so when they are revealed from under any body fat, they look tight and firm. Don't view abdominal training as trying to create a lot of muscle. The true key to revealing abs and the “six pack” lies within the ability to eliminate fat stores, not in the vigorous training of the abs/core.

3) Cardio

After you finish all of the exercises in either your "major" or "minor" day workout, you can do one of the versions of cardio explained in the section, *Fit Forever in Forty's Two Types of Cardio*. Keep an eye on the time if you are doing any Type II, short-burst intervals since all strenuous workouts end at the 40-minute mark. Type I cardio is not subject to the 40-minute cut-off, providing it's not too intense, but don't overdo it! You may also continue to walk slowly and wind down, but it is not required.

4) Do the Cool Down and Stretch associated with your workout, and you are completely done.

You will find a "Cool Down and Stretch" scenario for each of the two workouts at the end of Appendix B. Choose the one that correlates with the workout you just completed. Stretch your muscles at the end of your workout while they are warm and pliable and in an ideal state for lengthening without injury.

“Perfect” scheduling of workouts

For many, it will be ideal to rest or do light activity on the day after a full "major" or "minor" day workout. This would be more of a “perfect” schedule, allowing more time for the body to recover. However, with our busy lives, there’s no such thing as the perfect schedule. If your schedule only permits you to complete a full workout tomorrow then it’s better that you do it rather than skip the workout entirely. What I mean is, if you have completed a full workout on Monday and you know you will not be able to complete a full workout on Wednesday, Thursday, or Friday, but you *can* on Tuesday, then do so if your body can handle it. Pay close attention to how you are feeling. If you are feeling good and desiring more exercise, then go for it. If you feel you need rest, then by all means take it.

Cardio

You can do one of the two versions of cardio workouts explained in this book at the end of every "major" and "minor" day workout (time and ability permitting). The cardio workouts are an easy progression from slow cardio to short-burst intervals. I will explain both of these types of cardio a little later. Doing cardio after strength and resistance training maximizes our strength training efforts.

Why the 40-minute time limit on all strenuous workouts?

If you are giving your best effort to your workout, resting minimally between sets and exercises, forty minutes is optimal. For most of us, if we continue at high levels of output, the returns for our efforts can begin to diminish beyond the forty-minute mark. When we go beyond the forty-minute mark, our bodies begin to break down and produce toxins faster than our ability to recover; therefore, further training becomes less and less advantageous. If efforts are reduced, workout times may be increased, but most of us only have limited time

to give to our exercise anyway. Why not make the most of your workouts and quit at an optimal time in order to achieve maximum results?

Two Types of Cardio

Cardio is optional, depending on time and desire. The "major" and "minor" day strength workouts are designed to incorporate your cardiovascular system to your desired level. This allows you to choose to do cardio if you want, or not. If you desire cardio, I will share two types of cardio and recommend a progression for those just starting out. The recommended progression starts with slow cardio at the end of a workout and gradually introduces short-burst intervals until you are able to complete up to six short-burst intervals after any full workout, with both the full workout and short-burst intervals not exceeding 40 minutes.

If you are just beginning to exercise or have not exercised for a long time, you may not want to do Type II, "Short-burst Interval Cardio." It can be very demanding. You should start out with Type I, "Steady-state Cardio," at the end of your workout. When you are ready, you should begin to introduce short-burst intervals to your steady-state cardio. Continue introducing them until you are capable of doing between two and six short-burst intervals per session.

Type I: Steady-state Cardio

Type I consists of walking, jogging, or any activity completed at a steady pace without too much difficulty. The "talk test" is often associated with this type of cardio. If you are exercising at a rate that makes it too difficult to carry on a conversation (we're not talking about rendering a meticulous monologue here, just conversing without too much difficulty),

then you are exercising at too high a rate. When doing Type I cardio, you do not have to adhere to the 40 minute rule.

If you are at a gym, you can do stationary bike, or any other piece of equipment, as long as you choose a pace you can comfortably maintain without over exerting yourself. Remember, more is not better; when you start to feel bad or completely out of gas, go ahead and stop.

Type II: Short-burst Interval Cardio (SBI)

Choosing this type of cardio, means you are capable of doing interval cardio training. Intervals are periods of high-intensity cardio work (nearly all out efforts) that are in between periods of lower intensity or no work. Intervals last from 30 seconds to one minute. In between intervals you can take as much time as you need to recover. Start with one short-burst interval at the end of your workout and slowly progress up to no more than six intervals following your full workouts.

Always start with less and slowly work your way up. Don't worry if you cannot do the same number of intervals you did on your last workout. Abilities vary from day to day according to a whole bunch of different factors like stress, rest, blood glucose levels, and the intensity of your strength workout that day.

Both Type I and Type II cardio have great benefits. Interval cardio requires much more fitness capability and should be taken on gradually, while steady state can be performed by most people regardless of what state of fitness they are in.

Learning to perform SBI cardio gives your body a variety of cardio stimulation that will produce a different fitness response in comparison to steady-state cardio. SBI cardio also

gives you the opportunity to “squeeze” in some effective cardio when a longer steady state session is just not possible

Preferences vary greatly between the two types of cardio, as do opinions on their effectiveness. The most important factor will be choosing the one, if either, that you enjoy and want to do.

What happens when your forty days are over?

First, let me say CONGRATULATIONS! You have just completed a huge step toward creating the fit life you have always desired and being fit for the rest of your life! So, you may take a few days (maybe the weekend, maybe longer) to relax and enjoy the fact that you have made an extremely important, positive change in your life.

Goals and Workouts

Contemplate your successes *and* the areas you would now like to improve. Ask yourself what is the most important fitness dream or goal for you right now. Once you’ve decided on a clear answer, reset your short-term goals accordingly and pursue your most important fitness dream or goal for the next forty days. You may decide that you would like to increase the volume and frequency of your workouts, or you may decide that you want to get stronger or lose weight. Whichever you choose, reset your goals and begin your next forty days as soon as you are ready. These clearly set goals form the smaller stepping stones that makeup the path to lifelong fitness. Once you’ve reached your major goals, it’s best to practice alternating between *Gain Muscle and Strength* and *Lose Weight and Slim Down* goals as a means of making and keeping all the muscle you can while losing any excess, unwanted body fat.

Nutrition

As far as nutrition goes, at the end of your forty days you will have worked to develop natural habits that will serve you throughout your life. Remember, being really fit and healthy is not something that we will ever be done with. Just like the dishes, laundry, and bathing, we must continue to “do” health and fitness every day. So, you can do one of the following:

You may begin the weekly levels again. You will be surprised at what you will continue to learn and how your natural, healthy habits will develop and become even more a part of your life as you go through each level again. Being more familiar with the weekly levels will allow you to make more notes and further specify foods that work well for you. You can experiment and apply even more individualization each time you go through a weekly level.

You may go back to any specific level and do it again for another week. This will help you further individualize and make *that* specific habit natural for you.

If you want to but haven't tried the Strict Nutritional Approach, then give it a shot. You will be surprised at what you will learn by applying a strict approach to your nutrition and the amazing results and feelings of control you will experience.

The same is true for those who *started* with the Strict Nutritional Approach and have not gone through the 40 Days to Healthy Nutritional Habits. These forty days and the amazing habits they help create are paramount to your lifelong health and fitness.

You can wing it! That's right. If you just finished the 40 Days to Healthy Nutritional Habits, you can test yourself to see how well your new habits serve you in your day-to-day life. After all, wasn't that the point in the first place? To teach yourself to function naturally while getting all the amazing fitness results you wanted? Remember, the six weekly levels

will always be here. They are easy to reference and apply, so use them anytime you need them.

Stop by mygeofit.com and get to know us. We'd love to know you better and see you on a regular basis.

I would like to know how this book has affected your life. Good and bad. Remember, I am always working on improving the eBook and the applications, so any feedback is much appreciated. You can always find me and share your feedback at mygeofit.com.

Take advantage of everything we offer for free! Download the Free Apps. *(As of this writing, the apps are in development, so early readers of this eBook will have to wait just a bit until they're completed. Sorry.)*

I have to say, the apps are (going to be) pretty awesome. They calculate and do many of the things you have learned in this book automatically, and are constantly updated with the latest changes, so you get the best meal plans and recipes along with constant alerts from me. I look forward to creating and providing an opportunity for you to go through the weekly nutritional levels, getting advice, guidance, and help directly from me. I also look forward to providing a platform from where you can hear from me, along with some of the most helpful individuals in the health and fitness, and success industries on a regular basis. All of our past audios, videos, and interviews are (and will be) available for you to learn from anytime you like.

AND FINALLY! The most important thing you can do to maintain your success . . .

HELP SOMEONE ELSE

Yes, you read correctly. If I've learned anything along this whole bumpy road I've taken to my fitness success, I've learned that, in the end, it wasn't REALLY about me. It was about my ability to help others.

It doesn't matter if you are just going to start your second time through another 40 days. *It doesn't even matter if you're only on your first time through your 40 days!* If this program is helping you and you think it can help another, then don't hide it. Share your great experience with them. It's okay if you're still learning. Anytime is the right time to help. Why? You will be amazed at the positive impact that helping someone else will have on YOUR life.

If you feel that you have made a positive change in your life and you know someone else (yeah, there's lots of people out there being misled and getting fooled over and over, buying products that are affirming there's something missing in their lives, only to find that their last buy didn't help them either) who would benefit from the changes you have made, then by all means, do not wait another second. Get out there and help 'em! Share what you have learned about the truth, the simple principle behind being fit for the rest of your life.

No, I'm not asking you to talk them into buying my book, and I'm not telling you to go sell all my stuff for me. But, if you think I can help, I've got lots of free stuff out there where I'm just giving as much away as I can.

Have you ever just helped someone out of the goodness of your heart and really *felt* his or her appreciation? I think that says enough. The feeling is indescribable and there's no greater way to live. Nothing in the world can match it.

As I began to take on this endeavor of helping the *world* to be fit and sharing the simple principle behind lifelong fitness, I met with person after person who told me I was

crazy for what I wanted to give away and share. I was developing the apps, which at the time were costing me a few thousand dollars that I didn't really have, so when I would reply to people that I was just going to give them away when I was done, well, you can imagine the adversity that idea was met with. People would ask me about my free website (mygeofit.com) where my family and I share everything we are doing with our health and fitness (once again, for free). They'd say, "Why are you just giving all that stuff away? You'll never make any money that way. You've got it all wrong."

The truth is they were the ones who had it all wrong. They were saying to the fireplace, "Give me some heat, and then I'll add the wood." *Giving* has given me more than I could ever wish for, imagine, or describe. I soon realized the moment I met with adversity from someone about giving something away that I was on the right track. I encourage you to do the same. Don't let the naysayers stop you. Go out there and help as many fellow fitness seekers as you can. And in return, I guarantee your rewards will be great.

This final step of sharing and helping others is the step that can make the biggest difference in your life. It holds the ability to open countless and untold doors that lead to your very own success and, ultimately, amazing life adventure. Whatever you choose to do, give thanks for the many blessing you have, the positive changes you have made, and the great things that are headed your way!

I think I'll take a little of that advice as I end with my deepest and most heartfelt,

"Thank You!"

Appendices

Appendix A: Balanced Meal Plans

1200-1400 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 219				
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1/2 cup	5	27	3	155
 Meal 2 Total calories= 344				
Two Bean Turkey Chili 1/2 serv. 250g	19	22	9	250
Peanut butter 1 tbsp	4	3	8	94
 Meal 3 Total calories= 225				
Lentil and Sausage Soup 1/2 serv. 300g	17	24	7	225
Rice, brown cooked 1/2 cup	3	23	1	108
 Meal 4 Total calories= 206				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 3 oz	0	24	0	96
 Meal 5 Total calories= 188				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
				Total calories
Macronutrient totals in grams	95	129	45	1290
% total calories from macronutrients	29	40	31	

1200-1400 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 226				
Egg whole (large 50g)	6	0	5	71
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories= 459				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories= 291				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Meal 4 Total calories= 206				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 3 oz	0	24	0	96
Meal 5 Total calories= 141				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1/2 tbsp	2	1.5	4	47
				Total calories
Macronutrient totals in grams	102	127	45	1323
	pro %	carb%	fat %	
% total calories from macronutrients	31	38	31	

1200-1400 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 281				
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1/2 cup	5	27	3	155
Peanut butter 1 tbsp	4	3	8	94
Meal 2 Total calories= 334				
Chicken breast 100g or 3-4oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 3 Total calories= 285				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1/2 cup	3	23	1	108
Broccoli 100g or 3-4oz	3	7	0	34
Peanut butter 1/2 tbsp	2	1.5	4	47
Meal 4 Total calories= 238				
Beef ground, 90% lean 10% fat 3oz	22	0	10	184
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
Meal 5 Total calories= 170				
Turkey Ground 4oz	22	0	7	150
Veggie Spring mix salad (3 cups)	5	2	0	20
				Total calories
	pro (g)	carb (g)	fat (g)	1308
Macronutrient totals in grams	122	129	36	
	pro %	carb %	fat %	
% total calories from macronutrients	37	39	25	

1400-1600 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 265				
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 3/4 cup	7	41	5	233
Meal 2 Total calories = 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 3 Total calories = 333				
Lentil and Sausage Soup 1/2 serv. 300g	17	24	7	225
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 4 Total calories = 324				
Beef ground, 90% lean 10% fat 4oz	28	0	12	244
Veggie Spring mix salad (3 cups)	5	2	0	20
Vinaigrette balsamic 2oz	0	12	3	40
Vinaigrette balsamic 1oz	0	6	1.5	20
Meal 5 Total calories = 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	1516
Macronutrient totals in grams	109	154	57	
	pro %	carb%	fat %	
% total calories from macronutrients	29	41	34	

1400-1600 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 320				
Egg whole (large 50g)	6	0	5	71
Oatmeal 1/2 cup	5	27	3	155
Peanut butter 1 tbsp	4	3	8	94
Meal 2 Total calories = 459				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories = 371				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Veggie Spring mix salad (3 cups)	5	2	0	20
Vinaigrette balsamic 2oz	0	12	3	40
Vinaigrette balsamic 1oz	0	6	1.5	20
Meal 4 Total calories = 228				
Chicken breast 100g or 3-4oz	23	0	1	110
Tomato medium	1	5	0	22
Yam baked or white potato 3 oz	0	24	0	96
Meal 5 Total calories = 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	1472
Macronutrient totals in grams	110	153	54	
	pro %	carb%	fat %	
% total calories from macronutrients	30	42	33	

1400-1600 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 317				
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1/2 cup	5	27	3	155
Flax oil 1 tbsp	0	0	14	130
Meal 2 Total calories= 440				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Peanut butter 1 tbsp	4	3	8	94
Meal 3 Total calories= 302				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Meal 4 Total calories= 210				
Turkey Ground 4oz	22	0	7	150
Vinaigrette balsamic 2oz	0	12	3	40
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 5 Total calories= 238				
Beef ground, 90% lean 10% fat 3oz	22	0	10	184
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
				Total calories
	pro (g)	carb (g)	fat (g)	1507
Macronutrient totals in grams	120	155	50	
	pro %	carb%	fat %	
% total calories from macronutrients	32	41	30	

1600-1800 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 276				
Egg white	6	1	5	73
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories= 557				
Lentil and Sausage Soup 1 serv. 600g	35	47	13	449
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories= 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 4 Total calories= 206				
Chicken breast 100g or 3-4oz	23	0	1	110
Yam baked or white potato 3 oz	0	24	0	96
Meal 5 Total calories= 188				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	1727
Macronutrient totals in grams	129	171	58	
	pro %	carb%	fat %	
% total calories from macronutrients	30	40	30	

1600-1800 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 368				
Egg whole (large 50g)	6	0	5	71
Egg whole (large 50g)	6	0	5	71
Egg whole (large 50g)	6	0	5	71
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories= 567				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 3 Total calories= 302				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Meal 4 Total calories= 291				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Meal 5 Total calories= 188				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	1716
Macronutrient totals in grams	118	174	60	
	pro %	carb%	fat %	
% total calories from macronutrients	28	41	31	

1600-1800 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 422				
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 3/4 cup	7	41	5	233
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1/2 tbsp	2	1.5	4	47
Meal 2 Total calories= 346				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Meal 3 Total calories= 334				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 4 Total calories= 339				
Turkey Ground 6oz	33	0	10	225
Veggie Spring mix salad (3 cups)	5	2	0	20
Peanut butter 1 tbsp	4	3	8	94
Meal 5 Total calories= 238				
Beef ground, 90% lean 10% fat 3oz	22	0	10	184
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medum	1	5	0	22
				Total calories
	pro (g)	carb (g)	fat (g)	1679
Macronutrient totals in grams	145	168	50	
	pro %	carb%	fat %	
% total calories from macronutrients	35	40	27	

1800-2000 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 472				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories= 608				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories= 449				
Lentil and Sausage Soup 1 serv. 600g	35	47	13	449
Meal 4 Total calories= 238				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 3 oz	0	24	0	96
Yam baked or white potato 1oz	0	8	0	32
Meal 5 Total calories= 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
				1861
Macronutrient totals in grams	134	184	65	
	pro %	carb%	fat %	
% total calories from macronutrients	29	39	32	

1800-2000 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 630				
Mushroom Omelet w/8egg whites	35	8	35	475
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories= 494				
Turkey loaf/burger 1 serv. 180g	32	15	11	278
Rice, brown cooked 1 cup	5	45	2	216
Meal 3 Total calories= 351				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Meal 4 Total calories= 302				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Meal 5 Total calories= 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	1871
Macronutrient totals in grams	135	182	69	
	pro %	carb%	fat %	
% total calories from macronutrients	29	39	33	

1800-2000 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories= 488				
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories= 407				
Turkey Ground 6oz	33	0	10	225
Rice, brown cooked 3/4 cup	4	35	0	162
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 3 Total calories= 334				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 4 Total calories= 238				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1/2 cup	3	23	1	108
Broccoli 100g or 3-4oz	3	7	0	34
Meal 5 Total calories= 238				
Beef ground, 90% lean 10% fat 3oz	22	0	10	184
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
Meal 6 Total calories= 188				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro(g)	carb(g)	fat(g)	1893
Macronutrient totals in grams	148	192	60	
	pro	carb	fat	
% total calories from macronutrients	31	41	29	

2000-2200 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 472				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories = 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 3 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam baked or white potato 6 oz	0	48	0	192
Meal 4 Total calories = 449				
Lentil and Sausage Soup 1 serv. 600g	35	47	13	449
Meal 5 Total calories = 199				
Peanut butter 1 tbsp	4	3	8	94
Banana	1	27	0	105
Meal 6 Total calories = 130				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Broccoli 100g or 3-4 oz	3	7	0	34
				Total calories
	pro (g)	carb (g)	fat (g)	2142
Macronutrient totals in grams	178	211	67	
	pro %	carb%	fat %	
% total calories from macronutrients	33	39	28	

2000-2200 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 630				
Mushroom Omelet w/8egg whites	35	8	35	475
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories = 567				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 3 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam baked or white potato 6 oz	0	48	0	192
Meal 4 Total calories = 392				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Meal 5 Total calories = 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	2075
Macronutrient totals in grams	158	198	74	
	pro %	carb%	fat %	
% total calories from macronutrients	30	38	32	

2000-2200 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 559				
Egg whole (large 50g)	6	0	5	71
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories = 534				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Peanut butter 2 tbsp	8	6	16	188
Meal 3 Total calories = 353				
Turkey Ground 6oz	33	0	10	225
Rice, brown cooked 1/2 cup	3	23	1	108
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 4 Total calories = 334				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam or white potato baked 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 5 Total calories = 298				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
				Total calories
	pro (g)	carb (g)	fat (g)	2078
Macronutrient totals in grams	161	202	69	
	pro %	carb%	fat %	
% total calories from macronutrients	31	39	30	

2200-2400 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 550				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 3/4 cup	7	41	5	233
Meal 2 Total calories = 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 3 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam or white potato baked 6 oz	0	48	0	192
Meal 4 Total calories = 333				
Lentil and Sausage Soup 1/2 serv. 300g	17	24	7	225
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 5 Total calories = 259				
Peanut butter 1 tbsp	4	3	8	94
Cantaloupe (1 cup)	1	14	0	60
Banana	1	27	0	105
Meal 6 Total calories = 226				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Broccoli 100g or 3-4 oz	3	7	0	34
				Total calories
Macronutrient totals in grams	186	239	66	2260
% total calories from macronutrients	33	42	26	

2200-2400 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 630				
Mushroom Omelet w/8egg whites	35	8	35	475
Oatmeal 1/2 cup	5	27	3	155
Meal 2 Total calories = 610				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Avocado sliced 1/2 cup	1.5	6	10	117
Whole wheat bread (stone ground) 2 slices	8	38	2	202
Meal 3 Total calories = 567				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 4 Total calories = 392				
Chicken breast Foster Farms 1 filet 7 oz	46	0	2	200
Yam or white potato baked 6 oz	0	48	0	192
Meal 5 Total calories = 94				
Peanut butter 1 tbsp	4	3	8	94
				Total calories
Macronutrient totals in grams	164	223	85	2293
% total calories from macronutrients	29	39	33	

2200-2400 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 681				
Beef ground, 90% lean 10% fat 2oz	14	0	6	122
Egg whole (large 50g)	6	0	5	71
egg white	4	0	0	16
egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories = 534				
Tilapia or chicken breast 100g or 3-4oz	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4oz	3	7	0	34
Peanut butter 2 tbsp	8	6	16	188
Meal 3 Total calories = 461				
Turkey Ground 6 oz	33	0	10	225
Rice, brown cooked 1 cup	5	45	2	216
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 4 Total calories = 334				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam or white potato baked 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 5 Total calories = 298				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
				Total calories
	pro (g)	carb (g)	fat (g)	2308
Macronutrient totals in grams	177	224	76	
	pro %	carb%	fat %	
% total calories from macronutrients	31	39	30	

2400-2600 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 550				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 3/4 cup	7	41	5	233
Meal 2 Total calories = 557				
Lentil and Sausage Soup 1 serv. 600g	35	47	13	449
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories = 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 4 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam baked or white potato 6 oz	0	48	0	192
Meal 5 Total calories = 293				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
Banana	1	27	0	105
Meal 6 Total calories = 178				
Chicken breast or Tilapia 150g or 5 oz	30	0	3	144
Broccoli 100g or 3-4 oz	3	7	0	34
				Total calories
				2470
Macronutrient totals in grams	197	251	79	
% total calories from macronutrients	32	41	29	

2400-2600 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 708				
Mushroom Omelet w/8egg whites	35	8	35	475
Oatmeal 3/4 cup	7	41	5	233
Meal 2 Total calories = 610				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Avocado sliced 1/2 cup	1.5	6	10	117
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Meal 3 Total calories = 567				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 4 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam baked or white potato 6 oz	0	48	0	192
Meal 5 Total calories = 199				
Banana	1	27	0	105
Peanut butter 1 tbsp	4	3	8	94
				Total calories
Macronutrient totals in grams	167	264	87	2476
% total calories from macronutrients	27	43	32	

2400-2600 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 803				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Egg whole (large 50g)	6	0	5	71
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories = 534				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Peanut butter 2 tbsp	8	6	16	188
Meal 3 Total calories = 398				
Chicken breast 100g or 3-4 oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Yam baked or white potato 1 oz	0	8	0	32
Yam baked or white potato 1 oz	0	8	0	32
Green beans fresh or canned 1 cup	2	6	0	32
Meal 4 Total calories = 461				
Turkey Ground 6 oz	33	0	10	225
Rice, brown cooked 1 cup	5	45	2	216
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 5 Total calories = 298				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
				Total calories
	pro (g)	carb (g)	fat (g)	2494
Macronutrient totals in grams	191	240	82	
	pro %	carb%	fat %	
% total calories from macronutrients	31	38	30	

2600-2800 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 627				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 1 cup	10	54	6	310
Meal 2 Total calories = 500				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Meal 3 Total calories = 557				
Lentil and Sausage Soup 1 serv. 600g	35	47	13	449
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 4 Total calories = 476				
Chicken breast Foster Farms 1 filet 7 oz	46	0	2	200
Apple medium	0	21	0	84
Yam baked or white potato 6 oz	0	48	0	192
Meal 5 Total calories = 293				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
Banana	1	27	0	105
Meal 6 Total calories = 274				
Chicken breast or Fish, Tilapia 250g or 9 oz	50	0	5	240
Broccoli 100g or 3-4 oz	3	7	0	34
				Total Calories
				2727
Macronutrient totals in grams	220	285	82	
	pro %	carb%	fat %	
% total calories from macronutrients	32	42	27	

2600-2800 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 785				
Mushroom Omelet w/8egg whites	35	8	35	475
Oatmeal 1 cup	10	54	6	310
Meal 2 Total calories = 610				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Avocado sliced 1/2 cup	1.5	6	10	117
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Meal 3 Total calories = 567				
Chicken Jambalya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 4 Total calories = 456				
Chicken breast Foster Farms 1 filet 7 oz	46	0	2	200
Yam baked or white potato 6 oz	0	48	0	192
Yam baked or white potato 1 oz	0	8	0	32
Yam baked or white potato 1 oz	0	8	0	32
Meal 5 Total calories = 272				
Apple medium	0	21	0	84
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	2690
Macronutrient totals in grams	173	290	96	
	pro %	carb%	fat %	
% total calories from macronutrients	26	43	32	

2600-2800 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 803				
Beef ground, 90% lean 10% fat 4oz	28	0	12	244
Egg whole (large 50g)	6	0	5	71
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories = 630				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Peanut butter 2 tbsp	8	6	16	188
Meal 3 Total calories = 334				
Chicken breast 100g or 3-4oz	23	0	1	110
Yam baked or white potato 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 4 Total calories = 461				
Turkey Ground 6 oz	33	0	10	225
Rice, brown cooked 1 cup	5	45	2	216
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 5 Total calories = 298				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Green beans fresh or canned 1 cup	2	6	0	32
Tomato medium	1	5	0	22
Meal 6 Total calories = 199				
Banana	1	27	0	105
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	2725
Macronutrient totals in grams	216	254	92	
	pro %	carb%	fat %	
% total calories from macronutrients	32	37	30	

2800-3000 Calorie Meal Plan 1 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 627				
Tomato Spin Scram. 6 egg whites/1oz feta	27	9	20	317
Oatmeal 1 cup	10	54	6	310
Meal 2 Total calories = 608				
Two Bean Turkey Chili 1 serv. 500g	37	43	19	500
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 3 Total calories = 557				
Lentil and Sau. Soup 1 serv. 600g	35	47	13	449
Rice, brown cooked 1/2 cup	3	23	1	108
Meal 4 Total calories = 434				
Peanut butter 1/2 tbsp	1	1.5	4	47
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
Banana	1	27	0	105
Meal 5 Total calories = 392				
Chicken breast Foster Farms 1 filet 7oz	46	0	2	200
Yam baked or white potato 6 Oz	0	48	0	192
Meal 6 Total calories = 274				
Chicken breast or Fish, Tilapia 250g or 9oz	50	0	5	240
Broccoli 100g or 3-4oz	3	7	0	34

	pro (g)	carb (g)	fat (g)	Total calories
Macronutrient totals in grams	227	291	95	2892
% total calories from macronutrients	31	40	30	

2800-3000 Calorie Meal Plan 2 with Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 724				
Mushroom Omelet w/8egg whites	35	8	35	475
Egg white	4	0	0	16
Oatmeal 3/4 cup	7	41	5	233
Meal 2 Total calories = 610				
Turkey loaf or burger 1 serv. 180g	28	12	14	291
Avocado sliced 1/2 cup	1.5	6	10	117
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Whole wheat bread (stone ground) 1 slice	4	19	1	101
Meal 3 Total calories = 567				
Chicken Jambalaya 1 serv. 450g	31	36	9	351
Rice, brown cooked 1 cup	5	45	2	216
Meal 4 Total calories = 556				
Chicken breast Foster Farms 1 filet 7 oz	46	0	2	200
Chicken breast Foster Farms 1/2 filet 3.5 oz	23	0	1	100
Yam baked or white potato 6 oz	0	48	0	192
Yam baked or white potato 1 oz	0	8	0	32
Yam baked or white potato 1 oz	0	8	0	32
Meal 5 Total calories = 293				
Peanut butter 1 tbsp	4	3	8	94
Peanut butter 1 tbsp	4	3	8	94
Banana	1	27	0	105
Meal 6 Total calories = 178				
Apple medium	0	21	0	84
Peanut butter 1 tbsp	4	3	8	94
				Total calories
	pro (g)	carb (g)	fat (g)	2928
Macronutrient totals in grams	202	307	104	
	pro %	carb %	fat %	
% total calories from macronutrients	28	42	32	

2800-3000 Calorie Meal Plan – No Recipes

	pro (g)	carb (g)	fat (g)	Kcals
Meal 1 Total calories = 803				
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Egg whole (large 50g)	6	0	5	71
Egg white	4	0	0	16
Egg white	4	0	0	16
Egg white	4	0	0	16
Oatmeal 1 cup	10	54	6	310
Flax oil (1 tbsp)	0	0	14	130
Meal 2 Total calories = 461				
Turkey Ground 6 oz	33	0	10	225
Rice, brown cooked 1 cup	5	45	2	216
Veggie Spring mix salad (3 cups)	5	2	0	20
Meal 3 Total calories = 490				
Tomato medium	1	5	0	22
Yam or white potato baked 6 oz	0	48	0	192
Beef ground, 90% lean 10% fat 4 oz	28	0	12	244
Green beans fresh or canned 1 cup	2	6	0	32
Meal 4 Total calories = 442				
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Tilapia or chicken breast or lean thigh 100g	20	0	2	96
Rice, brown cooked 1 cup	5	45	2	216
Broccoli 100g or 3-4 oz	3	7	0	34
Meal 5 Total calories = 424				
Chicken breast Foster Farms 1 filet 7 oz	46	0	1.5	200
Yam or white potato baked 6 oz	0	48	0	192
Green beans fresh or canned 1 cup	2	6	0	32
Meal 6 Total calories = 293				
Peanut butter 2 tbsp	8	6	16	188
Banana	1	27	0	105
				Total calories
	pro (g)	carb (g)	fat (g)	2913
Macronutrient totals in grams	235	299	85	
	pro %	carb%	fat %	
% total calories from macronutrients	32	41	26	

Two-Bean Turkey Chili

	pro (g)	carb (g)	fat (g)	Kcals	
2 tablespoon olive oil	0	0	28	240	
1 large Spanish onion	2	14	0	60	
3 cloves garlic, minced					
1 red, 1 yellow pepper chopped	4	20	0	100	
2 pounds freshly ground turkey	158	0	74	1350	
1 tablespoon ground cumin					
2 tablespoons chili powder					
2 1/4 cups cooked kidney or pinto beans or 1 can drained 15oz	27	83	5	460	
2 1/4 cups cooked white beans or 1 can drained 15oz	27	83	5	460	
1 can (28oz) plum tomatoes, chopped with liquid	0	56	0	250	
1 tablespoon balsamic vinegar					
Tabasco sauce or cayenne pepper to taste					
1 tablespoon Parmesan or Romano cheese	5	0	4	55	
Chopped black olives scallions (optional garnish)					
	apprx. Totals	223	256	116	3000
Number of servings: 6	1 serv. Total	37	43	19	500
servings size 500g					

In a 5-6 quart soup pot, heat olive oil and sauté onion, garlic, and peppers for 10 minutes over medium heat.

Add turkey or tofu and sauté for an additional 5 minutes.

Add cumin and chili powder; cook 5 minutes.

Add cooked bean, chopped plum tomatoes and their liquid, and balsamic vinegar. Cover and cook for 15 minutes.

Add Tabasco or cayenne to taste and let cook, covered, for an additional 15 minutes.

Serve piping hot. Garnish with chopped olives, scallions, yogurt, and grated cheese.

Mushroom Omelet

			pro (g)	carb (g)	fat (g)	Kcals
8 egg whites			32	0	0	130
salt and pepper to taste						
3/4 cup mushrooms, sliced						
2 tablespoons green onion, chopped						
1/2 medium tomato fresh, chopped						
1.5 oz cheddar cheese (low fat if desired)			11	0	14	170
1.5 tablespoon olive oil or butter			0	0	21	180
Subtract about 180 calories if using nonstick spray rather than butter or olive oil						
		apprx. Totals	43	0	35	480
Number of servings:	1	1 serv. Total	43	0	35	480

In small bowl, lightly beat egg whites with a fork; season with salt and pepper.

Coat small pan with butter or nonstick spray. Sauté vegetable until tender.

Add egg mixture and cook until bottom sets.

Sprinkle cheese over top, fold omelet in half and cook until cheese is melted and eggs are set.

Note: Makes a great scramble, too! (I'm not good at making omelets...)

Turkey Burgers or Loaf

			pro (g)	carb (g)	fat (g)	Kcals
1 1/4 lbs ground turkey			110	0	35	750
1/4 cup minced onions			1	10	0	40
3/4 cup ground oatmeal (put in a blender and pulse until oatmeal is consistency of bread crumbs)			11	56	5	300
1 egg			6	1	5	70
1/4 cup minced celery						
1 teaspoon sea salt						
1 garlic clove minced						
3 tablespoons chopped fresh parsley						
		apprx. Totals	128	67	45	1200
Number of servings:	4	1 serv. Total	32	17	11	300
serving size apprx. 180g						

Mix all ingredients well. Form into 1-inch thick patties and place in a lightly oiled skillet.

Cook over medium heat for about 5 minutes; flip and cook an additional 5 minutes, or until internal temperature reaches 165 degrees (F) and meat is no longer pink.

If you are making a loaf, preheat oven to 350 degrees. Press mixture into a lightly oiled 8x4-inch baking pan.

Bake for approximately 45 minutes, or until loaf begins to pull away from sides of pan.

Chicken Jambalaya

		pro (g)	carb (g)	fat (g)	
coconut oil 1 tbsp		0	0	14	
dry red wine 1/4					
onion 1/2 medium					
celery 1 cup					
red bell pepper 1/2 cup chopped					
green bell pepper 1/2 cup chopped					
garlic 3 cloves					
tomatoes 2 medium		2	10	0	
brown rice 1 cup cooked		5	46	2	
chicken breast 8oz no skin		48	0	0	
(lean thighs are almost same cal)					
dash of crushed bay leaf, chili powder, thyme and black pepper					
	apprx. Totals	55	56	16	
Number of servings:	2	1 serv. Total	28	28	8
apprx.460 grams per serving					

In a large skillet, heat Coconut oil. Add onion, celery, red and green pepper, and garlic.

Sauté until crispy tender. Add remaining ingredients, cover and simmer until heated through.

Tomato Spinach Scramble

			pro (g)	carb (g)	fat (g)	Kcals
6 egg whites			24	0	0	100
1 cup spinach leaves			1	1	0	
1 oz feta cheese			4	1	6	70
2 tablespoons green onion, chopped						
1 medium tomato fresh, chopped			1	5	0	20
1 tbsp fresh basil						
1/2 - 1 tablespoon butter or non-stick spray for pan			0	0	14	120
Subtract 54 calories if using nonstick spray						
		apprx. Totals	30	7	20	320
Number of servings:	1	1 serv. Total	30	7	20	320

In small to medium pan, saute tomatoes and spinach until slightly tender. Remove and set aside.

Whisk the eggs in a bowl and add to pan. Cook, stirring over low heat until almost set.

Add the vegetable mix, cheese, and basil. Cook to desired firmness; serve immediately.

Appendix B: The Workouts

We are providing workouts for three volume levels: Low, Medium, and High, and three levels of equipment: No Equipment, Minimal Equipment (just resistabands), and Full Equipment (gym). Select your level based upon your physical ability (starting point), the types of workouts you enjoy, and your accessibility to equipment.

You will find one section with a schedule for low-volume workouts, and another section with a workout schedule for medium- and high-volume. Within each volume section, we've provided "major" and "minor" days for each equipment level (none, minimal, and full). The exercises are more challenging in the higher volume workouts to meet the needs of advanced trainers. Choose wisely and don't hesitate to take a step back if a workout is too difficult or causes discomfort. *Remember, we're establishing habits that are enjoyable, not reinforcing the belief that exercise is unpleasant.* After you complete the recommended warm-up, refer to the appropriate volume and equipment section to proceed with your workout. Don't forget the "Cool Down and Stretch" at the end of each workout.

The volume of a workout (intensity) and frequency (number of workouts per week) typically increase together as adaptive capabilities, endurance, and energy increase. As results appear, it is natural to want to work out more often. Feel free to experiment with how you combine volume and frequency. Try doing high-volume workouts with a medium- or low-frequency training schedule, or vice versa. You can combine the volume and frequency of your workouts in any manner you like. The only wrong answer is to do a workout or follow a schedule that you don't like or that makes you feel bad (or to not do anything). Pay close attention to how you are feeling during your workouts. If you feel that the volume or frequency of your workouts are causing you to feel less than great, take time to adjust accordingly so you can continue to feel good while benefiting from your efforts.

Always consult with your doctor before beginning any exercise program to make sure you are fit for exercise. If you've got that covered, then you're ready to go.

Always warm up before attempting any workout!

While it may be tempting to skip the warm-up or cool-down, don't. These are very necessary parts of exercising that help keep you balanced and prevent injury. For the warm-up, we're looking for brisk but not intensive cardio. Five to ten minutes of any cardio (natural or on a machine) should be adequate. If you have lower body issues, elliptical machines and stationary bikes are good options. How will you know you are ready to work out? You will feel warm, and you may begin to sweat.

If you don't have access to a cardio machine, use the following series to warm up:

1) March in place

Standing, we begin by raising one of our knees forward in a marching motion and letting our arms and hands move naturally back and forth, alternating steps for 1 minute.

2) High knees

High knees moves our marching motion into the high impact side of things. We are running in place here, bringing our knees up high in front of us. Do this for 30 seconds. If high impact exercising is something you need to avoid, continue marching in place for another minute, but focus on bringing the knees further up.

3) Butt kickers

Continue running in place, but switch to kicking your heels up toward your behind for 30 more seconds. For low impact, change the motion of the feet and continue marching for another minute.

4) Jumping jacks

We all know 'em so just do it. 30 seconds. Lower impact is to step side-to-side rather than hop. Get those arms moving now, up overhead, if possible.

5) Arm circles

We can finally stop moving those legs now. Raise your arms out to the side and start making forward circles. Fingertips can be out, up, or down. Do 15-20 seconds of small circles, 6" in diameter, forward, followed by 15-20 seconds of small circles backwards. Next, do 15-20 seconds of bigger circles, 1½ feet in diameter, forward, and then 15-20 seconds of large circles backward.

6) Punching combo

10 jabs; each arm

10 hook, uppercut combos; each side

5 jab, cross, hook, and uppercut combos; each side

7) Two "world's greatest stretch" per leg (four steps total)

World's Greatest Stretch

1) Lunge forward stretching top of back thigh and back of front thigh.



2) Push the elbow of the arm on the same side as the forward foot toward the instep of the forward foot for further stretch.



3) Place the hand on the same side as the forward foot on top of the foot and push the forward knee outward.



4) Place same hand on same side of forward foot on the floor, outside of foot and push back stretching back side of forward thigh.



That's the completion of one side. Place the other foot forward and repeat the process. Now you're ready to work out!

A note for all exercises within all workouts:

Single-Sided Exercises

Any exercise is considered single sided if it is not working both sides of the body at simultaneously. Examples of single sided exercises within *Fit Forever in Forty's* workouts are **Lunges, Walking Lunges, Static Lunges, Reverse Lunges, Lying Side Tricep Push Ups and Single Leg Squats “Pistols”**. Single sided exercises either work one side of the body at a time or alternately but because the exercise is not working both sides of the body at once it becomes necessary to either time or count reps for each side of the body the exercise is being performed thus increasing the amount of work within any given workout. For this reason when doing single-sided exercises you may reduce the time or number of repetitions being performed per side in order to keep the workout from becoming too strenuous.

Standing or Seated?

The decision to perform any exercise that can be done either standing or seated is left to the discretion of the of the trainee. Both ways are acceptable.

Assisted Leg Exercises

"Assisted" leg exercises means that you are using your upper body to assist your leg exercises. You can do this by holding on to a rail, doorknob, pole or cane or any sturdy object.

Low-Volume Workouts

A common frequency goal for these workouts is to work most of the major muscles once per week in a resistance/strength training fashion. Training the whole body, or almost the whole body, is easily accomplished by doing just two workouts per week, a "major day" workout and a "minor day" workout. Each workout consists of six working sets: giant set (three or more exercises using different muscle groups with little or no rest in between), compound sets (using the same muscle groups), and superset (two opposing muscle groups).

In the beginning, Low-Volume (LV) workouts will be all you need, and they will allow your body to recover properly and avoid being overly sore. You *may* start with just one workout per week if that is all your body can handle. As your body adjusts, bump it up to two workouts per week. Pay close attention to how you feel. Don't rush it, and don't overdo it.

Here's a suggested low-volume weekly training schedule. Remember, you can pair low-volume workouts with any frequency you like. This is a low-frequency schedule of two workouts per week.

Workout 1	Workout 2
Major Day Workout	Minor Day Workout

Workout 1 and Workout 2 are completed on different days, in the span of one week, thereby working all the major muscles of the body within that week. If you are just beginning, you may prefer to start with just one workout per week. Remember to progress at your own rate.

General Instructions for Major and Minor Days:

Do each of the exercises shown in Round 1 in sequence with little or no rest between exercises. After completing the series, you may take a brief rest before completing Round 1 one more time all the way through. Rest again and repeat with the exercises listed for Round 2.

MAJOR DAY (LV)

After you warm up, proceed with the appropriate equipment section. Complete both rounds two times (as instructed above), and then proceed to **Abs/Core** portion of the Major Day Workout. When you are finished, you can do some Type I Steady State Cardio if you want. I recommend keeping your cardio pace slower until your body becomes accustomed to working out. Whether you do the cardio or not, be sure to finish your workout with the **Major Day Cool Down and Stretch** located at the end of this Appendix.

No Equipment (Major)

This is a great workout for getting started, but keep in mind we are neglecting the pull exercises that work the muscles of the back. We can get away with doing this workout for a little while, but eventually you will need to be able to work your back and biceps for proper balance. As your capabilities improve, you will be able to do Pull-Ups and Bar Rows (granted you have an area to do them). Remember, you always have the option of purchasing inexpensive resistabands, which can easily be used in a variety of ways for exercising the back.

Round 1:

Two times through

<p>1) Push Exercise: 20-30 seconds or 8-20 repetitions</p>	<p>2) Leg Exercise: 20-30 seconds or 8-20 repetitions per side</p>	<p>3) Push Exercise: 20-30 seconds or 8-20 repetitions</p>
<p>Incline Push Ups Regular to Wide hand placement (modified on knees ok)</p>	<p>Walking Lunges (bodyweight only, assisted if necessary)</p>	<p>Push Ups Regular to Wide hand placement (modified on knees ok)</p>

Round 2:

Two times through

<p>Leg Exercise: 20-30 seconds or 8-20 repetitions</p>	<p>Push Exercise: 20-30 seconds or 8-20 repetitions</p>	<p>Leg Exercise: 20-30 seconds or 8-20 repetitions per side</p>
<p>Squats (bodyweight only, assisted if necessary)</p>	<p>Decline or Wall Push Ups Regular to Wide hand placement (modified on knees ok)</p>	<p>Static Lunges (bodyweight only, assisted if necessary)</p>

Minimal Equipment / Resistabands (Major)

Round 1:

Two times through

Push Exercise: 20-30 seconds or 8-20 repetitions:	Pull Exercise: 20-30 seconds or 8-20 repetitions:	Leg Exercise: 20-30 seconds or 8-20 repetitions per side
Incline Chest Press Resistaband	Wide Grip Pulldowns Resistaband	Static Lunges (assisted if necessary)

Round 2:

Two times through

1) Push Exercise: 20-30 seconds or 8-20 repetitions:	2) Pull Exercise: 20-30 seconds or 8-20 repetitions:	3) Leg Exercise: 20-30 seconds or 8-20 repetitions
Chest Press Resistaband	Pulldowns Inner Grip Underhand Resistaband	Squats Bodyweight or Resistaband (assisted if necessary)

Full Equipment (Major)

Round 1:

Two times through

1) Push Exercise: 20-30 seconds or 8-20 repetitions	2) Pull Exercise: 20-30 seconds or 8-20 repetitions	3) Leg Exercise: 20-30 seconds or 8-20 repetitions
Incline Chest Press Machine	Wide Grip Pulldowns Machine	Leg Presses Machine

Round 2:

Two times through

1) Push Exercise: 20-30 seconds or 8-20	2) Pull Exercise: 20-30 seconds or 8-20	3) Leg Exercise: 20-30 seconds or 8-20
---	---	--

repetitions	repetitions	repetitions
Chest Press Machine	Pulldowns Inner Grip Underhand Cable Machine	Leg Curls Machine

Abs/Core

Complete both exercises with little or no rest between. After completing the second exercise, take a brief rest and repeat the series.

1) Ab/Core Exercise: 20-30 seconds	2) Ab/Core Exercise: 20-30 seconds
Crunches (add weight if necessary)	Scissor Kicks

MINOR DAY (LV)

After you warm up, proceed with the appropriate equipment section. Complete both rounds two times (as instructed above), and then proceed to **Calves** portion of the Minor Day Workout. Calves are an important component of your fitness routine, so take the time to work them at least once a week (for LV). While they can be worked anytime between workouts, incorporating calves into your Minor Day routine ensures they get done.

When you are finished, you can do some Type I Steady State Cardio if you want. I recommend keeping your cardio pace slower until your body becomes accustomed to working out. Whether you do the cardio or not, be sure to finish your workout with the **Minor Day Cool Down and Stretch** located at the end of this Appendix.

No Equipment (Minor)

The minor day workout without equipment is a bit different than the minor day with equipment since non-equipment exercise options are limited for the shoulders and triceps, and virtually none exist for the biceps. In order to keep a balanced physique, you will need to find a way to exercise those biceps too. Resistabands are an inexpensive option that can be used in a variety of exercises for these areas.

Round 1:

Two times through

1) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	2) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	3) Shoulder Exercise: 20-30 seconds or 8-20 repetitions
Pike Push Up (modified on knees ok) or Wall Pike Presses	Tricep Bench Dips (with feet on floor if necessary)	Pike Push Up (modified on knees ok) or Wall Pike Presses

Round 2:

Two times through

1) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	2) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	3) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions
Push Up Narrow hand placement (modified on knees ok)	Pike Push Up (modified on knees ok) or Wall Pike Presses	Decline Push Up Narrow hand placement (modified on knees ok)

Minimal Equipment / Resistabands (Minor)**Round 1:**

Two times through

1) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	2) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	3) Bicep Exercise: 20-30 seconds or 8-20 repetitions
Overhead Presses Resistaband	Overhead Extensions Resistaband	Curls Resistaband

Round 2:

Two times through

1) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	2) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	3) Bicep Exercise: 20-30 seconds or 8-20 repetitions
Side Lateral Raise Resistaband	Tricep Kickbacks Resistaband	Hammer Curls Resistaband

Full Equipment (Minor)**Round 1:**

Two times through

1) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	2) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	3) Bicep Exercise: 20-30 seconds or 8-20 repetitions
Overhead Presses Dumbbell or Machine	Overhead Tricep Extensions Dumbbell (standing or seated)	Curls Dumbbell (standing or seated)

Round 2:

Two times through

1) Shoulder Exercise: 20-30 seconds or 8-20 repetitions	2) Tricep (Back Arm) Exercise: 20-30 seconds or 8-20 repetitions	3) Bicep Exercise: 20-30 seconds or 8-20 repetitions
Side Lateral Raise Dumbbell (standing or seated)	Tricep Pushdowns Cable Machine	Hammer Curls Dumbbell (standing or seated)

Calves

Complete both exercises with little or no rest between. After completing the second exercise, take a brief rest and repeat the series.

1) Calf Exercise 20-30 seconds or 8-20 repetitions	2) Calf Exercise 20-30 seconds or 8-20 repetitions
Calf Raises - heels out	Calf Raises - heels in

Medium-Volume and High-Volume Workouts

The exercises for Medium- (MV) and High-Volume (HV) workouts are the same. The only difference is the number of times you will complete the exercises. You will complete a round two times for medium volume and three times for high volume. This allows you to progress to high volume at any point of any workout.

Use this bi-weekly schedule for Medium Frequency Training:

Week 1:

Workout 1	Workout 2	Workout 3
Major Day Workout	Minor Day Workout	Major Day Workout

Week 2:

Workout 1	Workout 2	Workout 3
Minor Day Workout	Major Day Workout	Minor Day Workout

Use this schedule each week for High Frequency Training:

Workout 1	Workout 2	Workout 3	Workout 4
Major Day Workout	Minor Day Workout	Major Day Workout	Minor Day Workout

General Instructions:

Do each of the exercises shown in Round 1 in sequence with little or no rest between exercises. After completing the series, you may take a brief rest before completing Round 1 once more for medium-volume or twice more for high-volume. After completing the full Round 1 circuit, repeat with the exercises listed for Rounds 2 and 3.

MAJOR DAY (MV/HV)

After you warm up, proceed with the appropriate equipment section. Complete both rounds two times (as instructed above), and then proceed to **Abs/Core** portion of the Major Day Workout.

When you are finished, you may begin to incorporate Type II Short Burst Cardio into your exercise routine. Remember to stop all strenuous exercise at the 40-minute mark. You may continue with Type I Steady State Cardio beyond that, but it is not required. Finish your workout with the **Major Day Cool Down and Stretch** located at the end of this Appendix.

No Equipment (Major)

Note: You will need a place to do pull-ups

Round 1:

Two times through for Medium Volume; three times through for High Volume.

<p>1) Push Exercise: 20-40 seconds or 8-20 reps</p>	<p>2) Pull Exercise: 20-40 seconds or 8-20 reps</p>	<p>3) Leg Exercise: 20-40 seconds or 8-20 reps per side</p>
<p>Incline Push Ups Regular to Wide hand placement (modified or not)</p>	<p>Wide Grip Pull Ups (assisted or not)</p>	<p>Walking Lunges (assisted or not)</p>

Round 2:

Two times through for Medium Volume; three times through for High Volume.

<p>1) Push Exercise: 20-40 seconds or 8-20 reps</p>	<p>2) Pull Exercise: 20-40 seconds or 8-20 reps</p>	<p>3) Leg Exercise: 20-40 seconds or 8-20 reps</p>
<p>Push Ups Regular to Wide hand placement (modified or not)</p>	<p>Pull Ups Inner Grip Underhand (assisted or not)</p>	<p>Squats (Regular version or single- leg “pistol” version)</p>

Round 3:

Two times through for Medium Volume; three times through for High Volume.

<p>1) Push Exercise: 20-40 seconds or 8-20 reps</p>	<p>2) Pull Exercise: 20-40 seconds or 8-20 reps</p>	<p>3) Leg Exercise: 20-40 seconds or 8-20 reps per side</p>
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Decline or Wall Push Ups Regular to Wide hand placement (modified or not)	Bar Rows Bodyweight	Reverse Lunges (assisted or not)
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Minimal Equipment / Resistabands (Major)

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps per side
Incline Chest Presses Resistaband	Wide Grip Pulldowns Resistaband	Walking Lunges

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps
Chest Presses Resistaband	Pulldowns Inner Grip Underhand Resistaband	Squats Resistaband or single-leg "pistol" version

Round 3:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps per side
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Flyes Resistaband	Rows Resistaband	"X" Walks Resistaband
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Full Equipment (Major)

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps
Incline Chest Presses Dumbbell or Barbell	Wide Grip Pull Ups (assisted or not)	Squats Dumbbell or Barbell

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps per side
Chest Presses Dumbbell or Barbell	Pulldowns Inner Grip Underhand Cable Machine	Walking Lunges (add weight if necessary)

Round 3:

Two times through for Medium Volume; three times through for High Volume.

1) Push Exercise: 20-40 seconds or 8-20 reps	2) Pull Exercise: 20-40 seconds or 8-20 reps	3) Leg Exercise: 20-40 seconds or 8-20 reps
Flyes Cable, Machine, Dumbbell or Machine	Rows Cable Machine, Dumbbell or Barbell Row	Leg Curls Machine

Abs/Core

Complete both exercises shown in Round 1 with little or no rest between. After completing the second exercise, take a brief rest and repeat the series one to two more times, depending on your fitness level. When the Round 1 circuit is complete, repeat the process for Round 2.

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Ab/Core Exercise: 20-60 seconds	2) Ab/Core Exercise: 20-60 seconds
Crunches (add weight if necessary)	Scissor Kicks

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Ab/Core Exercise: 20-60 seconds	2) Ab/Core Exercise: 20-60 seconds
Reverse Crunches	Plank (modified or not)

MINOR DAY (MV/HV)

After you warm-up, proceed with appropriate equipment section. Complete both rounds two times for Medium Volume or three times for High Volume (as instructed above), and then proceed to **Calves** portion of the Minor Day Workout. Calves are an important component of your fitness routine, so take the time to work them two to three times per week (for MV and HV). While they can be worked anytime between workouts, taking the time to incorporate calves into your Minor Day schedule ensures they get done.

When you are finished, you may begin to incorporate Type II Short Burst Cardio into your exercise routine. Remember to stop all strenuous exercise at the 40-minute mark. You may continue with Type I Steady State Cardio beyond that, but it is not required. Finish your workout with the **Minor Day Cool Down and Stretch** located at the end of this Appendix.

No Equipment (Minor)

The minor day workout without equipment is a bit different than the minor day with equipment since there are only a few exercises for the shoulders and triceps (Back Arm), and none for the

biceps that don't require equipment. In order to keep a balanced physique, you will need to find a way to exercise those biceps, too.

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps per side	3) Shoulder Exercise: 20-40 seconds or 8-20 reps
Pike Push Up (modified or not)	Lying Side Tricep Push Ups	Pike Push Up (modified or not)

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	2) Shoulder Exercise: 20-40 seconds or 8-20 reps	3) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps
Tricep Bench Dips	Pike Push Up (modified or not)	Push Up Narrow hand placement (modified or not)

Round 3:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Shoulder Exercise: 20-40 seconds or 8-20 reps
Pike Push Up (modified or not)	Decline Push Up Narrow hand placement (modified or not)	Pike Push Up (modified or not)

Minimal Equipment / Resistabands (Minor)

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Bicep Exercise: 20-40 seconds or 8-20 reps
Overhead Presses Resistaband (standing or seated)	Push Ups Narrow hand placement (modified or not)	Curls Resistaband (standing or seated)

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Bicep Exercise: 20-40 seconds or 8-20 reps
Side Lateral Raise Resistaband (standing or seated)	Overhead Tricep Extensions Resistaband (standing or seated)	Hammer Curls Resistaband (standing or seated)

Round 3:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Bicep Exercise: 20-40 seconds or 8-20 reps
Front Raises Resistaband (standing or seated)	Tricep Kickbacks Resistaband (standing or seated)	Reverse Curls Resistaband (standing or seated)

Full Equipment (Minor)

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise:	2) Tricep (Back Arm)	3) Bicep Exercise:
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20-40 seconds or 8-20 reps	Exercise: 20-40 seconds or 8-20 reps	20-40 seconds or 8-20 reps
Overhead Presses Dumbbell or Barbell (standing or seated)	Overhead Extensions Dumbbell (standing or seated)	Curls Dumbbell (standing or seated)

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Bicep Exercise: 20-40 seconds or 8-20 reps
Side Lateral Raise Dumbbell (standing or seated)	Lying Tricep Extensions aka “skull crusher” Barbell	Curls Barbell

Round 3:

Two times through for Medium Volume; three times through for High Volume.

1) Shoulder Exercise: 20-40 seconds or 8-20 reps	2) Tricep (Back Arm) Exercise: 20-40 seconds or 8-20 reps	3) Bicep Exercise: 20-40 seconds or 8-20 reps
Front Raises Dumbbell	Tricep Pushdowns Cable	Hammer Curls Dumbbell (standing or seated)

Calves

Complete both exercises in Round 1 with little or no rest between. After completing the second exercise, take a brief rest and repeat the series once or twice, depending on your level. Repeat for Round 2.

Round 1:

Two times through for Medium Volume; three times through for High Volume.

1) Calf Exercise 20-40 seconds or 8-20 reps	2) Calf Exercise 20-40 seconds or 8-20 reps
Calf Raises - heels out	Calf Raises - heels in

Round 2:

Two times through for Medium Volume; three times through for High Volume.

1) Calf Exercise 20-40 seconds or 8-20 reps	2) Calf Exercise 20-40 seconds or 8-20 reps
Calf Raises - heels in	Calf Raises - heels out

Cool Down and Stretch

MAJOR DAY

- Focus is on chest, back, and legs.
- Hold all stretches 10-20 seconds and repeat 2-3 times.
- Focus on stretching the areas that are the least flexible for you. Don't just stretch your most flexible area. In order to get better and avoid injury, you need to stretch the areas that are least flexible and need the most work.

Chest stretch: Stand tall and hold your arms out to your sides parallel to the ground; with thumbs up reach back as far as you can, opening up the chest. You can add to this stretch by doing one arm at a time, placing the hand of the side you are stretching on a pole or corner wall at head height and “stepping through” by stepping forward with one foot as the wall or pole holds the hand back and stretches the chest on that side. Remember to do both sides.

Mid Back stretch: Hold onto a pole, rail, or door handles (anything firmly mounted about the same height as your mid section) with one hand and stick your rear out as you let your bodyweight fall back. Let your weight continue to pull your legs and rear back as you lean forward holding on with one hand until you feel the stretch on that side. You will be flexed forward at the hips with your head and chest facing down. Use your bodyweight to pull on your arm as you continue to hold the stationary object and feel the stretch along your back on that side. Switch sides and repeat.

Hamstring (back thigh) and lower back stretch: Place one foot in front of the other about one-and-a-half to two feet apart. With both feet facing forward, keep the knees either locked or just slightly bent (soft) and lean over the front leg. If this is not possible, have a table or some other stationary object in front of you about waist high to hold onto. Again, hold the knees in a stationary position and instead of leaning over the front leg, lean slightly into the stationary object; focus on rolling the pelvis forward until the stretch is felt in the back thigh area. Switch sides and repeat.

That's it; you are done.

MINOR DAY

- Focusing is on shoulders, biceps, triceps, and calves.
- Hold all stretches 10-20 seconds and repeat 2-3 times.
- Focus on stretching the areas that are the least flexible for you. Don't just stretch your most flexible area. In order to get better and avoid injury, you need to stretch areas that are the least flexible and need the most work.

Shoulder stretch: Reach your hand out in front of you while keeping your arm straight. Reach up with your other hand, grasp the elbow of the outstretched arm, and gently pull the arm into the body. Keep the arm straight at the elbow and allow the arm to move at the shoulder as it comes into the body. Do this for each side.

Tricep stretch: While standing, reach one hand above head toward ceiling. Allow arm to bend at the elbow so the hand can fall down behind the head; the elbow points toward the ceiling. Take your free hand, reach up and grab your upward facing elbow and gently pull medially (toward the middle of the body) until you feel the stretch in your back arm. Repeat with other arm.

Biceps stretch: Extend one arm out in front, keeping it straight at the elbow. Take your free hand and grab the palm of the outstretched hand, and pull down while focusing on keeping the outstretched hand up. You will feel this in the forearm too. Do both sides.

Calf stretch: Face a wall, standing about three feet from the wall. Leaning into the wall, place both hand out in front of you on the wall. Extend one leg back and bend at the knee of the front leg while keeping the rear leg straight at the knee. Push the heel of the rear leg to the floor. If you do not feel this stretch in your calf muscle, extend the rear leg out further. Repeat for both sides.

That's it; you are done.

Appendix C: Exercise Techniques

These are the demonstration pictures of the exercises used in *Fit Forever in Forty Days* workouts. Many of the exercise demonstration pictures that follow will consist of pictures showing the two phases of any given exercise. Other pictures will be given in order to show variations that may be used. Remember, you are allowed to substitute exercises. The more comfortable you become with these workouts the more you will understand the process and be able to make exercises substitutions that work the same muscles while keeping your workouts fun and new.

In order to activate as much muscle as possible, try to use as big a range of motion as you comfortably can between any of the two phases in the demonstration pictures. However, you must remember to never exercise in any manner that causes pain and undue stress on your muscles and joints. If you have any questions as to the proper execution of any exercise, I recommend contacting a qualified professional who can assist you in the use of proper and safe exercise form.

Push exercises

No equipment

With any exercise where you are pushing your hands out in front of you, you will be placing the majority of emphasis on the use of the chest muscles along with the shoulders and triceps to a lesser degree.

Push Ups regular

Upper phase



Lower phase



Any form of Push Up may be made easier by modifying on the knees (shown below)

Push Ups Modified on knees

Upper phase



Lower phase



Push Ups Incline

Upper phase



Lower phase



Push Ups Decline

Upper phase

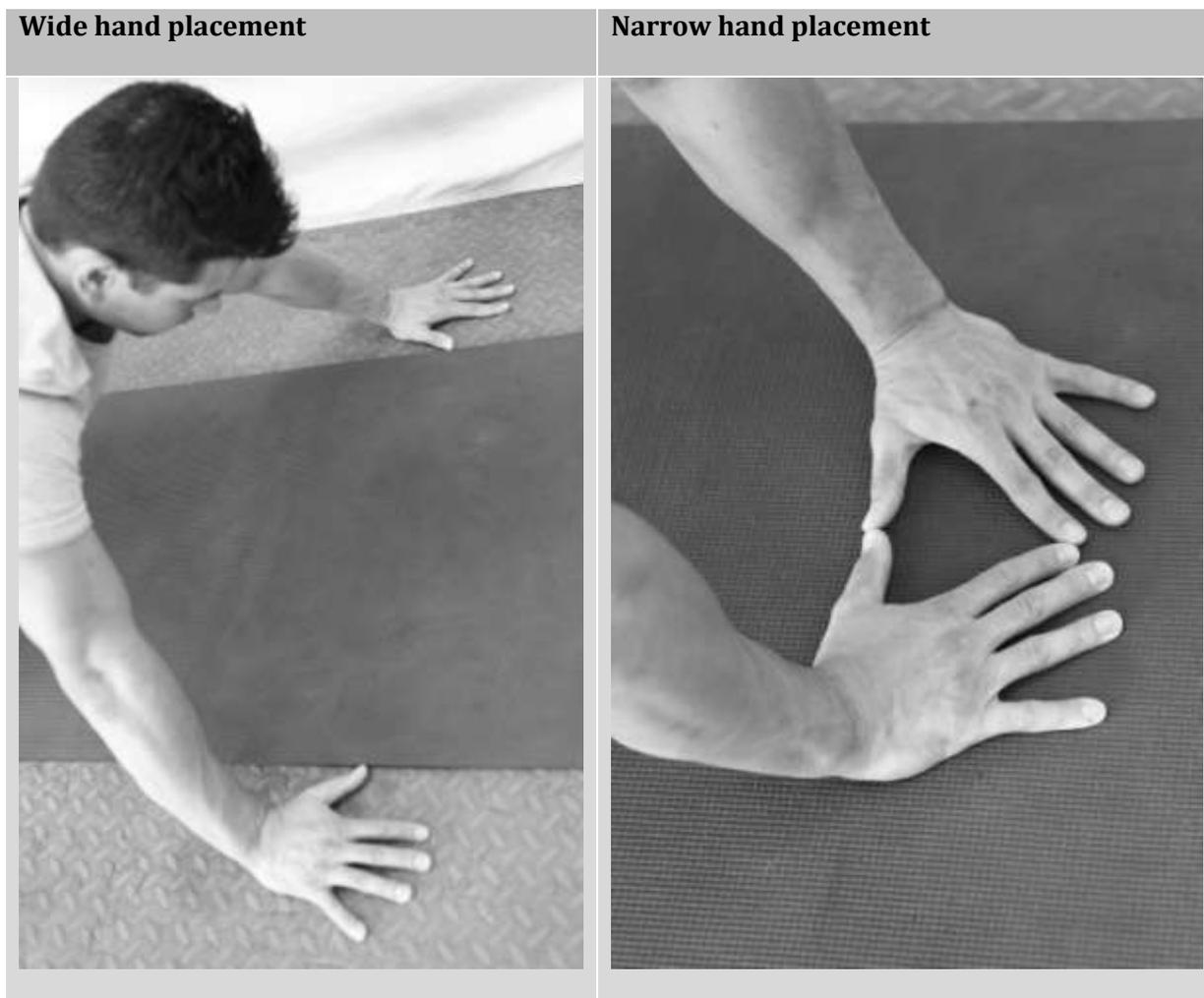


Lower phase



Push Up hand width placement variations:

Any variation of width that falls between the two examples below is considered to be some version of a Regular width hand placement. Narrow hand placement puts a greater emphasis on the Tricep (back arm) muscles. That's why the exercise Push Ups with a narrow hand placement is used on some Minor Day workouts.



Wall Push Ups

(difficulty is increased by placing feet further from wall)

Upper phase



Lower phase



Minimal Equipment (resistabands)



Chest Press resistaband

Lower phase



Upper phase



Flyes resistaband

Lower or open phase



Upper or closed phase



Full equipment

Incline Chest Press Dumbbell

Upper phase



Lower phase



Incline Chest Press Barbell

Upper phase



Lower phase



Incline Chest Press Machine

Lower phase

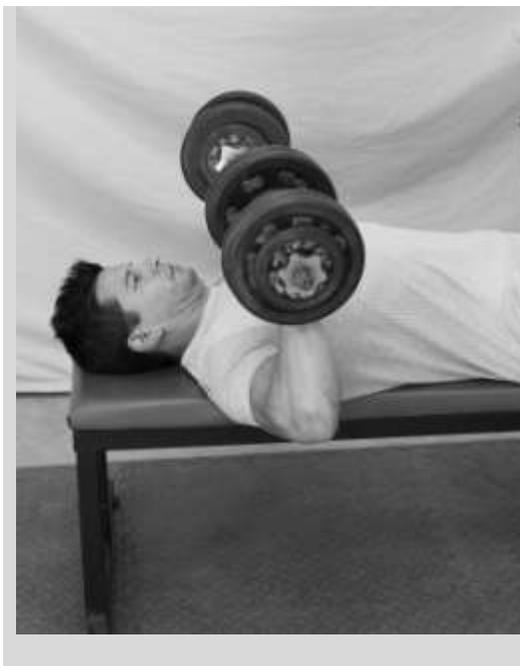
Upper phase



Chest Press or Flat Bench Press Dumbbell

Lower phase

Upper phase



Chest Press or Flat Bench Press Barbell

Lower phase



Upper phase



Chest Press Machine

Lower phase



Upper phase



Flyes Dumbbell

Lower or open phase



Upper or closed phase



Flyes Cable

Lower or open phase



Upper or closed phase



Flyes machine

Lower or open phase



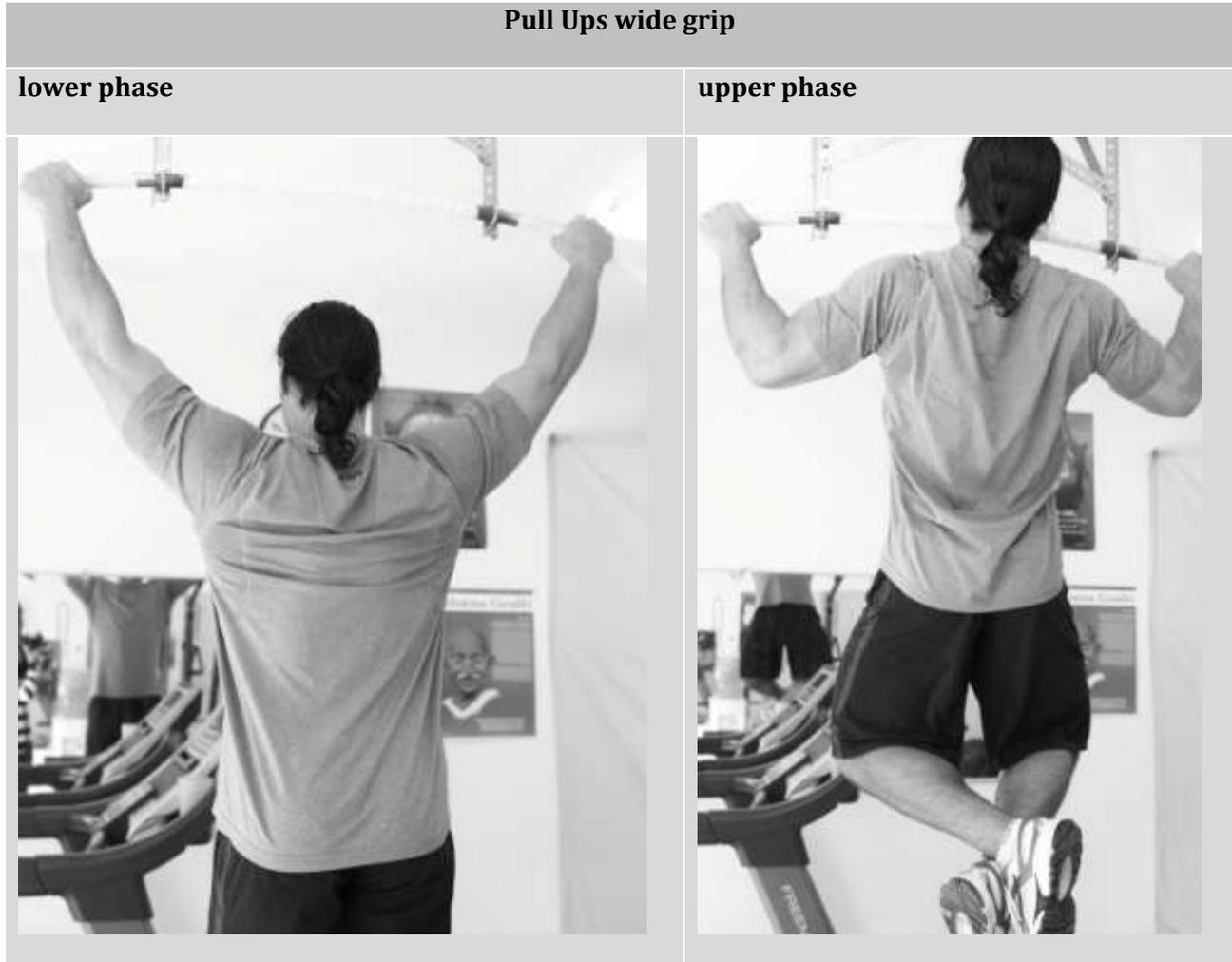
Upper or closed phase



Pull Exercises

No Equipment

Note: Pull Ups may be assisted by placing a foot on a sturdy object to help yourself up.



**Pull Ups inner grip
underhand variation**



Bar Pulls or Bar Rows (bodyweight)

Lower phase



Upper phase



Minimal Equipment

Pulldowns Wide Grip Resistaband

Upper phase



Lower phase



Pulldowns Underhand Inner Grip Resistaband

Upper phase



Lower phase



Rows Resistaband

Upper phase



Lower phase



Full Equipment

Pulldowns Wide Grip Cable

Upper phase



Lower phase



Pulldowns Inner Grip Underhand variation



Pulldowns Machine

Upper phase

Lower phase



Dumbbell Row

Side view: Lower phase



Side view: Upper phase



Front view: Lower phase



Front view: Upper phase



Single sided Dumbbell Row using bench option (upper phase)

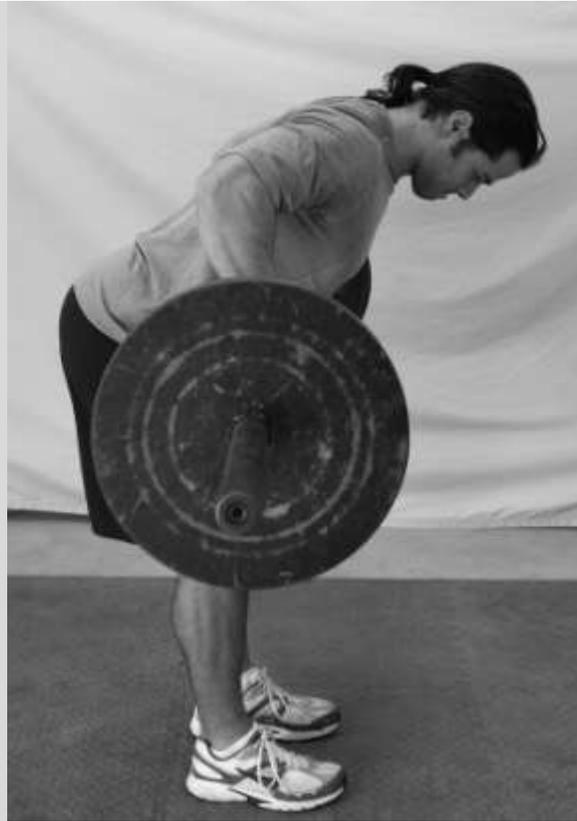


Barbell Row

Side view: Lower phase



Side view: Upper phase



Rows Cable Machine

Lower or Outer phase



Upper or Inner phase



Leg Exercises

No Equipment

Squats Bodyweight	
Upper phase	Lower phase
	
Squats Bodyweight Assisted (holding onto rail)	
Upper phase	Lower phase



Squats Bodyweight Assisted (holding onto pole)

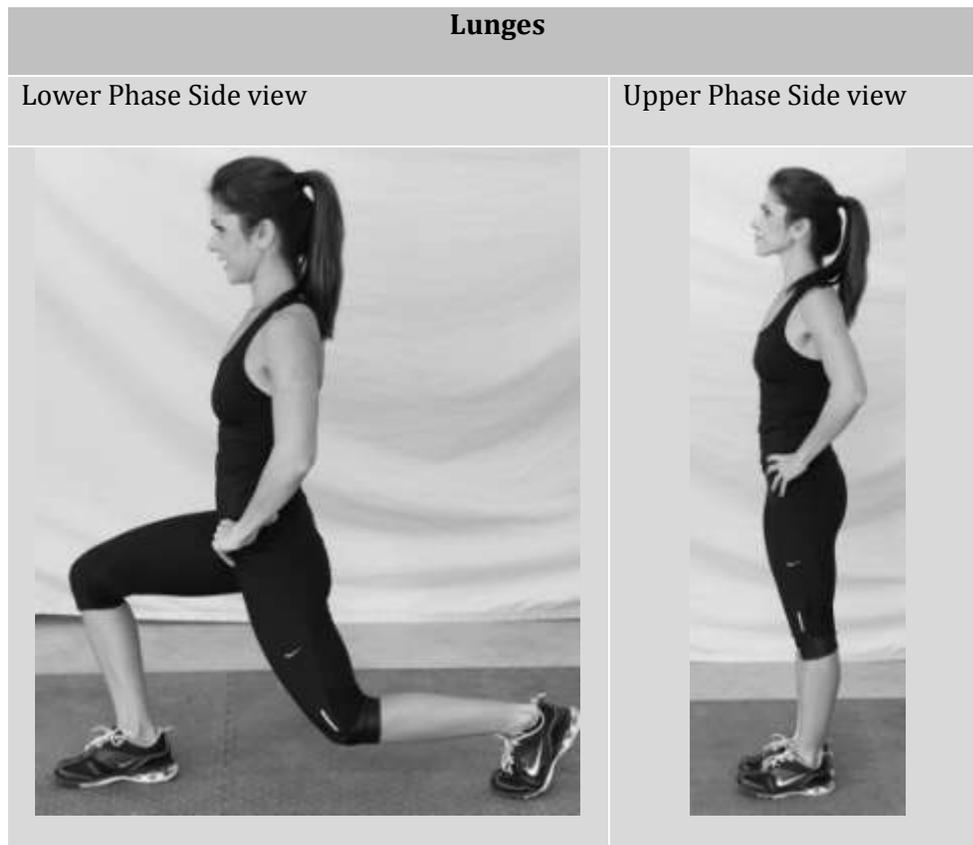
Upper phase

Lower phase



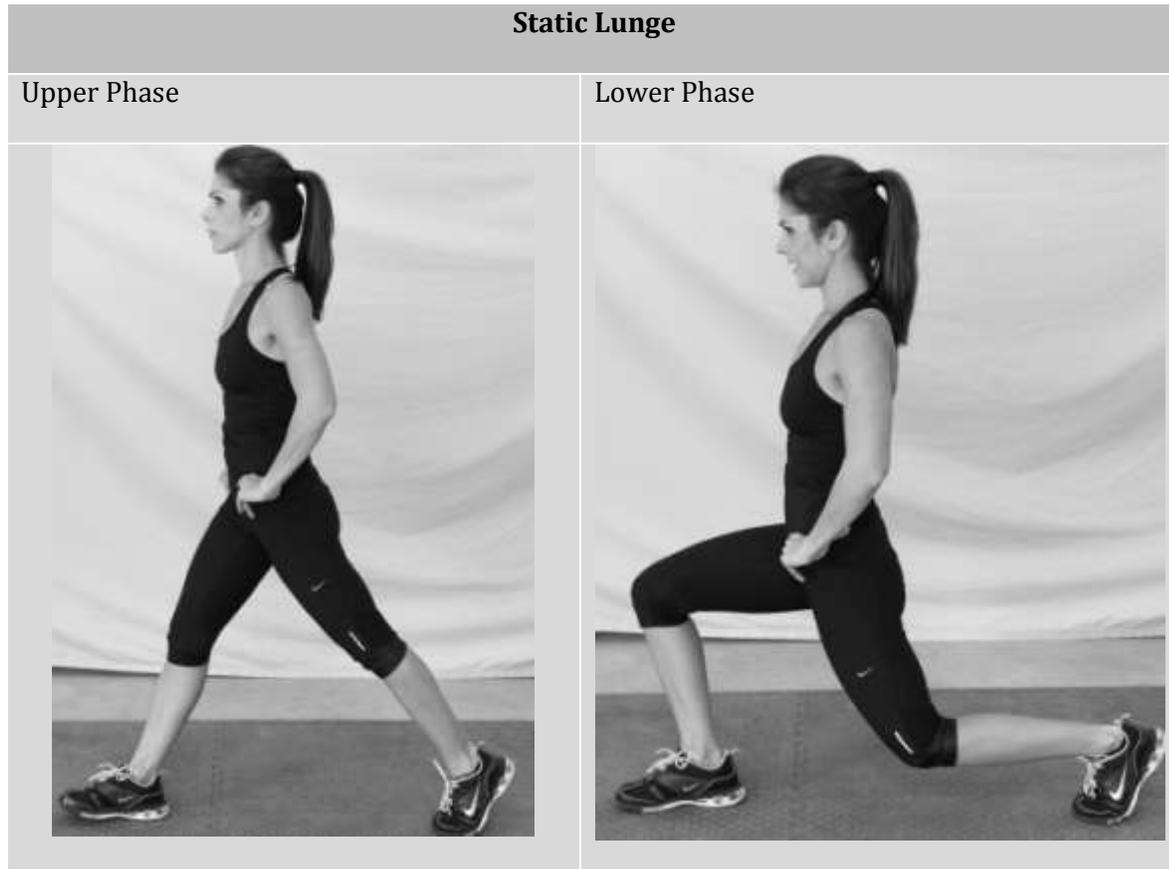
Lunges: Walking, Alternating and Reverse

Walking, Alternating and Reverse Lunges all look the same in demo photos. When performing walking lunges you'll push off the back foot during the lower phase to bring that foot forward to match the front foot in the Upper phase. During Alternating Lunges after stepping forward and going into the lower phase you'll push off with the front foot bringing it back to match the rear foot, thus returning back to your original position. Reverse lunges begin with a backward step to go into the lower phase and then push off with the rear foot to return back to the upper phase.



Static Lunge

Static Lunges are done by beginning with a split stance in the upper phase and then lowering the rear knee to just above the floor to go into the lower phase. Then returning back to the upper phase. All repetitions will be completed on one side at a time.



Single Leg Squat "pistol"

Upper Phase



Lower Phase



Minimal Equipment

Squats Resistaband

Lower Phase



Upper Phase



“X” walks are done by standing on a resistaband and switching the handles to the opposite hand, creating an “X” in front of you. Holding the handles at your sides or on your hips take a step sideways. Now step in the same direction with the trail foot, halving the distance between your two feet. Don’t let the feet just slam together, rather make sure to keep good control and remember to do the same amount of steps or time in both directions, giving each foot a chance to lead and follow.



Full equipment

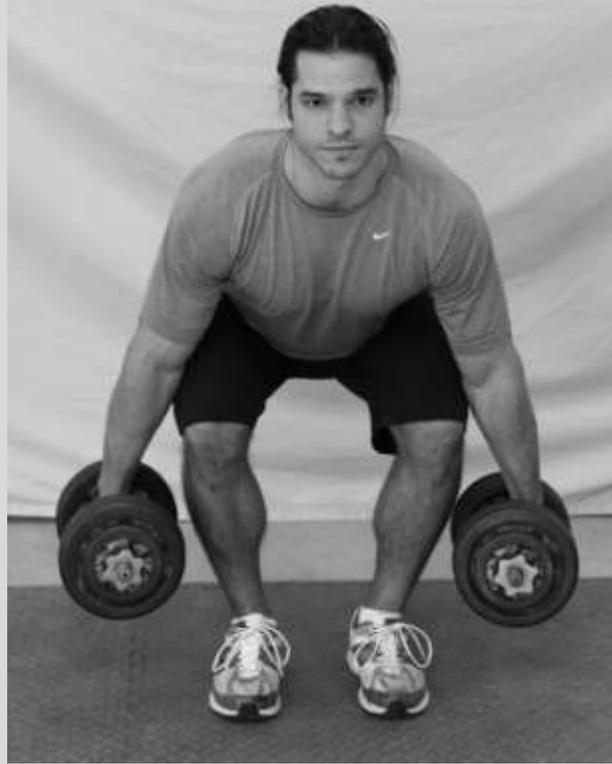
Squats Barbell	
Upper phase side view	Lower phase side view
	
Upper phase front view	Lower phase front view
	

Squats Dumbbell

Upper phase front view



Lower phase front view



Upper phase side view

Lower phase side view



Lunges Barbell

Upper phase side view

Lower phase side view



Upper phase front view



Lower phase front view



Lunges Dumbbell

Upper phase side view

Lower phase side view



Leg press machine

Upper phase



Lower phase



Leg Curl Machine

Upper phase



Lower phase



Shoulder Exercises

No Equipment

Pike Push Up or Pike Press

(this exercise may be made easier by modifying on knees like regular Push Ups)

Upper phase



Lower phase



Wall Pike Press (easier version of a pike press)

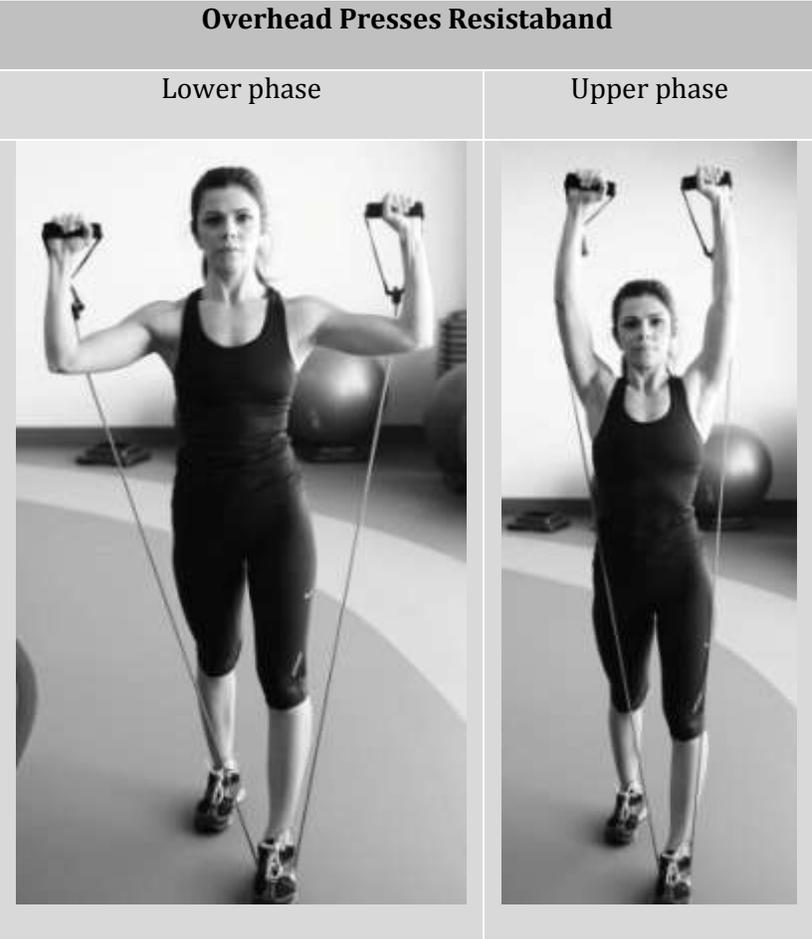
Upper phase



Lower phase



Minimal Equipment



Side Lateral Raise Resistaband

Lower phase



Upper phase



Front Raise Resistaband

Lower phase



Upper phase



Full Equipment

Overhead Presses Barbell and Dumbbell			
(both can be done standing or seated)			
Barbell		Dumbbell	
Lower phase	Upper phase	Lower phase	Upper phase
			
Overhead Press Dumbbell front view			
Lower phase		Upper phase	



Side Lateral Raise Dumbbell front view

(can be done standing or seated)

Lower phase

Upper phase

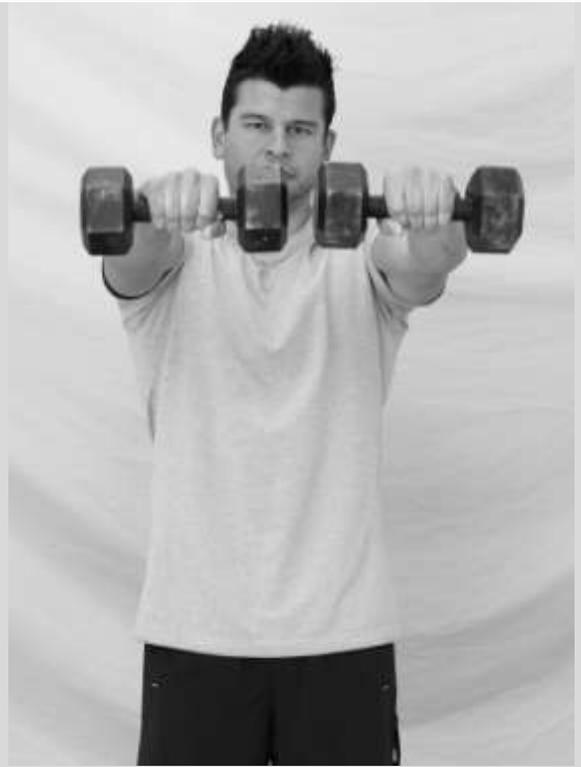


Front Raises Dumbbell

Lower phase



Upper phase



Arm Exercises

No Equipment

Tricep Bench Dips

Upper phase



Lower phase



Tricep bench dips (with feet on floor, easier option)

Upper phase



Lower phase



Any type of **Push Ups with a narrow hand placement** puts a lot of emphasis on the use of the Tricep (back arm) muscles. These exercises are performed just like normal Push Ups except the hands are placed close together. Their pictured demonstrations are in the Push exercise section of this appendix.

Lying Side Tricep Push Up

Lower phase



Upper phase



Minimal Equipment

Overhead Tricep Extensions Resistaband	
Lower phase	Upper phase
	

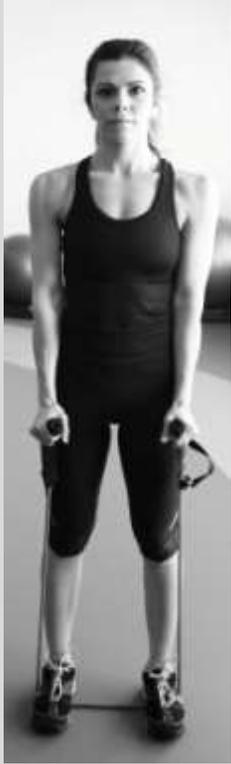
Tricep Kickback Resistaband

Upper phase



Lower phase



Curls Resistaband		Hammer Curls Resistaband	
Lower phase	Upper phase	Lower phase	Upper phase
			

Reverse Curls Resistaband

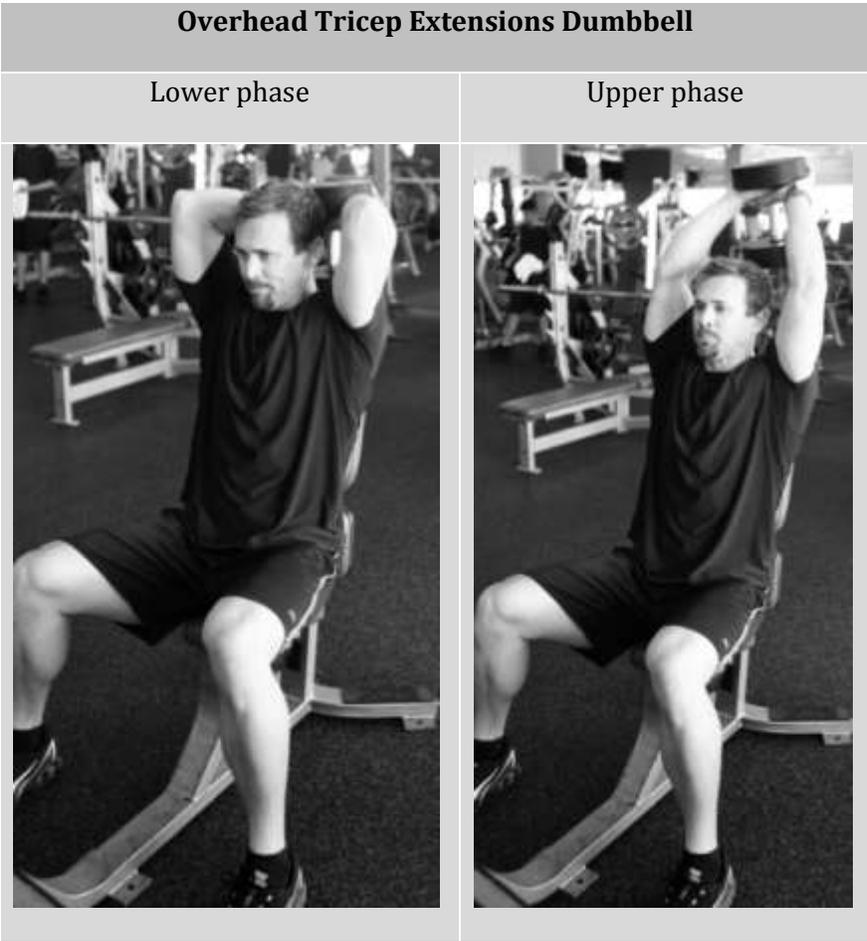
Lower phase



Upper phase



Full Equipment



Lying Tricep Extensions aka “Skull Crushers” with barbell ez curl bar

Lower phase



Upper phase



Tricep Pushdowns Cable Machine

Upper phase

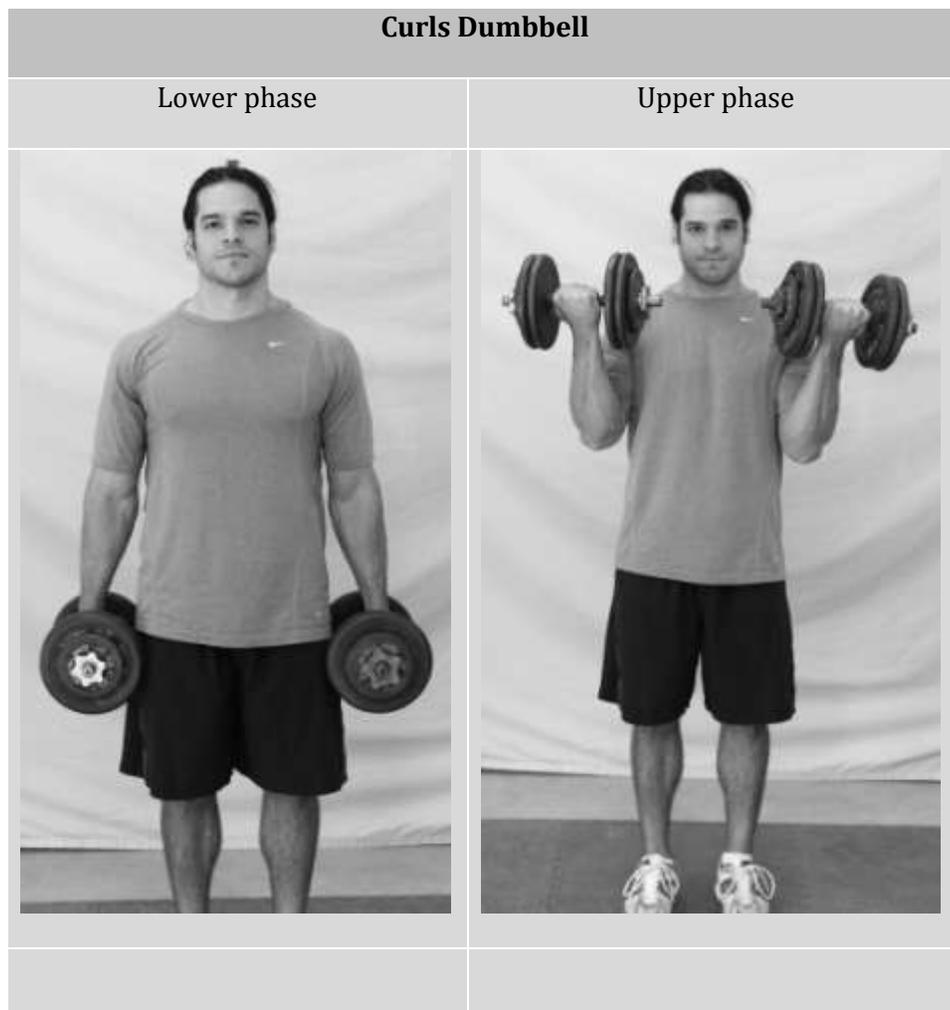


Lower phase



Curls

With the upper and lower demo pictures you don't get a chance to see the middle portion of these exercises where the weight is being moved upward. It's important to know that in order to focus the majority of the work on the biceps it's necessary to keep the body as stationary as possible while performing any curl. It's also necessary to keep the elbow in close proximity to the side of the body. A little elbow movement throughout the exercise is allowed, but heaving the elbow forward in order to complete the exercise is improper form.



Hammer Curls Dumbbell

(thumbs remain upward on lower and upper phase)

Lower phase



Upper phase



Curls Barbell

Lower phase



Upper phase



Abs/Core and Calf Exercises

Crunches

Lower phase



Upper phase



Holding weight option for greater difficulty/resistance during Crunches



Reverse Crunches

(hard to see, she's just lifting her butt off the floor an inch or two in the Upper phase)

Lower phase



Upper phase



Scissor Kicks

Initial phase (left leg up, right leg down)



Alternate (left leg down, right leg up) phase



Plank

(No Upper or Lower phase, the Plank is a static hold with no movement)



Plank Modified on knees (easier option)



Calf raises Heels in

Lower phase



Upper phase



Calf raises Heels out

Lower phase



Upper phase



Calf Raises Machine (for greater difficulty/resistance)

