Secrets To Peak Performance Fitness

Garrett J. Braunreiter



Secrets To A Peak Performance Life

Garrett J. Braunreiter



Published by The World Peak Performance Center, LLC 5476 W Cortaro Crossing Drive Tucson, AZ 85742 USA (520) 219-5163 (520) 219-5257 fax mailto:webmaster@worldpeakperformance.com

The author, Garrett J. Braunreiter, and publisher, The World Peak Performance Center, LLC, have made

their best effort to produce a high quality, informative and helpful book. But they make no representation

or warranties of any kind with regard to the completeness or accuracy of the contents of the book. They

accept no liability of any kind for any losses or damages caused or alleged to be caused, directly or

indirectly, from using the information contained in this book.

As with any new exercise or diet program, seek the advice of a qualified, competent physician BEFORE

beginning.

"Secrets To Peak Performance Fitness" and "Secrets To A Peak Performance Life" are © 2000

The World Peak Performance Center, LLC.

All rights reserved worldwide.

No part of this publication may be stored in a retrieval system, transmitted, or reproduced in any way,

including but not limited to digital copying and printing without the prior agreement and written permission

of the publisher.

The World Peak Performance Center, LLC Garrett J. Braunreiter, President 5476 W. Cortaro Crossing Drive

Tucson, AZ 85742

The "Secrets" Team Books

Dedication

I dedicate these books, first, to my wife LeeAnn. She has been with me through the thinnest of thin, never giving up on my ability to create and flourish. I owe her big time for her faith in me. (This is only the beginning, Lee!)

Second, I dedicate these books to my parents, Dennis and Joanne. They have bent over backwards, forwards, sideways, inside out, outside in, up down, you name it, to support me and what I do. Words cannot even BEGIN to describe how grateful I am to them. You guys are the best!

Copyright 2000, Garrett J. Braunreiter

What's In These Books, How To Use Them, Why I Wrote Them

Losing weight and getting fit goes beyond, **WAY beyond** just dieting and exercising. Unfortunately, most people don't see it that way. Or maybe they do, but the power of instant gratification overrides any creative, solution-oriented thinking. The multi-billion dollar weight loss industry is all about "Lose weight – NOW!" with apparent apathy toward the long-term health of their customers.

I wrote this book, my first, with this objective in mind: not only do I want for you to lose 10, 20, 50 or more pounds, double, even triple your energy levels, and have an unstoppable attitude, I want you to make and keep more money, get more done in less time, feel better physically and mentally, substantially increase the quality of your life, and eliminate the hassles of life.

That's a lot, yes? **But you can have this kind of life.** You see, when you take care of yourself physically, you're better able to service others, faster and easier, and with no resentment. In other words, I want you to **PUT YOURSELF FIRST.** It's about time, wouldn't you say? I mean, you're running around like a maniac taking care of everybody and everything BUT yourself, and **you've paid dearly:** out of shape, down in the dumps, lousy attitude, starting and stopping diet and exercise plans, getting more discouraged, more out of shape, self-esteem down the drain. It's a vicious cycle.

But no more.

Taking care of yourself means fueling your body, challenging it physically, and growing and developing personally and professionally. Hey, we all want to achieve more, more easily, don't we? **We want more time, more money, more love, more fulfillment, more things, a better body.** But you just can't do that by only working out and watching what you eat. That's only a part of the **whole "You" package**.

Let's look at this another way. If you are the most fit of fit people, and your diet is impeccable, but your life stinks, you're more than likely not going to be Mr. or Ms. Super-Fit for very long. Conversely, if you have a great life but you let yourself go physically and your health deteriorates, how can you possibly enjoy this wonderful life with any energy to do the things you want to do?

That is my approach to looking and feeling your best. To cover all the bases, so to speak, in achieving total physical, mental, personal, and professional development.

Hence, these books.

What You'll Find In These Books

This volume is divided into three separate books. Briefly, I'd like to introduce them to you.

BOOK #1: "Secrets To Peak Performance Fitness"

Getting ripped off – physically and financially – by the latest get-fit-quick exercise contraption on the infomercials? In *Chapter 1* you get tips and tricks on how to determine a trustworthy product, and how to buy SAFELY from an infomercial.

Energize! with *Chapter 2.* We all want more energy, but we have to get our butts moving to make it happen. Here you get dozens of energy-boosting tips that can literally double or triple your energy levels in just a month, from exercise to attitude to aging.

In **Chapter 3** you get an incredible plan for **flattening your abs** in record time. How to lose your gut, shrink your stomach, even an abdominal workout that takes only 90 seconds a day!

To make your fitness program work, you gotta JUST DO IT. *Chapter 4* shows you how to get started, make time, and... JUST DO IT.

If you're too far away from a gym, or would rather just work out at home, **Chapter 5** gives you dozens of **home-training strategies** that deliver. How to stick with a home-training program, the best weightless exercises, getting the best use of your treadmill, and more.

By now you're very familiar of the benefits of having a leaner body, i.e. a body with more quality muscle. But how do you build this kind of muscle? What's the difference between size, strength, and tone? How many sets? Reps? How much weight? How long do I wait before I do my next set? What exercises do I do? Get all the answers and more in *Chapter 6*.

Live longer and live well. Chapter 7 shows you how to boost your brainpower, how to use exercise as "medicine for your mind," reduce stress, and beat the infamous middleage spread.

Okay, let's see a show of hands... How many of you want to **get rid of fat and boost your metabolism**? Maybe I should ask, who DOESN'T want to burn fat and rev up their metabolism? In *Chapter 8*, you get over 100 ways to incinerate unwanted flab and jolt your calorie-burning ability.

Chapter 9 pretty much says it all: **Motivation That Moves Mountains**. One of the largest chapters in the book, this section gives you the kick in the butt you need when

you need it. Most generally everyone KNOWS what to do, how to do it, why we should do it, when, and where to get fit and strong; but they don't take action. Knowledge without action has no teeth. Knowledge with ACTION is true power. Get it here.

Do you feel like you're going through the motions with your workout and eating plan? Same thing day in and day out, chicken-chicken-chicken, tuna-tuna-tuna, same exercises for months, ZZZzzzzzz... **Chapter 10** gives you **training secrets** to take your program to the highest level possible, so you get the most out of your program and the fastest results.

In **Chapter 11**, you get dozens of **weight loss tactics** to get your body back in the slimming mode. If your scale isn't budging and clothes are still too tight, come here for solutions.

If you're having trouble losing fat, feeling fatigued, slack off during workouts, and feel a general physical malaise, you could be sending your blood sugar levels on a daily roller coaster ride. *Chapter 12* shows you why you should **control your blood sugar**, and how to do it effectively.

Read *Chapter 13* to find out how to minimize the damage of eating out (even make it healthy) and indulging in your favorite naughty foods.

Most people feel that eating healthy is a royal pain in the neck. In **Chapter 14** you get scores of tips and tricks to **make healthy eating as easy as a walk in the park**, and help your body absorb the most nutrients.

If you're still having trouble feeding your body the right foods, *Chapter 15* shows you how to make your diet work. How to improve your eating habits. Snacking right. How to eat well and still lose weight. How to bounce back from fad diets.

During times of high stress, many people resort to eating as an escape or comfort from the daily rigors of living. And this is when the pounds and fat pile on. Find out in **Chapter 16** how to crush cravings, eat on the run, and **give your body the nutrition it needs during stressful times**.

Make your **nutritional supplements** (like your vitamin/mineral complex) work for you by reading *Chapter 17*.

Did you know that water can help you burn fat more effectively? **Get all the benefits of water** in **Chapter 18**.

BOOK #2: "Secrets To A Peak Performance Life"

This book teams with "Secrets To Peak Performance Fitness" to help you put **the whole** "**package**" together, so you grow and develop physically, mentally, personally, and professionally. Remember, physical fitness is only **PART** of the equation. Think of a

skyscraper. Physical fitness is only a couple of floors built out of the entire structure. If you want a strong, sturdy, durable, tall building, you need to build it with ALL the materials.

Chapter 1 gets you started toward building that **strong foundation**, so you grow and develop faster. You learn how to set goals, how to create a reserve of energy, how to simplify your life, and how you can really "have it all."

Learn about **your comfort zone** and how you can make it work FOR you instead of against you in **Chapter 2**. This chapter is critical for those who are stuck in a rut, and can't explain why you're not taking action on your goals.

So, how DO you motivate yourself? *Chapter 3* gives YOU the power (where it should be in the first place) to do what needs to be done, with a powerful, eye-opening story, and dozens of ways to kindle your fire of desire to get going.

Okay, so you've read the entire book up to this point, and much of it reinforces what you already know. So now it's time to **JUST DO IT**. But how do you "just do it?" In **Chapter 4**, you learn just what that phrase means, and how to put it to use. While it is a simple concept, it is not easy. In this chapter, you'll find how to make it easier.

To have the health, vitality, and physique you want, to make more money and have a satisfying, rewarding life, you need to make **fundamental changes**. Learn what it takes to make those changes (and a personal challenge from me!) in *Chapter 5*.

Your body is only an instrument of your mind. **Chapter 6** shows you how, with the right mindset, you can do amazing things, live the life you deserve, and build an unstoppable body.

So, when ARE you going to get started building a leaner, energized body and living the life you've always wanted? If you're like most people, you're putting this off until "the right time." In other words, you're PROCRASTINATING. Find out **how to stop procrastinating** in *Chapter 7*.

Who's in charge of your life? Friends, family, peers, creditors, bosses? It's about time you took the controls of your life and live it the way YOU want. Do it **YOUR WAY** by reading *Chapter 8*.

To quote chorus line to an old Sesame Street song:

Everyone makes mistakes, oh yes they do Your sister, and your brother, and your dad and mother, too! Big people, small people, matter of fact, ALL people Everyone makes mistakes, so why can't YOU?? Problem is, most of us tend to dwell on our mistakes. Our mistakes are really EXPERIENCE, or LESSONS to be learned. **Turn your experience into stepping-stones for future success** by reading **Chapter 9**.

BOOK #3: "Peak Performance Quotes"

Get 45 pages of inspiration, motivation, eye-opening quotes to help you bust through obstacles, perform your absolute best every day, and live life to the fullest. Need a spark in your day? Need something to get you fired up in the morning? You get hundreds of quotes to get you thinking... and MOVING.

How To Get Your Money's Worth From These Books

You should not merely read these books and put them aside. I am your coach, and this book constitutes an active conversation between two people... between you, who wants to have dynamite vitality, strength, and health... and me, who has presented certain crucial information that will enable you to achieve this goal.

Unlike many books in this general subject area, this "team" of books is dense with practical information... and my very direct opinions on what to (and not to) do. Therefore, you may find that it takes you some time to read this book... and that, from time to time, you find yourself getting irritated with me. Let me tell you why I'm not worried about these things.

If you really want a leaner, energized body, make more money, get more done in less time, feel better physically and mentally, substantially increase the quality of your life, and eliminate the hassles of life, there's lots you need to know and master. This is not something you can fully understand over a cup of coffee, or even a weekend. This is something that requires desire and a lifetime of commitment.

So, if, now and then, you find yourself getting a little miffed with me either because of what I'm telling you... or the way I'm telling it to you... I ask that you consider the mark of a good coach, a coach that's really worth his money, is his ability to step over nothing, to tell you what is so, and that this truth that may well make you uncomfortable. If this bothers you, I'm sorry, but that's your problem. Try to pay attention to the point I'm making, why I'm making it, and how I'm making it.

Yes, if you let it, this book can change your life dramatically...

A Few Words About Who I Am And My Role In Your Life

When you pick a personal coach, you want someone who's

* Knowledgeable about motivation, fitness, and personal development issues involved in achieving your personal best

- * Competent, with real experience and results
- * Empathetic, and

* Personable.

Garrett holds a BA in Exercise Science from Carthage College (Kenosha, WI), is a Certified Strength and Conditioning Specialist, and is a Coach University-trained professional coach. He is also a member of a number of national health, nutrition and fitness organizations, including The National Strength and Conditioning Association, The International Health, Racquet, and Sportsclub Association, and IDEA: The Association of Fitness Professionals.

Competence is the intersection of knowledge with practical experience. For over 8 years now, Garrett has worked with hundreds of people from all walks of life. He has helped them day-by-day to reach their deeply personal objectives. The results of this experience can be found in his practical step-by-step personal coaching program, his The Peak Performance Life newsletter, and his own health, fitness, and personal development special reports.

Lots of people report that when they deal with fitness specialists, trainers, or counselors they are made to feel inferior, like "look at the mess you're in," failing to have that crucial empathy that is necessary to create both the right environment and the successful results that emanate from it. One of Garrett's hallmarks is his ability to relate to his clients, understand why they're where they are, what they want to achieve, and to applaud their progress, especially when it comes slowly and with great effort.

Transforming your life isn't easy. It's always easier to do nothing than to set a strenuous objective and work to reach it. That's why success is never effortless and always meaningful. Whether you're on the demanding road to a rewarding, satisfying life, or a leaner, energized, great-looking body, it helps to travel with someone who does what's necessary to make the journey as comfortable as possible, someone like Garrett...

Stay In Touch

In these books, like The Peak Performance Life electronic newsletter I write several times each week, I invite you to **stay in touch with me**. These books are not set in cement; they're organic, changing. The techniques that I recommend today to help you achieve vibrant health and a great body and a satisfying, rewarding life will necessarily be changed tomorrow by new, better processes. I intend to know and use them... and I intend to **share** them with you.

I invite you, therefore, to stay in touch with me. If you got these books through any other source than directly from me, you are probably not on my Peak Performance Life newsletter subscriber list. If you'd like to receive a **FREE lifetime subscription** to PP

Life, go to my website at http://www.worldpeakperformance.com and enter your e-mail address for your free subscription.

Moreover, **if you'd like me to personally coach you** in building a leaner, energized body, make more money, get more done in less time, and live the life you've up to now only dreamt about, you must let me know. Call me at (520) 219-5163, fax (520) 219-5257, or e-mail at webmaster@worldpeakperformance.com. I answer my own phone, and am ordinarily ready to get started immediately helping you.

Final Words

After you've had the chance not only to read this book but to begin implementing it, after you've had some success, I hope you'll contact me to let me know how you're doing. You see, if I've felt the fulfillment of a rich life and youthful health, I've also experienced its typical frustrations and irritations. I know what you're going through and for that reason as you succeed, I want to know... and want the opportunity to congratulate you, for you have much to be congratulated for.

Write me soon! I love to hear good news... especially when I may have contributed to creating it.

Keep Peaking,

Tucson, Arizona June 2000

Month



Subscribe To "The Peak Performance Life" FREE

The Peak Performance Life e-zine delivers only original (you won't read this elsewhere) and immediately USABLE information and strategies that energize and motivate you to take control of your body and health - and still have a life.

Does the world really need another health and fitness motivational newsletter? I subscribe to a LOT of them, most of which simply **regurgitate the "same old, same old."**

We're all overwhelmed with a glut of health and fitness info. Guess what?... you can't use 99.9% of it! It's all just news about the latest-and-greatest research and studies done about nutrition, disease, aging and exercise. While these studies ARE valuable, they don't really do much to get you off your butt to keep fit and live life the way you want.

If you're like me, you probably scan and delete most free e-zines. I guarantee that you won't do that with The Peak Performance Life! Short and to the point, it comes to your mailbox twice each week. No filler, no "regurg"... just original, valuable information you can use right this minute.

Health and fitness research definitely has its place. So keep learning. But when results are on the line, we want the energy and motivation to do it... now! And that is what The Peak Performance Life gives you.

The Peak Performance Life e-zine delivers only original and immediately USABLE information and strategies that energize and motivate you to take control of your body and health - and still have a life.

SUBSCRIBE NOW!

Secrets To Peak Performance Fitness

Garrett J. Braunreiter



Published by The World Peak Performance Center, LLC 5476 W Cortaro Crossing Drive
Tucson, AZ 85742 USA
(520) 219-5163
(520) 219-5257 fax
mailto:webmaster@worldpeakperformance.com

Chapter 1: Caveat Emptor – Buyer Beware!



10 Shocking Facts About So-Called "Trustworthy" Fitness Solution Sellers

So why should you believe **ME?** Why believe everything you're reading in this book? There are literally thousands of other people and organizations offering you "solutions" to achieve the body of your dreams. I'm just another "one of the crowd," right?

Well, let's take a look at some interesting facts and use a little common sense. Then you'll see there's something wrong with the picture in each case.

1. There are more fat-free/low fat foods, health clubs, diet centers, exercise equipment options, and "miracle drugs" than ever.

With all of these wonderful options to choose from, you'd think that obesity would be all but obliterated as an epidemic problem. Why is it, then, with the continually increasing fitness options, obesity is at an all time high, and going HIGHER??? More gyms, diet centers, equipment, diets, etc., and we're getting FATTER???

2. Millions of dollars are spent on research to isolate the "fat gene" without any significant outcome.

Oh, the studies use clever language such as "seems to suggest," "might indicate," and "may contribute." Which gives us as much valuable information as the hunt for Bigfoot.

Brilliant scientists are trying to find a fail-proof way for us to biochemically alter our bodies to melt off fat without exercise or eating well, while it seems as though **they're** forgetting that Americans are consuming over 150 lb. of sugar PER PERSON per year!

While the search for the fat gene continues, Americans are causing their bodies to hold on to their fat stores. This is due to the hormonal changes that sugar brings about, namely insulin.

Each one of us has the ability to improve our fat-burning abilities IF WE JUST GET A GRIP ON OUR INEFFECTIVE NUTRITIONAL HABITS AND START FEEDING OUR BODIES IN A SUPPORTIVE WAY.

What's going on here? To me, there seems to be a connection between the sugar industry and obesity research. And the connection is... **MONEY.**

3. Some "sugar-free" foods are, in fact, loaded with sugar.

Now that you know that one of the major nutritional errors in trying to get leaner - too much sugar. Does this sound familiar: "This cookie is sweetened with fructose." This means, "This cookie is really sweetened with sugar. We're banking on you not even bothering to read this label, and the fact that you don't know how many different names "sugar" goes by. (Hint: they end in -ose.) But you have to figure out the rest."

4. Not enough emphasis on bone-building, metabolism-boosting, body shaping, lean muscle mass.

In their 20's - 30's, **American women lose** somewhere between 5-10 lb. of muscle. Plus, the average woman's **fat accumulation** ranges between 15-30 lb. As a **man** enters the senior years, he often has **less than 70% of the muscle** he had at 25.

Despite **OVERWHELMING** evidence to support that weight training (at ANY age) can stop and even reverse this deterioration, most Americans who begin an exercise program choose **more aerobic activity** and neglect the muscle-saving, metabolism-boosting, fatigue-fighting strength training. **Excessive aerobic exercise** can actually **waste away muscle**, making you a skinny-fat person.

5. Over-promising and under-delivering.

Many of the claims made on these cleverly calculated fitness gadget infomercials are not only misleading, but **they are often not even possible** with the equipment being marketed.

C'mon, 4 minutes a day to the body you want??? And then there's the new piece with Suzanne Somers pitching the miracle equipment as giving her her best body ever (yeah, right. She ALWAYS had a knockout body).

Two exceptions to this rule are the **Bowflex** and Chuck Norris/Christie Brinkley's **Total Gym**. THESE are good pieces of equipment - IF USED THE WAY THEY'RE SUPPOSED TO.

6. Chromium Picolinate.

Wow. One of the wonder supplements of the decade. Look, if chromium picolinate were a miracle fat-burner, wouldn't a diet rich in whole grains and shellfish (good

sources of chromium) melt fat away? Of course not. It's just a valuable mineral to include in our diet. THAT'S ALL.

7. The FDA.

The Food & Drug Administration is **SUPPOSED** to look after our best interests when it comes to food and drugs, and monitoring their safety.

Interesting, though, when you take a look at 1996, when the media jumped all over the FDA's approval of Olestra, a fat substitute. It's odd, that the consumer reaching media was able in a single day, to make us aware of this issue. But they completely ignored the fact that **for YEARS** the FDA has been **allowing the food companies to mislead, even blatantly lie** on their labels. Some foods labeled "97% Fat Free" **are really 60% fat and more**, some foods "70% Less Fat" **get all of their calories FROM fat**, and some calories labeled "Fat Free" get **ALL** of their calories from fat.

Maybe the awareness of this deceit might lead to more honest, clearer, and understandable food labeling.

8. If something is sold in a health food store, shouldn't it be healthy?

Some over-the-counter "fat burners" are actually addictive drugs that, if misused and abused, can lead to seizures, stroke, and death. Aspartame, a sugar substitute, is also causing the "health" community to be up in arms. Funny, while health food stores condemn aspartame, they don't mind that they're selling these potentially dangerous "fat burners" that are marketed and labeled fraudulently.

9. Lack of integrity.

Many athletes, bodybuilders, fitness contestant participants, and the like who are on the "just say no" bandwagon are **precisely** the people who are using performance-enhancing and/or anabolic drugs.

Oh, no, you won't see anything like, "this product, along with continued injections of anabolic steroids, is the secret to the body I have now." This would end up with no sales, and the endorser sent to prison.

They just say, "Take this product for the body of your dreams." Too, bodybuilders are supposed to be the picture of perfect health, when in fact they engage in unhealthy practices to win a contest, like taking cocaine or diuretics.

Consumers wanting to be like their heroes will drop mucho dinero into supplements that promise the world...

...And then they wonder why they don't work.

10. Some programs still advocate dramatically restricting calories.

Consistently reducing calories to an intake below the body's basal metabolic rate can slow the metabolism and bring about chemical changes that lead to additional storage of fat.

Training the body to process food frequently is a factor in speeding the metabolism. Americans, by cutting back on calories, are sabotaging their potential for ever becoming lean. You'll be amazed at how much you really can eat, and still get lean - permanently.





Ten Commandments of Buying Infomercial Fitness Gadgets

An astounding plethora of gadgets out there thanks to the infomercials claim to transform your pudgy abs into washboard abs with "virtually no effort on your part." (Spare me.) Unfortunately, the only thing that they're likely to do is **reduce your bank account**. Let's face it; everything looks better on TV, but you have no way of judging the quality of a machine or gadget.

When you watch exercise equipment ads on TV, keep in mind the following tips:

- 1. If the advertisement claims that you can tone up while lying in bed watching the tube, save your money for the Miracle Mop. THERE IS NO SUCH THING AS "THE NO SWEAT WORKOUT THAT WORKS."
- 2. Beware of the phrase "guaranteed or your money back." READ THE FINE PRINT. The manufacturers may promise that you'll lose 4 inches in one month IF you stick to THEIR recommendations of a low-fat diet and a more vigorous exercise program.

- 3. **Don't be impressed by expert endorsements**. Don't think for one second that some 3-time Mr./Ms. Universe built his/her biceps with some plastic contraption that looks like something from Star Trek: The Next Generation.
- 4. Don't whip out your credit card just because a product is not sold in stores. Matter of fact, most of these gizmos ARE sold in stores or they will be in 1-2 months. The product is most generally cheaper in the store, and you can test the product first to see if you like it.
- 5. **Beware** of phrases like "three easy payments." One gadget claims to cost "Not \$60! Not \$50!" but "just 2 easy payments of \$19.95." Add the shipping & handling, and it costs \$46.85.
- 6. Don't be impressed that a product was "awarded a U.S. Patent." You could patent a nose-hair clipper for mice if you wanted to. To get a patent, all you need is an ORIGINAL idea, not necessarily a GOOD one.
- 7. **Don't believe that a gadget will enable you to build strength and lose fat simultaneously.** Consider the Thigh Master commercials: a drop-dead gorgeous model zips up her pants and says, "Thank you, Thigh Master. I never thought I'd fit into these jeans again."
- 8. **Don't be persuaded by scientific mumbo jumbo.** Product manufacturers love to throw around big words. Many of these terms, such as omnikinetics, are not even accepted by the medical community.
- 9. **Don't believe that some new contraption is better than free weights or machines.** One manufacturer claims that "with free weights or machines, getting the right form is impossible," but with its gizmo, "there's no way to use the gadget improperly."
- 10. HIDE YOUR CREDIT CARD between 12 am 4 am. At that hour, everything looks good. Just go to bed.





Fitness Infomercials: Weight Loss Dream or Budget-Buster?

Those **gizmos** and **products** that promise a thinner, fitter you "in just four minutes a day" might be more effective at **trimming your wallet** than your body. Here are some tips for safe buying off the TV:

- **Don't compare yourself** with the bouncing, buff bodies on the infomercial. They're most likely in their early 20's, blessed with killer genes, work out 3 hours a day, and are still paying off that last liposuction.
- Shy away from any product that boast you can burn 'up to' a certain number of calories. A person might be able to burn that many calories IF you had an overactive thyroid and belonged to the World Wrestling Federation, but you'll likely burn just a fraction of the number of calories mentioned.
- Many of the products touted on infomercials can also be found in stores. But
 often the models on the infomercials are inferior makes of familiar merchandise,
 says Larry Weindruch, director of communications for the National Sporting Goods
 Association. Because the "fit" of a piece of fitness equipment is critical, you should
 never buy anything without trying it first.
- Think in small bites. Instead of resolving to morph yourself into Pamela Anderson Lee or Arnold Schwarzenegger, decide each day to accomplish a specific activity: work out right after waking up, walking to work, take elevator instead of stairs.
- **Know thyself.** You're more likely to keep up with activities you **enjoy**. Find something you like to do, and stick with it. **Don't buy equipment you don't like.**



Chapter 2: Energize!





Do You Think Energy is Going To Be Handed To You On A Silver Platter?

To get more energy, you have to produce it.

Stop complaining that you have no energy to workout, to eat right, to pack a lunch, etc.!

How do you expect to **HAVE** energy, when you continue to do **LITTLE** or **NOTHING** about it?

You're just throwing gas on the fire if you plop yourself on the chair when you get home from work, put the kids to bed, whatever. You want more energy? **Go make some.**

Your body **LOVES** to do nothing. Then it doesn't have to work as hard. That means you don't burn as many calories. That means you have a harder time losing weight. That means you increase your body fat. That means loss of lean muscle. That means you get out of shape real fast.

That means NO ENERGY, NADA, ZIP.

FORCE your body out of that "comfort zone." Yes, if you're particularly low on energy, it is **CRITICAL** for you to get off your duff and get moving. Yes, there is the initial stage of effort, even to just go for a 5, 10, or 20-minute walk.

But, **IT GETS EASIER.** You must know that. Even after a few workouts, you'll easily notice an increase in your energy levels.

Strength training makes you stronger, so you can do more vigorous tasks **without** undue muscular **fatigue**. Aerobic exercise **conditions** your **heart and lungs**, delivering nutrient-rich blood to working muscles and organs. Ultimately doesn't have to work as hard just to pump blood.

And don't forget **sound nutrition**. The right balance of nutrients, at the right times, in the right amounts gives you the fuel you need to function at your absolute best every day.

But high energy won't be handed to you on a silver platter. Go make it happen!





It's hard to squeeze working out into a busy schedule. So when you are in the gym, you want to avoid the impulse to curl up on the weight bench and take a nap.

By practicing **smart nutrition**, you can feel positively **explosive** for your next workout and even better for the one after that. To that end, we've addressed some of your most frequent workout complaints and provided surefire **nutrition solutions**.

Problem: I don't like to eat before my morning run, or right before a long bike ride, but then I gas out halfway through.

Solution: Eat on your feet.

"You need some type of **energy replacement** when exercising," says exercise physiologist Eric Sternlicht, PhD. "Since it's not recommended that you eat (a full meal) two or three hours before you work out, the best thing to do is eat something **while you exercise."**

The best choices are small, easily assimilated foods that are nutritionally dense, such as **sports drinks** or **bananas**. Liquids are absorbed faster than solids, but if you want an **energy bar**, a few sips of **water** will aid digestion.

Problem: I don't recover from a tough cardio session as quickly as my training partners.

Solution: RUN to the fridge.

After a long ride or run, **when** you eat is as important as **what** you eat. "There is a **window of opportunity** one or two hours after exercise," says Sternlicht. "If you eat during this period, you'll achieve faster muscle-glycogen resynthesis." The best ratio of nutrients for recovery is 60 percent carbohydrates and 40 percent protein, adds Sternlicht.

Problem: I cramp during my workouts.

Solution: Go bananas (or go cantaloupes, oranges or baked potatoes).

Cramping is usually caused by a **mineral imbalance**. "The most important thing you can do to prevent muscle cramps is get **more potassium** in your diet," says exercise physiologist Timothy Moore, PhD.

"Eating more bananas--and **fruits and vegetables** in general--is the best way of controlling the problem," adds Moore. "Sports drinks can also help you replenish what you sweat out."

If you are working out **longer** than 60 minutes, a **sports drink** works well in replenishing lost fluids and electrolytes. They supply some carbohydrates necessary to reduce fatigue. Anything **under** 60 minutes: **water** is the answer. And don't forget to drink lots of water AFTER your workout; 2 cups of water for every pound lost.

Problem: My muscles are constantly sore from weight training.

Solution: EAT YOUR PROTEIN.

Delayed-onset muscle soreness is an inevitable part of weight training, but if you experience excessive or consistent pain after every workout, you need to shake things up. "In dealing with DOMS, **balanced nutrition** is very important," says Sternlicht. "You need to get **adequate protein** to repair the damage that's been caused to your muscles." Other nutrients you can get through your diet, such as ginger and turmeric, can also help prevent DOMS.

Problem: I don't have the mental focus to get through my workout. Solution: Put protein on your plate.

Try eating protein at lunch and cutting back on starchy carbs, such as pasta and rice. Protein contains the amino acid tyrosine, which boosts levels of dopamine and norepinephrine (cousins of adrenaline). It also blocks the absorption of carbohydrate-induced tryptophan, which can make you groggy. "If you find yourself mentally lagging, try some tuna, cottage cheese or chicken an hour before to harness mental ability," suggests MIT researcher Judith Wurtman, PhD.

(Note: can you see just **how important** adequate protein is to your diet?)

Problem: I'm too wired from exercising to sleep at night.

Solution: Drink some warm you-know-what.

"It sounds hokey, but **warm milk** does the trick," says Moore. "The tryptophan in milk will shut you down." Tryptophan is an amino acid and precursor to serotonin, a neurotransmitter that helps regulate sleep. Carbs boost serotonin, so add pasta, rice or potatoes to your post-training meals. You might also consider kava, an herbal relaxant.





27 Stress Reducers and Energy Boosters

Stress can take a toll on both your physical health and mental well-being. It can lower your immunity to colds, flu, and even more serious illnesses. It can affect your sleep patterns, interfere with job performance, and leave you irritable. Stress can also trigger all sorts of skin disorders, including psoriasis, eczema, acne, rosacea, and hives. Fortunately, there are ways to get a handle on stress and up your energy:

Peace of Mind

1. Set aside "private time."

Something as simple as soaking in the tub can renew your mind and body. For added relaxation, turn down the lights and play some soft music.

2. Learn relaxation techniques.

Read a book about it, or take a meditation or yoga class. Here's one you can try at home. Find 15 minutes where you will not be disturbed to meditate, visualize, etc. Sit in a comfortable chair, feet on the floor, arms at your sides. Breathe in deeply, through your nose. Then slowly release the air through your mouth and repeat an affirmation, like "Relax... Relax... Relax." or "I'm confident... I'm confident..."

Continue breathing in and out, focusing on your word or phrase for the 15 minutes. Visualize the person you want to be, already in possession of your goals. If a worrisome thought pops up, acknowledge it, then **re-focus** on your breathing.

3. Schedule "worry sessions."

Set aside a **specific 15 minutes each day** when you'll concentrate on everything that's bothering you. When worries pop up during the day, **save them** for these 15 minutes. Then picture yourself conquering a particular challenge. It's not easy, but it's simple. And it works.

4. Keep a journal.

New studies suggest that people who are able to write about their innermost feelings may **enjoy better mental and physical health.** Writing is also a powerful tool that helps you organize your thoughts and make life a little bit easier.

5. Pep up with a scent.

When you need an energy boost, take a whiff of muguet or peppermint oil. Preliminary studies suggest these scents can **promote alertness**. Try!

6. Power naps.

15-20 minutes can be very energizing and rejuvenating. Careful – more than 20 minutes and you'll wake up more tired than you were to begin with.

7. Delegate.

On your weekly calendar, eliminate the least important tasks and activities. Delegate household chores. Have your spouse/significant other to the grocery shopping. Even if things aren't done the way you want them done, it's important for **everyone to pitch in** so you don't feel like the Lone Ranger.

8. Reward yourself.

Every day engage in a just-for-you activity, PROVIDED you accomplished something you set out to do for that day. Rent a movie, read, gardening, etc. You'll not only **boost your self-esteem**, you'll also enjoy the well-deserved feelings of **relaxation**.

9. Laugh.

Laughter really is **good medicine**. Laughing raises your heart rate, stimulates circulation, exercises your diaphragm, abs, and other muscles, and increases production of certain hormones that serve as **your body's natural painkillers**. Watch a sitcom, read humorous books, get Reader's Digest.

10. Cry.

Feel better after a good cry? Studies show that the **tears** you produce when you're anxious, upset, sad, or angry **contain stress-relieving hormones.**

11. Get a body massage.

Various massage techniques **reduce stress**, **loosen tight muscles**, **and rev up your energy**. Massage also helps release endorphins ("feel good" chemicals released by the brain), triggering relaxation.

Stress-Reducing, Energy-Boosting Nutrition

12. DO NOT skip meals.

Spreading your calories out over 4-6 **balanced** meals a day gives you the carbohydrates, protein, fat, vitamins, minerals required to keep your **energy high** by keeping your **blood sugar levels stable**.

13. Eat a "good mood" breakfast.

Combine a high-protein food, such as cottage cheese, with a fiber-rich carb, like strawberries. **Protein** not only boosts your brain's production of dopamine and norepinephrine - chemicals that **keep you alert** - it also controls levels of relaxation-inducing serotonin. The **carbs** help you **feel calm and focused** on whatever you're doing.

14. Have a midmorning muffin.

USE THIS ONLY IF ABSOLUTELY NECESSARY. Instead of heading for the vending machine, bring a low-fat, whole grain muffin topped with a teaspoon of jam. Carbs combined with a **LIMITED** amount of sugar can **restore mental energy**.

15. Quick, low-fat lunch.

Broiled fish, skinless chicken, tuna, deli turkey or chicken with a teaspoon of low-fat mayo on whole-grain bread can give you **energy** for the **afternoon**.

16. Beat the mid-afternoon lag.

If you're droopy by 3 pm, have a cup of **coffee** to get back on track. (I don't suggest doing this very often, either. It's quite possible you need to catch up with some Z's.)

17. Make dinner your lightest meal.

If you've eaten a **balanced**, **substantial lunch**, you'll feel surprisingly satisfied with a **light dinner**. Instead of a regular dinner plate, use a smaller plate and fill it up (not mounding!) with your protein and carbs.

18. Watch the caffeine.

A **little** caffeine is okay for a little boost. Too much and you're making your adrenal glands work overtime. You'll need more caffeine for the desired effect, and the crash when it wears off gets worse. Plus you get restless and irritable.

19. Cut back on sugar and starches.

You all know about the "sugar high." When you drop, you feel cranky, weak, and unable to concentrate. Stick with **balanced snacks and meals** to keep your blood sugars level.

20. NO alcohol.

Some of you will yell at me for saying this; too bad. Sure, it may help in keeping your heart healthy, BUT **SO DOES EATING RIGHT AND EXERCISING REGULARLY.** Like sugar, alcohol gives you a high, and then you crash. Also leaves you feeling lethargic.

Get Physical

21. Aerobic exercise daily.

Along with cardiovascular health, aerobic exercise boosts production of endorphins. 25-30 minutes can **significantly reduce stress and increase energy.**

22. Deep breathing.

Need a **1-minute regenerator**? Sit in a quiet place, feet flat on the floor, arms at your sides. Breathe in deeply through your nose, filling your diaphragm (your stomach should protrude if you're doing it right). Breathe out slowly through your mouth. Do this for just 60 seconds.

23. Shrug off tight shoulders.

Whenever you notice you're tense around your neck area and shoulders, shrug your shoulders ten times.

24. Take a break to stretch.

Alternating arms, reach upward, stretching toward the ceiling. Five times each side.

25. Stretch neck tension away.

Touch your chin to your chest and hold for 2 seconds. Try to touch your left ear to your left shoulder (keep it relaxed - no reaching up!) and hold for 2 seconds. Repeat for the right ear/shoulder for 2 seconds. Repeat entire cycle if necessary.

26. Stand up.

If you spend most of the day **sitting** at a desk, stand up **once every hour** for 20 minutes, and do any of the exercises mentioned above to relax and stimulate circulation.

27. Take out your frustrations on the iron.

Pumping iron, that is. You've got all those stress hormones flowing around your body and they're not getting used up. Aerobic exercise may calm them down some, but new studies are showing **lifting weights** help you **burn off those stress hormones** more effectively.





Use Exercise To Break Out of the Low Activity/Fatigue Rut and Feel Good

Little or no activity combine to form a vicious cycle that works something like this:

You find yourself not feeling good for some reason (or for no particular reason), so you don't feel up to doing pretty much anything at all.

So you mope around.

It's gotten so bad that activities you used to do and enjoy don't even interest you anymore. You end up watching a lot of **TV**.

Then, to make matters worse, as you continue to sit around the house, you start to eat more. And your choices of foods has gone out the window - you're eating more junk.

Instead of taking (and **making**) the time to prepare your food, you grab some convenience food from the freezer and throw it in the microwave.

Your body becomes sluggish and your thoughts self-defeating.

During this period (which can last from a few days to several months, even YEARS), your body's needs are **grossly exceeded** by what you take in; you're putting more fuel into your body than it can use.

Result: excess weight and fat.

And the more fat you lay down, the more sedentary you become, and the lazier you get. Whatever little bit of energy you had before this happened is now gone. **Now you're trapped by escalating fatigue.**

This vicious cycle keeps your metabolism at a snail's pace. Low metabolism, low energy. Low everything.

Now, if you're caught in this black hole of inactivity and fatigue, you can dig your way out. YOU ARE NOT A PRISONER OF INACTIVITY AND LACK OF ENERGY.

Just **start** an exercise program. Move that body. You're not going to be given energy on a silver platter, **IF YOU WANT ENERGY, YOU'VE GOT TO DO SOMETHING TO PRODUCE IT.** And that means getting off your butt.

Start slowly and build yourself up gradually, over the course of a few weeks. What you're doing here is forcing your body to increase its energy expenditure. As you start to burn some fat and tighten some muscle, **your mood WILL improve.** And that will help motivate you to keep at it.

Exercise increases the level of positive, "feel-good" hormones, known as **endorphins**. That helps you to sustain a good feeling throughout the day. Feeling good **improves perceptions and personality**, which allows you to make better and more positive choices. Studies show time and again that people who work out are more optimistic, and better able to handle stress.

I've had many people tell me, "Oh, I KNOW when I exercise I feel great afterwards. I loved that feeling! Well, that is, when I **DID** exercise."

THEN WHY AREN'T YOU STILL DOING IT?





Beat The Energy Demons

Taking the four most common areas of life that are draining your batteries, and how you can recharge

Aging

You get older with every breath you take. And there are certain inevitabilities that come with the aging process: your hair starts graying and thinning, your reflexes aren't as sharp, and some body parts show signs of wear and tear.

While these changes are inevitable, the decrease in energy you're experiencing is NOT.

Never Give In

Yes, it can take a little more energy to do physical activities; muscles aren't as strong, organs aren't working as efficiently. But fatigue is by **no means** a definite thing.

We tend to blame a lot of things on aging itself, but most of it is due to physical inactivity.

The only way to generate energy is - to use it.

Check Your Attitude

Your age is just a number. Keep from letting it do a number on you.

What Is Your Image Of Aging?

If you think getting older is a sign of deterioration, **start questioning that thought.** There have been scientific, nutritional, and medical advances that allow us to remain energetic and productive throughout our entire lifespan.

Change The Changeable, Accept The Unchangeable

Learn about what control you **do** have over the aging process, then **develop a positive plan** to keep it. You can't avoid everything, but you don't have to cash in your chips ahead of time, either.

Stay Connected

Older people tend to hang out with older people. **Associate** with a variety of people with different opinions and lifestyles. Stimulates thinking.

Stay Open-Minded

Ask a lot of questions, "What's this all about?" for example. **Keeping up with the times** forces you to be younger.

Keep Your Sense Of Humor

Keep laughing. It gives you a chemical high. Stop taking things so seriously. **Be cheerful** - it's contagious. Seen the movie "Grumpy Old Men?"

Stay Positive

'Nuff said.

Youthful Mind

Keep your mind alert and imagination active by:

Staying Productive

Volunteer, for example, for a charity that you believe in. It's energizing to feel useful.

A Lifetime Of Continuing Education

Take self-study courses or **self-improvement** classes. Just make sure you're learning something new or going deeper into something you're interested in.

Get Into Shape

Using your body is another way to increase your energy and staying energetic as you age. You have more control than you think, over factors such as muscle mass, endurance, and strength for instance.

It takes only a **small amount of time and effort** to prevent, even reverse the decline in energy.

The Plan

If working out is new to you or if you've had a long layoff, **get a complete physical and blood workup done before you start.**

Your exercise program is to include **strength training** - your key to as close to a **"fountain of youth"** as possible, keeping your muscle mass - crucial to keeping your metabolism high, and the fat off.

Hire a trainer for a few workouts to make sure you're doing things correctly and safely. It's worth the investment.

Supplement your workouts with **aerobic exercise** (for healthy heart and lung function, et al) and mild stretching to keep muscles and joints lubricated and pliable.

Accept Fewer Shortcuts

You've heard it before; take the stairs instead of the elevator, park further away from the front door. **Get up** and move your patoot whenever you can!

You're As Old As What You Eat

When you're older, your physiology changes. Eat a high-calorie, high fat meal, and you'll see changes - in places you don't want. And your energy is sapped. Your **nutritional requirements** change when you age, so it's important to adjust accordingly to stay vital.

Eat Less, More Often

4-6 meals a day. **Spread your calories** throughout the day to keep your energy levels stable.

Quality, Not Quantity

We tend to eat more than we need. Reduce your calories, but not to the point of malnourishment. You won't be bogged down while your body's trying to digest your food, so you have more energy. Remember: **BALANCE**.

Limit The Simple

Eating too many **simple sugars**, found in cakes, pastries, low/non-fat manufactured foods, cookies, white-flour products will cause a sharp rise in your blood sugar levels, having a negative effect on your energy.

Combating Colds & The Flu

For an organism that's the fraction of the size of one cell in your body, the cold or flu virus packs quite a punch. It makes you cough and sneeze and blow your nose all day, and it makes your skin feel like heavy rubber.

And it robs you of your energy. Your immune system is forced to work overtime to fight off the illness, requiring more energy than usual. That overtired feeling you get is your body's way of slowing you down, to let its natural defenses fight back.

Little Bug, BIG Impact

Colds and the flu affect your airways, so you use more energy just to breathe, not to mention general muscle aching and fever.

Coping With The Bug

Unfortunately, there are no quick and easy cures for the cold or flu. The best advice experts can offer is to **stick it out**, doing what you can to **alleviate symptoms** and keeping energy loss to a minimum.

Listen To Your Body

Rest as soon as you feel any hint of symptoms. Take a nap, go to bed early. Your body's trying to slow down to get rid of this thing.

Make Relaxation Stops

Even if it's for 10 minutes to listen to some music or to rest your eyes, take - even schedule - the time to do so.

Get Your Sleep!

Lack of sleep decreases the effectiveness of your immune system. Try to avoid using cold medications that affect sleep close to bedtime.

Drink Your Fluids

You knew this one was coming. Get **at least your minimum** of water in, more if you can handle it. Drinking this much **helps eliminate** harmful substances that your body produces as it's fighting the virus. If they're not eliminated, they stay in the blood longer, leading to more tiredness and loss of energy.

Watch What You Put In Your Mouth

Balance, balance, balance. It's easy to find something fast (and most likely NOT good for you), so make sure your fridge is **stocked** with lots of fruits and veggies, yogurt, cottage cheese, deli chicken/turkey. Have some tuna in your cupboard.

Stay Positive

Tell yourself, "I am energetic. I am taking care of myself. I am getting over this cold/flu quickly." When you're positive, **you just feel better.** Studies have shown positive-thinking people are sick less often and with shorter duration.

Reduce Stress

Stress also **suppresses** your immune system. It would make sense, then, to reduce the amount of stress you're experiencing when you're ill. Hey, why not reduce/eliminate stress PERIOD?

Remedies To Get Your Energy Back

Vitamin C & Zinc

There is **solid evidence** in hastening the recovery from the cold or flu with C. Before you start mega-dosing on C or zinc to prevent or recover from a cold/flu, discuss it with your doctor first.

Try Echinacea (eck-in-AYSH-ee-ah)

A number of herbs have been found to **stimulate immune system** function, making white blood cells more aggressive in attacking viruses. Echinacea is the most common herb used.

Garlic

Not only do vampires hate garlic, seems like **viruses hate it,** too. Do this at your own risk (having everybody avoid you) by eating them raw, in tea, or you can cook with it. There are also odorless garlic supplements available.

Chicken Soup

There's just something about soup that helps alleviate cold/flu symptoms. So go ahead, call mom.

Quick Fixes To Avoid

Do NOT Increase Coffee Consumption

Stimulating yourself past a certain point to get more energy will **cause a greater crash** once the effect wears off. Plus, you develop a tolerance to that amount, and then you have to drink more to get the same effect. Your adrenal glands are in overdrive, draining you of valuable energy.

Do NOT Drink Alcohol Or Smoke

Period.

The Quick Comeback - Working Out

Trying to pick up where you left off before you were sick can **wear you out quickly**, and make you sick again. Your capacity for exertion isn't quite 100% yet, so start back up lightly, and **increase the intensity slowly** until you feel ready to go all-out. If you're sick and you still feel like working out, do the **"neck check"** beforehand. If you have symptoms from the neck-down, stay home. If you have symptoms from the neck-up, go easy with your workout.

Low Self Esteem

"You're worthless. You're incompetent. You can't do it. You're not going to lose weight. You look terrible. What are you possibly thinking?"

If anyone talked to YOU this way, you'd give him/her a nice knuckle sandwich topped with maybe a few choice words for taste. But when it's yourself dishing out the slurs, you have no one to point the finger to - except yourself.

With a corresponding, whopping loss of energy.

Mind, body, and spirit are interconnected, like a system. If one part of the system is out of whack, the entire system is affected greatly. If you constantly worry about your self-worth, you have no energy available for other uses.

Like doing something about how you look, how healthy you feel, your life.

Fortunately, low self-esteem is **not** permanent. You created it, BUT **YOU CAN MAKE IT GO AWAY.**

Do Things That Give You A Real Reason To Feel Good About Yourself

Do Something Well

Doesn't matter what it is. Doing anything to **the best of your ability** will increase your self-image and quiet the energy-draining, self-criticism back talk. Find a niche and master it. Even if it's finishing a challenging crossword puzzle or improving your vocabulary. It's the **little things** that make a **BIG difference**.

Move Your Career Forward

There's nothing like making **progress** along your **career path** to help you feel good about yourself. You don't necessarily need to be the CEO; remember - it's the little things.

Here's a shift I want for you to make (if you're working for somebody else) - you are NOT working for someone else. You're working for YOURSELF. Think of yourself as **You**, **Inc.** What kinds of things do you need to do to have a successful, profitable company? Here are some examples to boost your self-esteem:

1. Set deadlines and meet them.

You'll prove to yourself you can get the job done.

2. Improve your skills.

Take training programs at work, community college, or seminars. Read business-building and business success books.

3. Work like you mean it.

That makes a good impression on the people who **affect your future**. Have regular meetings with them. Ask them how you're doing. Ask them there's anything you're doing wrong (yes, do this!). Then ask them what you can do to get better. They'll be impressed, and you'll feel like a pro, with **complete control of your future**.

Get Moving

When you're feeling depressed, tired, lethargic, and unappreciated, I'm sure the last thing you want to do is work out.

Do it anyway.

Working out is one of the best things you can do; you get immediate feedback if it's helping you feel better or not. Here's a bigger, better benefit: even if you feel it's not doing a thing for you, it really is, in the long run.

Being physically fit also **strengthens your armor** against stress. Research has shown that fit people have better self-esteem and more energy than unfit people. Here are a few guidelines:

1. Do something you know will benefit you, and that you can learn to enjoy. Most neo-exercisers are looking for the "workout-lite," not having to challenge themselves. Pretty soon, when the results fail to show up, they end up quitting anyway. You're back to the drawing board again. Stick with your favorite strength and aerobic exercises for a while, always challenging yourself.

2. Set goals.

Not the 12-month ones, though. Not yet, at least. You'll tend to lose focus, and anxiousness comes into play ("Am I EVER going to get there?"). Keep them at 90 days. Make yourself reach. You'll accomplish more than if you didn't have those goals in the first place.

3. Compete ONLY with YOURSELF.

I found this out within the last few years: **there WILL be someone better,** stronger, more fit, better looking, smarter, more creative than me. I have accepted that. So what? I'm not out to be better than EVERYBODY. I'm out to be the best I can possibly

be. Ditto for you. Quit wasting your energy on somebody else; **channel that energy** into your workouts, and your results will be even better.

Establish Boundaries

Boundaries are barriers that **protect you** from harm, like insults, digs, yelling, etc. **You** determine what boundaries you need to set. You're not avoiding anything; you're just not going to deal with something that doesn't really mean anything to you. Set your boundaries like this:

- (1) Acknowledge what the other person said/did
- (2) Request they stop immediately
- (3) Then demand they stop, if necessary. You're not looking for a reaction or response from the other party. This is about protecting YOURSELF.

Your Thoughts, Feelings, and Actions

Listen to yourself. What kinds of things do you say? Are they positive? Negative? Remember this: **you become what you think about.** Turn yourself around by thinking positive. You have more energy and power.

Quit Associating With People Who Are Harmful To You

If you're constantly criticized by certain people in your circle of friends, just don't be around them. You don't need their pessimism to take away your energy. **Hang around with the kind of people you want to emulate** and watch your self-esteem jump.

Being Overweight

Carrying excess weight takes energy. It doesn't matter if you're carrying two heavy bags of groceries, or hiking with a backpack. And when you're carrying extra pounds of fat on your body, the energy drain never lets up.

Bottom line (and many of you already know this): it's exhausting to be overweight.

Imagine carrying a 40 lb. bag of water softener salt all day long. That would consume a great deal of energy for anyone, just as it does for anyone who's 40 lb. overweight.

Major Losses, Major Gains

Now there are **plenty of other reasons**, besides being overweight, why you're so tired. The most common are poor nutrition habits, inactivity, diseases such as diabetes, and conditions such as sleep apnea (excess tissue blocking your airways, disrupting sleep because of erratic breathing).

But there's good news.

Whether you're very overweight, or just trying to take off those last 5-10 lb., there are **things you can do to rejuvenate** your energy. In fact, you may feel an energy boost with even a 5-10 lb. weight loss. Here are some suggestions to ensure more "bounce to the ounce" as you shed unwanted pounds.

Start With A Checkup

If you're overweight and exhausted, **let your doctor** make sure there are no other underlying reasons for you low energy. Fatigue is the main symptom of any disease; so let your doctor rule out disease **FIRST.** S/he would want to check out a metabolic disturbance, such as a sluggish thyroid (hypothyroidism), or a condition like diabetes. Then tell him/her you're **about to start** a fitness and nutrition program. Ask about the results of your medical tests in laymen's terms.

Fight Fat With Food

Dr. Barry Sears, author of The Zone, hit it right on the nose when he said that **food is the most powerful drug** you'll ever put in your body. Every single system in your body is affected by what you eat.

So, if drugs help you feel better, why not use that same approach with food?

Eliminate/limit refined and processed foods, like white flour products, cakes, pies, pastries, convenience foods, cold cuts, etc. Focus on proteins like white meat poultry, fish, cottage cheese, plain yogurt, lean meats. Carbohydrate sources include fiber-rich fruits and vegetables, with very limited use of starchy carbs like pasta, white rice, bagels, breads, and cereals. Fats should come from heart-healthy, unsaturated sources like olive and canola oils, olives, avocados, nuts, and peanut butter.

Spread your calories throughout the day into 4-6 mini-meals, to keep your energy levels up and on an even keel. Eating too much at one sitting will drain you of your energy because your body has to work extra hard at digesting all that food.

Power Up With Breakfast

Skipping meals, ESPECIALLY breakfast, often leads to overeating or bingeing instead of the intended result.

Perk yourself up with a balanced breakfast of protein, carbs, and fat. You'll improve your alertness and mental function, too.

Many people who are overweight have been found in research to skip breakfast entirely. A key to **setting the tone** for a higher metabolism, and high energy, is to start your day off with (besides exercise) a **nutritious**, **balanced** breakfast.

KEEP MOVING!

Get off your duff! I'm not about to say to you, "Oh, you don't feel good? That's okay. Just take it easy, go light with your workout."

No way.

If you want to lose weight, absolutely **NOTHING will happen** if you exercise when you feel like it. Sorry, but that's the facts.

I'm not saying you need to burst a blood vessel in your forehead, but you do need to **challenge your body**, virtually on a daily basis.

Your body loves to do nothing. It will do whatever it can to stay put. Why do you think so many people get so frustrated with their diet and fitness programs? Not enough challenge to the bod.

Start taking control over your own body, because for too long it's been controlling you.

Resting is "rusting." One of the most common reasons for fatigue is from **UNDERuse** of the body. Fit people have a **greater capacity to expend energy** over a longer period of time. You don't lose power so easily.

If you're pretty overweight, or deconditioned, **start slowly** to improve your strength and aerobic conditioning level. You're still challenging your body, but in this case you're using **common sense**. After a couple of weeks, you should be able to kick your fitness program into high gear.

And **spend less time** being sedentary. Look for opportunities to be more active as part of your everyday routine. Stairs, park farther away, bike or walk instead of drive.

Lift The Weight Of Depression

Many times weight gain is a sign of **depression**. Your doctor may refer you to a specialist in depression and weight loss. If not, ask about it, and do not be ashamed about it. Think about it: **you're DOING something** to turn yourself around, and you're

getting the necessary help to achieve that. So congratulate yourself on letting go of the "old" you, and say hello to the new, leaner, energized, in-control you.





More Energy-Invigorating Tips

Strength Training

Muscles are important for energy because it's our muscles that do any kind of physical work. Stronger, more exercised muscles do the job with **less effort** and don't poop out so fast. That means you're **less likely to fatigue** when you're doing things around the house or at work.

Get some **lift tips from a trainer** at a club to make sure you're doing things safely and effectively. Start your workouts with "The Big 3" - chest, back, and legs - then continue with your smaller muscle groups, shoulders, calves, biceps, and triceps. Don't forget abs!

Deep Breathing

By learning how to **breathe correctly**, you can increase your energy, says Dr. Larry Feldman, author of "Feeling Good Again." "When you're tense, your brain increases its demand for **oxygen**," he says. "But your shallow breaths **decrease** the intake of oxygen." You're suffocating your cells.

In fact, the first step to countering your energy-sapping reaction to stress is to **take a deep breath**. Experts suggest this **technique** for deep breathing:

When you breathe in, your abdominal area should expand first, and then your chest should rise. Breathe in through your nose 'till you're full, but not too full. When you exhale, pull the lower abs in first, then the upper abs. Hold it for a half-second before you breathe in again. Practice this as often as you can remember during the day so you get the hang of it.

Forgiveness

Do you carry a **grudge**? This rates right up there with carrying the weight of the world on your shoulders. It can exhaust anyone.

Drop it. Let it qo. It's very unproductive, wasting your valuable time and energy.

Forgiveness is something you do for **YOURSELF**, not for the other person or circumstance. But that doesn't mean you forget what hurt or angered you.

Forgiving actually **puts you in the driver's seat,** taking you out of the role of victim, protecting you and helping you be more assertive. Being a victim only upsets you, and that's an expensive energy-waster.

Never give the other side the satisfaction. Release them from the grips of your animosity, and move on. **You come out on top.**

Laughter

Believe it or not, laughter can help you increase your energy. When you have a hearty laugh, you feel better about yourself. When you feel better about yourself, obviously you'll have more energy.

Your heart rate and blood pressure increases, so blood is more efficiently distributed throughout the body. **More blood flow, more energy.**

Read "Laughter, The Best Medicine" from Readers Digest. You can also subscribe to a couple of funny newsletters: joke-a-day.com and laugh-your-ass-off.com. Just be sure the funny newsletter has CLEAN humor. You get a daily dose of 4-5 jokes that can set the tone for the day: happy and energetic.

Meditation

No matter what shape or form it comes in, meditation **relaxes** you, **releases** stress, and increases energy. Here are a few easy techniques you can do:

- Focus on deep breathing. Concentrate on nothing else but the breathing.
- Count your breaths. Helps you stay focused on the breathing.
- It's easy to lose your focus once you've started the breathing. "What do I have to do tomorrow?" "What bills need to be paid?" "Where did I leave the keys?" Dr. Feldman suggests to just **let those thoughts happen.** The more you resist, the more you'll think of them. He says to be an idea traffic cop, waving the ideas on through.
- Return your focus to your breathing. Start counting over again.

Smiling

Some smiling pointers:

- **Don't let your eyes lie.** A sincere, deeply felt smile is displayed by a mile-wide grin and "crow's feet" around the eyes.
- **Do something that makes you smile.** We are constantly doing things to get something. It's easy to get caught up in doing something for somebody/thing else

without really enjoying it. Take the time, even if for a few minutes, to do something you genuinely enjoy, and makes you flash your pearly whites.

• Project what you want to get. Smile at others, you get a smile back. Who isn't energized by giving and receiving smiles? C'mon now, ear-to-ear!

Toys

Escape from reality and revitalize with... toys! Just make sure they're recreational and fun. If they're competition-based, where the emphasis is on winning, then that only adds to stress and fatigue.

- Are you a **problem-solver**? Try puzzles, for example. Impulsive? Try wind-up tovs.
- **Decorate** your desk with stuff you like to play with. You should see my dad's desk! No wonder he says he doesn't have time he's busy playing with his toys!
- Think back to your earlier days what made you happy and full of energy? Cars? Collecting sports cards?



N

STILL Complaining You Have No Energy?

I continue getting e-mails from people who complain of sub-par energy levels. Here are some questions you need to ask yourself:

- How often do I eat during the day? Once, twice? Five times?
- WHAT do I eat?
- How often do I exercise during the week?
- What kind of exercise am I doing?
- Am I drinking enough water?
- Am I getting enough sleep?
- What kind of stress am I experiencing? Can I do something about it?

Answering these questions honestly will help you gain a better perspective about how well you're keeping yourself. If you're eating once or twice a day, you're not going to have energy. Your metabolism gets shut down for too long, and then when you eat; you overeat, which leads to sluggishness.

You are what you eat. Eat crap, feel like crap.

You have to make energy to produce energy. If you're not moving, you're just going to get slower, fatter, and deconditioned. 2-3 times a week won't do it, especially if you're just walking. Hit the iron! You can do more with less fatigue when you're stronger.

Water helps fight fatigue. When you're dehydrated, your energy is sapped. Go to the drinking fountain now and fill your Big Gulp cup.

Are you under a lot of stress? Not getting your Z's? Why is that?

Look deep; think hard about what's troubling you. What's in your control? **Do** something about it. What's unchangeable? **Accept it and move on.** You've got better things to do. What's unacceptable to you? **Remove them completely** from your life.

If none of this works, get to your doctor ASAP. There may be a medical condition you're not aware of that may be draining your energy.



Chapter 3: Flatter Abs Forever







When you're trying to drop pounds, **little things make a BIG difference**. Here are 22 tips that are difference-makers.

1. Drink a glass of skim or 1% milk as soon as you wake up.

Some **quick protein** before you step in the shower energizes you and can end cravings for an Egg McMuffin, doughnuts, or Pop Tarts.

2. Wake your body up with a couple minutes of push-ups.

While it can be tough to roll out of bed and exercise, this exercise may be just the thing to cure you of snooze bar-itis. Burns 20 or so calories

3. Carry a 1-liter bottle of water wherever you go.

Water helps burn calories and metabolize fat. Fills you up, too, when you drink 16oz before a meal, so you don't eat as much.

4. Eat lots of the right foods.

Okay, you already knew this. But are you doing it? Losing weight doesn't mean deprivation. High-quality protein foods, plus foods high in fiber and water content fill you up without adding a lot of calories:

- Skim or 1% milk
- Vegetable or minestrone soup
- Vegetables
- Berries, citrus, melons
- PLAIN yogurt (you can add fresh fruit for your own "fruit on the bottom")
- Cottage cheese, chicken, turkey, seafood

5. Dilute fruit juices.

Fruit juices can **pack the calories** in a jiffy. A 16oz bottle of cranberry juice blend tallies 340 calories. And a lot of it is empty calories in the form of sugar. If you MUST drink juice (and I don't recommend it) drink half, then fill the rest with water. You'll barely know the difference.

6. Brush your teeth when you're hungry.

Sometimes the taste of toothpaste can **dull a sugar craving**. Better yet, brush right after dinner - that may help you to not eat that late night snack. Why waste a great smile?

7. If you're starving, contract your abs for 15-30 seconds.

Firming up your abdominals can **cut the flow of chemicals** that trigger hunger pangs.

8. Eat your foods in order.

Eat your protein **first**. You won't get the insulin spike associated with carbohydrates, so your **blood sugar is more stable**. That'll keep you from overdoing the carbs at your meal. Then proceed to eat your carbs (the fruits or veggies), then a little bit of fat (like nuts, or a veggie stir fry in olive oil). By the time you're done with your protein, you won't be able to eat as much carbs & fat.

9. Listen to slow music while you eat.

Studies show that people who listen to slow music during a meal **eat less**. Makes sense, doesn't it? I mean, if you were to listen to heavy metal music, your heart's going to start pounding, your stress level increases (whether you like the music or not), and you eat faster.

10. Eliminate, or severely ease up on starches.

Potatoes, cereals, rice, pasta, breads, bagels, etc. These foods shift your pancreas into overdrive, shooting high levels of insulin into your bloodstream to bring down high blood sugar levels. Problem is, insulin is the **gatekeeper for fat,** holding onto it with a vice-like grip. **Fruits & veggies,** lots of 'em. Better nutrition for fewer calories.

11. Keep a glass of water and a bowlful of grapes by your nightstand. If you wake up hungry in the middle of the night, the fruit and water saves you a trip to the kitchen, where the ice cream/cake/pie/doughnuts/etc. beg for your companionship.

12. Use condiments.

One of the best ways to **make not-so-tasty foods tasty** is to use condiments like mustard, Worcestershire sauce, or BBQ sauce (in moderation – sugar & higher calories). They're generally low in calories, and add zing to a boring meal.

13. Smell your food.

Studies show that once you start eating, smelling your food can make you stop eating sooner by satisfying you faster.

14. Drink your coffee black.

If you're a milk & sugar person, this may be the toughest tip on the list. Let's do some number crunching: a cup of black coffee has 10 calories and no fat. A caffe' latte at the coffeehouse has a waist-expanding 210 calories and 11 gm of fat. If you eliminated the latte over the course of a year, you can lose 21 pounds alone from this little adjustment.

15. Have a protein appetizer for lunch.

Have a few slices of chicken or turkey from the deli, or cottage cheese to keep you from gorging on a high-calorie lunch (the reason why your butt drags in the afternoon).

16. Pep up with peppers.

Eating spicy foods makes you eat more slowly, fill you up faster, and slightly increases your metabolism, 3 great reasons to add that Cajun spice to your catfish when you bake it.

17. Chew gum.

You know when you're eating too much, but then, sometimes you don't stop eating anyway. So, pop a mint-flavored piece of gum into your mouth. It **changes the flavor** of everything, and makes further helpings of food hard to swallow.

18. Keep serving plates OFF the table.

Looking at a 9 lb. meatloaf in front of your face guarantees you won't be satisfied with two paltry slices.

19. Pitch the diet sodas.

Just because they're low in calories means diddlysquat. Research finds that people who drink artificially sweetened beverages may actually eat MORE food. This is another tough one, but TOO BAD. Scrap 'em.

20. Be the last one with food on your plate.

Many of us were raised with a "clean your plate" mentality. People with weight problems tend to eat fast and are usually the first to finish. Just be sure to come in last.

21. Alienate your friends.

No, not really. However, psychologists have a theory that you eat more when you're with company than you do when you eat alone.

22. Don't skimp on first servings.

If you take too little, you're back for more, and your plate has more food on it the second time around. Cover your plate **the first time**, and make certain that most of it is lower-calorie fruits/veggies, and the rest from protein.



You Can Shrink Your Stomach

Have you ever wondered how, when you start to overeat that, in time, the amount you eat isn't satisfying anymore? That you have to **eat more** to be satiated? Then you feel like your stomach is a bottomless pit?

Turns out that overweight people have larger stomachs. Fortunately, you can do something about that. Here's how you're making your stomach bigger: when you eat larger meals, say 1-3 bigger meals a day, your stomach has to stretch out to meet the demand of digesting excess food.

As you continue to eat sporadically with big meals, your stomach stays expanded, and you need to **eat more** to feel satisfied. Kind of like developing a tolerance to coffee. You need to drink more to get the same buzz.

So, how do you shrink your stomach? Eat smaller meals throughout the day - 4-6 of them. And balanced between protein, carbs, and fat. As you adopt this habit, you'll find you don't have to eat as much, and you still feel satisfied.





Many people think that to get rid of **love handles**, you need to work them extraspecial hard when doing abdominal routines. And the way they do that is with standing side bends with a dumbbell.

DON'T DO IT!!!!!!!!!

Here's why: your obliques, the muscles on your sides that your love handles are covering, **respond very quickly** to resistance training. In other words, you will BUILD muscle in a very short time, producing...

PERMANENT LOVE HANDLES!

Avoid doing side bends at all costs. Period. Keep your waist slim by FIRST and foremost, changing your diet. Second, supplement your strength training with aerobic exercise for more calorie burning. Third (and you probably thought this should be first), do your ab training daily.

If you want to shrink your love handles, **follow this order.** The safest exercise to work your obliques without growing them is to do the **Lying Cross-Crunch**.

This crunch is performed exactly like your standard crunch, with this exception: after you've done a full crunch, turn your torso so your opposite elbow turns toward your opposite knee (right elbow towards left knee). It's a two-part movement; crunch, then twist (blow out your air). Down. Crunch, and then twist. Do all of your reps twisting one way, then repeat for the other side. 2-3 sets of UP to 25 reps each side is a general guideline.





Are you doing **hundreds** of sit-ups and/or crunches, spending 15-20 minutes doing abdominal work with the hopes of flattening them out?

Better yet, have you plain given up on doing abdominal work because it's just too dang hard, and you're **not getting any results** for all the effort?

My friends, you **can** flatten your abs with **just 90 seconds** of work, 3-6 times a week. Incredible, isn't it?

WORK LOWER ABS FIRST

Exercise: Lying Hip Thrust

Lie on your back on a soft mat or carpet. Place your hands under your pelvis on eight side of your tailbone, palms down. Your lower back should be flat on the floor at the start of the exercise. Adjust your hand position to prevent your back from arching.

Raise your legs about eighteen inches off the floor - high enough that you can feel your lower back flat against the floor. Keep your legs slightly bent. If you tend to arch your back, bend your knees a bit more.

"Hinging" at the waist, raise your legs and pelvis until your feet point straight up. From here, thrust upward from you pelvis, as though you are stamping your feet on the ceiling. Drop straight down, going back to the starting position the same way you came up.

Each rep should feel like a two-step motion, an upswing and a vertical thrust.

THEN UPPER ABS

Exercise: Standard Abdominal Crunch

Get in a standard bent-knee sit-up position. Slowly raise your shoulder blades and upper back about 30 degrees. Movement is slow and in control, about 2 seconds each full rep (up and down).

Do **NOT** pull against the back of your head - that's just unnecessary stress you're putting on your neck.

Turn to the next page for the amazing 90-Second routine to tighten and firm your abs, **finally**...

THE ROUTINE

- 1. 15 Lying Hip Thrusts
- 2. 25 Ab Crunches
- 3. Rest 10 sec.
- 4. 10 Lying Hip Thrusts
- 5. 20 Ab Crunches do them as fast as you can

You're going to feel a burn like you've never felt before - a sign that something is definitely working. BUT - **you'll be done in 90 seconds.**



Chapter 4: Getting Started, Making Time, And JUST DOING IT

The Top Ten Ways To Start Your Fitness Program Smart

Starting an exercise program can be scary. You're eager to **melt** off ugly fat and develop a **physique** that won't quit.

You want to find a fitness program you can **stick with**, and you don't want to waste valuable time doing boring routines that get you nowhere, and leave you tired and back to your lazy, stay-in-your-comfort-zone ways. Plus, you want to get the **most efficient workout** for the time involved and money spent.

But most people don't know where to begin. Here's how you can start out smart.

- 1. Get a thorough check-up before beginning a fitness program. This is especially important if you're over 35, have been sedentary for a long time, have high blood pressure and/or cholesterol, are a smoker, or have chest pains or shortness of breath. Hopefully, your doctor will be thrilled you're making this lifestyle change, and will tell you if you have any limitations.
- 2. Ask yourself these questions when planning an exercise program:
- Do I want to work out alone or with a partner?
- Do I like endurance activities, or activities that require greater mental alertness and quick bursts of energy?
- Do I enjoy competition, or do I want exercise to "relax" me, so to speak?
- Does my previous exercise history lead me to believe that I'm going to like or dislike the activity I'm considering?
- 3. Start your days smart by working out before breakfast. Give yourself a mental boost and a metabolic surge for the day by getting going as soon as you wake up. If you have difficulty doing this, remember that those who exercise in the morning are most likely to stick with an exercise program.
- **4.** Another good reason to work out in the morning is because **a night workout could leave you too revved up** at bedtime! It takes about 2 hours for your body to "cool down" enough for you to get some Z's.

- 5. Have a specific objective in mind when starting a new routine.

 Everybody wants to "lose weight and get in shape." But everybody means something different when they say that. The important thing here is to be clear on precisely what you want to achieve from your fitness program. Focus on the next 90 days what would you most like to accomplish?
- 6. This fitness program must fit YOU. Your new lifestyle in NOT your spouse's, your children's, or your best friend's. IT'S YOURS AND YOURS ALONE. If you can't get to a gym, get some exercise videos for a good workout. If you are lazy about working out at home, get your butt over to a gym and invest in a membership.
- 7. Challenge your bod EVERY TIME YOU WORK OUT! Insanity is defined as doing the same thing over and over, and expecting different results. If you're doing the same old routine every darn day, you're body is just going to quit on you. No results, but more frustration, irritation, and anger. While your workouts must be challenging, you must also feel invigorated after the workout. If you're completely trashed, then you went just a wee bit too hard.
- 8. If you want a workout partner, find someone who motivates you, who has a routine already in place and is getting results from it, and will let you tag along. Have thick skin, though. This person might want his/her solitude so s/he can focus better on the workout. Keep asking around until you can find someone who can show you the ropes, who'll pick you up when you're down, and you do the same. Or, hire a competent personal trainer.
- 9. If you've got a few pounds that are stubborn as a mule, tack on 5-10 minutes per workout. The extra time adds up fast, and with a sound, balanced nutrition plan, you'll see the desired difference in your clothes, how you look, and on the scale.
- 10. No matter what activity you choose, always warm up and cool down. Warming up promotes blood flow and gets your muscles and joints primed to handle a fat-burning workout. The cool down gets rid of metabolic wastes, like lactic acid (the chemical that is associated with muscle soreness, keeps blood from pooling in specific areas (which could lead to dizziness or fainting), and, along with light stretching, keeps your muscles limber.



The Best Time To Exercise – Finding What Works For You

Everybody, even YOUR body, follows a daily rhythm. We also know this by its more common name, **circadian rhythm.** This physiological clock controls most of the body functions that we take for granted - what time you sleep and wake up, when you feel most alert, when you're at your peak of physical ability.

The more you **understand** how your "clock" works, the more you can work with it for better physical and mental health, and the **less** you'll do something to mess it up. The things we **do and don't do** during the day can alter our rhythms, and that can really **wreak havoc** on all body functions - including athletic performance.

Here are a few items that may change your body clock:

- Drugs. Caffeine, antihistamines, alcohol, sleeping pills, and numerous other drugs can screw up your "clock." Whether they perk you up or calm you down, these drugs are toying with your body's natural rhythms. That goes for sleeping aids, too. All of these drugs are going to upset your normal sleeping patterns.
- Stress. One of the most common causes of disruption, especially sleep.
 But it's not only stress; it's also the stress-relieving medications that you take,
 too. All the more reason to exercise regularly nothing bashes stress like
 exercise.
- Travel. We are all too familiar with "jet-lag." Visiting different time zones; it's light when it's supposed to be dark, you're eating when you should be sleeping. Try to get up and go to bed as close to your home time as possible when you're away.

Working Around The Clock

Now that you have a better understanding about your biological rhythms, **it's time to apply** that knowledge to the task of exercise. Keep this in mind, though: there are certain times of the day where you're going to be better equipped to perform certain tasks. In other words, there will be periods during the day when your **vision** is sharper, or **concentration**, or **ability** to handle stressful situations.

But the best time to work out is **not** totally dependent upon your body clock.

ATTITUDE plays a major role.

You may have gone through your entire life thinking you're a night owl, that there's no way on God's great earth that you can get up at 6 a.m. for a metabolism-boosting, energizing, mentally-priming jog.

But until you try it, how will you ever know?

It just may be the perfect thing to wake you up and get you ready to take on whatever comes your way that day.

So experiment a little. But know that whatever type of exercise you want to do, there's a perfect time of day for it. Here's how to find that time and make the most of it.

(As with any workout routine, you'll want to identify your goals before picking a time to work out. What do you want to accomplish?)

Exercise Early

If you're looking to have a regular, consistent routine, then you're better off **sticking with a morning fitness program.** Study after study shows that people who adopt a morning exercise routine are **most likely to stick with it** for the long haul.

Even though biologically your body is not as powerful and energetic at this time, it is still pretty **well equipped** to get the job done. Your body is firing off hormones that help maintain muscle mass, and deal with physical and mental stress. Plus, your body temperature is rising from an evening of sleep, **"priming the pump"** for physical activity.

Perform In The Afternoon

If you're preparing for an endurance event, or if you're trying to take your strength training to a higher level, you'll want to find time in the afternoon for working out. Several studies have shown that we tend to be stronger and perform better in the afternoon.

Lighten Up In The Evening

If you're in reasonably **good shape**, or are **just beginning** a fitness program, your needs may be **lighter**. In this case, you can do your workout in the evening. It **minimizes the impact** of a heavy dinner, and it can actually help you **rest easier**.

Making The Right Time

You can choose to deny this if you wish, but...

THERE ARE WAYS YOU CAN ACTIVELY NAIL DOWN THE BEST TIME FOR YOU TO EXERCISE.

If you want to lose 20, 50, 100 lb. or more, **don't sit there and tell me you don't have time to exercise.** This is when you have to take a good, hard look at your daily routine. There are **168 hours** in a week. Do you use your time effectively?

What needs to change? Do you need to simplify your life? Are you trying to be a superhuman? Are you trying to **manage situations** that shouldn't be there in the first place?

If a leaner body and a great life mean much to you, YOU WILL FIND A WAY TO INSERT EXERCISE INTO YOUR DAILY ROUTINE. Here are some tips:

- Check your appointment book. Okay, this one is obvious. Take note of the times you consistently have open. Typically, those are going to be in the morning, at lunch, and after work. But you may have other gaps in your daily schedule. Maybe it's 11 am 12 pm, or 2:45 pm to 3:30 pm. That's where you can get your exercise in.
- Work on flextime. Many businesses offer flextime hours. As long as you work your 40 hrs a week and are working during the core business hours (typically 10 am 4 pm), when you get to work and when you leave can be an area worth taking advantage of.
 - If you've been working 9 5 your whole life and haven't found time to exercise, what you might try doing is **altering your schedule**. See if you can work from 7 3:30, or from 10 6. All of a sudden, **you have extra time** in the morning or evening to work out. **It never hurts** to check with your manager or personnel office to see if this is possible.
- Work out morning, noon, and night. Forget, for a second, what your body
 is telling you and what your schedule demands of you. Forget that you may

think you're a night owl or early worm. If you're just getting started with a fitness program, exercise at different times of the day.

If you've never exercised regularly before, you don't have any idea what time will feel right for you to work out. Everyone's different.

For a couple of weeks, try working out first thing in the morning. Then try working out at lunch. Then try after work. If at any time you find a time that really works for you - you feel great, "on the ball," enjoying exercise even more - STICK WITH IT.

If morning, lunch, or after work don't work for you, then **try working out at odd times of the day** - 10:30 am, 2 pm, 8 pm. You'll eventually find the right time where you are "clicking."



How To Avoid The Ten Gym Mistakes Beginners Make

Being new at the gym is awkward enough, but starting a workout program without knowing what you're doing is far worse. Here are 10 common mistakes you should know about -- **immediately.**

1. Using incorrect form while bench pressing (dumbbell or barbell). Regardless of whom you see doing it at the gym, don't pick your feet up from the floor when you bench. Some people tell you to keep your feet up so you don't arch your back during the movement. But if you have to arch your back, you're benching way beyond your abilities. Switch to a lighter weight to ensure that your feet are always solidly planted. This will keep you from toppling off the

2. Holding your breath.

bench and injuring yourself or others.

This may seem like a no-brainer, but **remember to breathe** when you lift. Sometimes, when an activity is new, you concentrate so much on doing it correctly that you **forget** to let your body do its **natural things**, like breathing. The breathing pattern for lifting is to **exhale on the positive phase (pushing or pulling the weight) and inhale on the negative (lowering the weight). Holding**

your breath can raise your blood pressure and, if you hold it long enough, cause fainting.

3. Not using collars.

Always use collars on the bars when you're working without a spotter. Everybody has a weaker side of the body, and this weakness is exaggerated in the initial phases of weight training. During a lift, the bar may begin to lean imperceptibly toward the weaker side of the body. As it tilts, the plates slide downward until they suddenly spill off the bar and the opposite side drops in a quick seesaw action-- accompanied by a loud clanging of iron. You're left standing or lying red-faced. Use collars.

4. Fearing that you'll get too big.

For every woman that's reading this newsletter that thinks this way: **WOULD YOU PLEASE STOP THIS RIDICULOUSNESS?!!** If I had a dime for every female that has told me she's afraid of getting bulky, I would be retired by now (and I'm only 31 years old).

Look, if you think you're going to become a muscle-bound behemoth, you'd have to seriously pump yourself full of steroids. You'd have to become a walking (illegal) pharmacy. But... I REALLY don't think you want to do that. Enjoy the leaner, harder, defined muscle you're developing - and how much people notice it.

5. Spotting incorrectly.

Hang around a gym long enough and, sooner or later, you'll either be asked to spot or need one yourself. If you suspect you're going to need a spot, ask for it. Gym rats are always more than willing, and it's much better to ask quietly for a spot than to scream loudly for help once you're in trouble. If you're asked to spot a guy who's benching 500 pounds and you know you couldn't roll that, much less lift it, be honest and say so. To fail as a spotter and endanger someone is unforgivable.

6. Trying to spot reduce.

There's no such thing. If you have a belly, wearing a plastic suit or some sort of gizmo around your stomach as you exercise won't transform your legendary flab into equally fabulous abs. Neither will doing 20,000 crunches a day. The only ways to develop and see your abs are to exercise and watch your diet. You can have the strongest abs in the world, but if they're swathed in fat, no one will ever see them.

7. Starting too heavy.

Resist the temptation to lift as much as you can the **first few times** in the gym, even if the smaller guy next to you is lifting more. While your muscles may be able to lift the weight, your **connective tissues** probably **aren't ready** for it. Go for **high reps** the first few times and gradually work your way heavier, especially in pushing exercises such as the bench press and any of the shoulder exercises.

Besides, doing too much too soon will give you days, maybe weeks of very uncomfortable muscle soreness, such that you can't move without shrieking in pain. Go easy, tiger! Build yourself up over a few weeks before going all out.

There's no sense in building stronger muscles without **corresponding strength** in the connective tissue to avoid injury. And there's no sense in trying to out lift that smaller guy if you shorten your limbs in the process.

8. Playing a personal stereo too loudly.

Wearing a personal stereo is a good idea if you don't like the music in the gym. We all know music **picks up spirit and energy**, but remember to keep it **low**. Headphones regularly emit more than 100 dBA. Sustained exposure to sounds over 85 dBA can cause **temporary damage or permanent hearing loss**. If you can't hear somebody speaking to you in a **normal voice**, turn it down. No sense becoming lean and mean - and deaf.

9. Not drinking enough water.

Your blood is 85 percent water, your brain 75 percent and your muscles 70 percent. Drink lots of it. If a muscle is dehydrated by just a paltry 3 percent, your strength's been sapped. Drink before you're thirsty. By the time you're conscious of thirst, you're already partially dehydrated, which can adversely affect stamina and concentration. To keep from becoming a stumbling, mumbling gym zombie, drink water.

10. Wearing a weight belt.

Don't wear a weight belt when you're just starting out. The weight you use shouldn't be so heavy that you need a belt to lift it (if you have back problems, see a doctor before starting). Wearing a belt can cause you to develop poor lifting habits, such as not consciously tightening your abs as you lift. If you have to wear a belt, remember to loosen it between sets. A tight belt can raise blood pressure and cause ulcer-like symptoms, such as heartburn or abdominal pain. Remember, the belt is designed to help support the lower back, not act as a girdle.



How To Plan A Morning Exercise Routine – And Stick With It

Ahhh... The crack of dawn. If you're one of those **rare breed** of humans, it's a time when you bounce out of bed prepared for exercise, feeling energetic, mentally sharp, and ready to give the world a good kick in the butt.

But...

If you're like most people, you get up in the morning with an "aw, man!" attitude and hazy vision that only a shower, black coffee, and a few hours of being upright will cure.

On top of that, morning is usually a study in **hurried chaos**. You hit the snooze button one too many times. You try to find clothes that match. You just did a load of whites, but you can't find a darn pair of socks. You forgot where you put your checkbook and the keys.

There's a logiam in the bathroom or the kitchen, an omen to what you're going to experience on the way to work. Is this a time to be working out? Are you kidding, you say, absolutely out of the question.

You know what? The morning hours may by the best time for a "busy person's workout." You just have to learn how to plan a morning exercise routine, and then stick with the plan. Here's your wake-up call.

Turn Back The Clock

Before you can have a morning workout, you need to make time for that workout. Best way to do it is set your alarm clock to go off 15 minutes earlier. NOTE: give yourself 1-2 weeks to adjust to your new wake-up time, then set it back another 15 minutes. Now you've just added a ½ hour to your day that you can completely devote to your A.M. workout.

But you must make sure you give your body time to adjust to your new schedule. Setting your alarm back 30 minutes is too much of a shock to your system.

Go To Bed Earlier

Once you're committed to morning workouts, don't expect to be able to go to bed at midnight like you used to. Put simply, **if you're getting up earlier, go to bed earlier.** (Some people have a problem with that.) You're better off cashing it in earlier than watching the Psychic Friends network and scarfing **late-night snacks.**

Get Ready The Night Before

Think about **your current morning routine:** you roll out of bed, stumble to the bathroom, take a shower, put your clothes on, then to the kitchen for some coffee and a quick eat-on-the-way-out-the-door breakfast.

Once you think about your morning routine, you may find **dozens of little things you could do the night before** to give yourself some **extra time** for a morning workout. For example:

- A coffee maker with a timer you set before going to bed
- Making your lunch
- Setting your keys, checkbook, and briefcase by the door so you don't have to look for them

These will **save you minutes** in the morning - and it only takes a few minutes to **add another set of reps or another mile** to your workout.

Your Workout Pajamas

Go to bed in **shorts and a T-shirt** (or if it's cold, sweatpants and a T-shirt). Then, when the alarm goes off, **get your butt out of bed,** jump into your shoes, and you're **ready to go.**

While you're at it, **get your work clothes ready,** too. If you work out at a gym, pack them in the car so they're ready to go.

Don't Shower

What?! Easy, tiger.

If you plan to work out at the **health club** before work, **don't** jump in the shower before heading out. You're better off **waiting** until you get to the gym. Too many would-be exercisers decide to **blow off the workout with the pressure of traffic.**

Unless you're looking to destroy your career, being unclean is a **powerful incentive** to make sure you stop at the gym to **clean up.** And, what the hey, you might as well **get your money's worth by pumping some iron**, right?

Avoid Wimping Out On The Weekends

One of the best ways to stick to a morning exercise routine is to **go to bed and get up the same time each day,** even on **weekends**. Sleeping in more than an hour will throw you completely out of whack. Once your timing is down, **STICK WITH IT.** You will be rewarded with a body and mind that **functions smoothly** - almost like clockwork.

Making The Most Of Your Mornings

Now that you've restructured your personal and professional life so you can work out in the morning, it's time to make sure you're getting the most bang for your workout buck.

Here's how to make sure your body is operating at Peak Performance, which will not only make the most of your workout, but also help you avoid injury.

Drink Early & Often

You already know it's a great idea to **drink lots of water before your workout;** it's doubly important when you're working out in the morning. Remember, you haven't had anything to drink for at least the last 6-7 hours. Your body needs to be properly hydrated to perform effectively. Slam a couple of big glasses of water **as soon as you get up.**

Warm Up!

This is also extra-important. Jumping into a workout without proper warm up will shock the body, and hard on your heart. Your risk of pulling a muscle or injuring your back is significantly increased. Take about 10 minutes to do some light exercise, like calisthenics or a walk around the block to prepare your body for the intense training to come. You'll know when you're warmed up when you start breaking a sweat.

Cool Down!

Another extra-important factor. Once you've completed your workout, don't make the mistake of abruptly stopping. That's also **hard on your heart.** Follow the same guidelines as Warm Up, but instead of picking up the pace, **slow down gradually.** Finish up with some light, general **stretching.**

Eat Breakfast!

If you don't re-fuel your body after a morning workout, don't even bother working out in the morning. YOU MUST ALWAYS EAT A GOOD, NUTRITIOUS, BALANCED BREAKFAST. Feeding your body well is key to optimizing your workouts, a great body, and vibrant health.

When people are trying to fit in exercise in the morning, the area most often cut out of the routine is breakfast. Big mistake. After a workout, your muscles are screaming for fuel. Balance - protein, carbs, and a little fat. Cottage cheese, egg white omelets, yogurt, fiber-rich fruits, oatmeal with a few nuts sprinkled on top. Body and brain fuel.





Any of these sound familiar?

- 1. Not **stretching** before and after workouts.
- Lifting too much weight gradual, progressive resistance is a far more effective and safe - quit feeding your ego.
- Skipping warm-up muscles need time to adjust to the demands placed on them.
- Skipping warm-down a few minutes to lower heart rate and stretch your muscles.

- 5. Weekend warrior trying to **cram** a week's worth of exercise into a Saturday afternoon.
- 6. Dying of thirst not keeping your body properly hydrated.
- 7. **Holding on** to the rails rails on cardio machines are for balance, hanging on burns **FEWER** calories.
- 8. **Posing**, instead of **training** you need to work up a sweat and get your heart beating.
- 9. When lifting, **control the weight ALWAYS** use proper form; no rocking or bouncing. Bad form leads to strain and injury.
- 10. You are what you eat you need a healthy, well-rounded diet with plenty of water to support your training efforts.





It's **THE** number one **EXCUSE** for not exercising and eating right.

"I just don't have the time to work out. I have to work lots of hours, I have to go to my kids' (fill in the sport or activity), I have to make my meals, have time for my spouse/significant other, and somehow I gotta work in some sleep. And eating? I can't stand there and cook for all hours to make something healthy. I need something quick."

I have to do this, I have to do that. In other words, "I can't do it because..."

But you know what? It IS possible, and very necessary, to MAKE time for exercise and eating right. Why is it that single mothers of 4 kids and two jobs can find time to get and stay healthy and fit? Or busy executives over 40 years of age, working 60-70 hours a week can do the same, with energy to spare?

YOU can MAKE time for exercise, by reading the following tips and applying them to your own life. The results are nothing short of tremendous: at least **double your energy,** more **strength and endurance**, **lower stress** levels, etc., etc., etc., The time you take now will free up lots of time later.

1. Make Exercise So Important To You That Your Life Depended On It (Which it most certainly does.)

If you don't do this, the other advice won't matter. Your doctor appointments matter, correct? How about your dentist? Or your chiropractor? Massage therapist? Hair Stylist? All of these contribute to how you look and feel.

But... doesn't diet and exercise, too?

Most of you have a **to-do list** or **daily schedule** book. Put diet and exercise in your **top 5 EVERY DAY, AND STICK TO IT.**

2. Plan Your Workouts

It's good to set the framework at the **beginning** of the week. That way **you know what your commitments are.** You also need to be **flexible.** If you can't make your noon workout because of an important meeting with a client, what's your **Plan B? Plan C?**

3. Think About The REAL Reasons You're Exercising

Losing weight and getting in shape, yeah, fine. But that's superficial. You want to **feel great** about yourself, **younger**, **energetic**, be able to **do more** with yourself, family, and friends. You want to **accomplish more** with your life, not just go through the motions. That stuff's **REAL**.

4. If You Really And Truly Don't Have Time, Just Do A Quick Strength Training Workout

Doing the strength training, instead of aerobics many experts advise, you AT LEAST maintain lean muscle mass that keeps your metabolism high, so you keep melting off fat, and continue shaping your body.

Work the major muscle groups - legs, chest, back, and shoulders – and don't worry about doing the smaller muscle groups of your arms and calves. Keep your **rest periods to 1 minute**, or if you're really in a time-crunch, do **circuit training** to cut your workouts even shorter.

5. And If You Really, Really Don't Have Time, Squeeze A Workout Into Even The Tightest Spots

Your workday was so crammed, you didn't get a workout in. Now you get home and you have to cook dinner for everybody. But wait... it's going to take about 30-40 minutes for dinner to finish, so why not get your butt down to the basement, do some pushups and do a segment of an exercise video?

6. Pack Your Bags

Before you go to work, pack your workout clothes and toiletries to save time coming home, getting dressed, then going to the gym. Also, pack a lunch bag with healthy eats, maybe a nutrition bar (like a Balance Bar). It saves you money, time, and your self-image.

7. Park And Walk

Give yourself enough time before work to **park far enough away to allow a 15-30 minute walk to your office.** Be wary after work, though, if it is too dark. Get a co-worker to give you a lift to your car. You just fit in 30-60 minutes of aerobics for the day. Good job!

8. Work Out Before Breakfast

May be tough at first, but once you get used to it, you'll have so much energy for the rest of the day, you're hooked.

9. "Power Lunch" Workout

Get a quick, high-intensity strength workout right away (see #4), and have more pep to tackle the rest of the day. Sure beats a big meal that leaves you dozing off at 3 pm. Pack your lunch and eat it at your desk, or have a nutrition bar or shake. Just wait about 45 minutes after your workout.

10. Work Out Before Dinner

Throw in some chicken, turkey, roast, or fish before you leave for work in the morning in a **Crock-Pot**. Remember those? Plus, working out before you eat is

a great way to **curb your appetite.** And, you watch what you eat a little more closely because you don't want to **waste** your workout.

11. Work Out At Home

If the nearest health club is too far away, invest in home fitness equipment and exercise videos. You don't need everything right away, just make sure you have free weight equipment (barbells and dumbbells) and an aerobic machine, like a treadmill. The basics. Then hire a personal trainer for a few sessions to make sure what you're doing is effective AND safe.

12. Find Your Training Clone

One way to make sure you're getting in your daily exercise is to find a training partner **who is as determined as you are** to be healthy and fit. You can depend on each other for motivation and coaching, and most importantly, **showing up**. Keep the **communication** going about what's working, what isn't, what you're proud of accomplishing, what problems you're facing. When breaking through barriers, **two heads can be better than one.**

Making time for exercise is not magic. It does take sincere effort. And if you really want to transform yourself, making time doesn't seem like such an effort anymore.



Chapter 5: Home Training Tips That Get Results



Home Training Tips That Get Results

Use Full-Length Mirrors

Very important to **check out technique and evaluate your progress.** Beware; some mirrors will distort your physique - so pick a good quality mirror. **You get what you pay for.**

No, you're not narcissistic just because you're looking at yourself. You're making sure you're doing things **correctly**, **safely**, **and effectively**. What's wrong with that?

You're in a program to get in shape, so how will you know how well you're doing if you can't see the results? **Be proud of the fruits of your labor.**

Call it what you like, but it's a good thing to feel good about yourself and how you look.

Create A Gym Environment

If you can manage to designate a room in your home for just training, **make it LOOK like a gym.** Buy some comfortable exercise mats, rather than exercising on a cold, concrete floor. Put up **motivational posters** such as the ones you find at Successories (http://www.Successories.com), or **before and after pictures** to remind you of how you want to look (and how you **don't** want to look anymore).

Work Out By Yourself Or With A Serious Training Partner

It really isn't such a hot idea to let your family or friends watch you work out - eventually they'll **shatter your mood or sabotage your training** with sarcastic comments like, "I think I'm gonna go grab a snack," and even eat it in front of you!

You don't need that.

Eliminate conversation from anyone, so you can **focus** and keep up the pace. If you're having company, make sure your workout is done before or after. All of these distractions also increase your risk of injury, so it's necessary to avoid them altogether. How about even **taking the phone off the hook!**

Your serious training partner must be virtually a **clone** of you. Has your drive, determination, and focus. Health and fitness must be as much as a **priority** to your partner as it is to you. That way both of you **keep each other going**, giving support where needed.

Make A Workout Appointment

If you want to get serious results from your home training, you must train seriously. **Like you MEAN IT.** This means you would need to schedule a workout like you would schedule a doctor appointment, and treat it as **seriously** as you would your doctor's appointment.

Think about it: you go to your doctor to get **better**, right? You're doing the **same thing** with your workouts. Hey, you'll even get **THAT** much better, that your trips to the doctor are **reduced** significantly. Wouldn't that be nice?

Economics is the biggest difference when it comes to working out at home or working out at a gym. You pay for a membership, and if you don't go, that's money out the window.

How about this idea: every time you work out at home, put \$5 in a jar. That's about the cost of a one-day pass at a club (many charge \$10). At the end of the month, cash in the jar and reward yourself for the workouts you managed to make (ALL of them, right?)! Even if it's \$1, that ends up being \$25 a month, \$5 gives you around \$120. Invest it, get yourself a massage, get a new outfit, whatever - as long as it isn't food (dessert) related. Cha-ching!

Pick Your Spot, Stick With It, And Lay It On The Line

Whatever spot in your home you choose as your workout place (bedroom, living room, basement, guest room), **make it your home "health club."** This is the place to "check in" and do your workouts. By being consistent with this, you avoid the distraction of constantly changing your workout environment.

Once you've made exercise a priority at home, **TELL EVERYONE IN YOUR HOUSEHOLD HOW IMPORTANT IT IS TO YOU.** Do not expect them to accept this immediately. Let THEM adjust. It's **THEIR problem** if they can't accept your new habits. DO NOT let their remarks deter you. YOU are the one who **raised your standards**, not them. Their criticism is often a reflection of their disappointment in themselves.

You'll find in many cases your family will start following your lead. So lay it on the line, tell them UNDER NO CIRCUMSTANCES are they to disturb you

(emergencies are OK, I guess <g>). They'll get the picture, and you'll look and feel like a million bucks.





Mental Strategies To Keep Your Home Workouts "In The Groove"

Grab your newspaper and take a look at the classified ads under Miscellaneous, or Gym Equipment.

Lots of stuff for sale, hey?

Most home equipment from these ads are used. However, you're going to see language like, "like new," "never used," or "mint condition."

And you know what? The people trying to get rid of their equipment are really telling you the truth! Really. These ads are probably one the very few ads that tell the truth about the item(s) for sale.

You bought your equipment with the **very best intentions**, to get into your best shape ever. And I'm sure that the **time**, **money**, **and space** was considerable.

Alas, your equipment **STILL** ended up an expensive clothes hanger and dust gatherer. And now it's time to let it go.

But does it have to be?

About 50% of those who start a fitness program quit after a few months. Personal stories indicate that substantially more than 50% of home exercisers quit after the same period of time.

However, if you follow a few simple tips, you can proudly call yourself an avid home exerciser who puts his/her equipment to good use, because you're walking proof.

Make A Pact With Yourself

Make an agreement "form" outlining your **goals**, how you're going to **attain** them, and your **deadlines** for accomplishing them. Include also your **reward** (NON-edible) **system** for reaching milestones along the way to keep on. Sign and date it, as it now **solidifies your commitment** to yourself.

Attitude Is A Little Thing That Makes A BIG Difference

I have said it before, and I will continue to say it:

The formula is simple - to change your results, change your attitude.

If you want terrible results, have a terrible attitude. But, quite frankly, I can't think of one person who truly wants to get fatter, and be sick all the time.

Great results come from having a great attitude.

Now, you know having a leaner, energized, dynamite body is going to take some work, that there's a journey ahead of you. Trial and error. Experimenting. Analyzing. Learning.

That's the fun part, people. You get to learn more about yourself, and what works best for YOU. If you want positive results, you'll know what to do.

Goals

So many people say, "I want to lose weight and get in shape. So, I guess I have to diet and exercise."

So what?

That's not a real goal. Everybody wants to lose weight and get in shape. The problem with this abstract goal is that **it leads to nowhere.**

What **EXACTLY** is the goal? What does losing weight and getting shape mean to you? Pretend you have achieved these goals. How do you look? How do you act? What's going on with your life? **How do you FEEL?**

Once you have CONCRETE goals, then it's much easier to **put a plan together** and implement it successfully. Just be sure your goals are reachable (but make you REACH) and measurable.

Know What You Need

People often ask me what kind of home equipment to purchase. Put simply, **buy what you'll actually use.** Everybody knows you need a combination of strength training and aerobic conditioning. So, you'll definitely use some dumbbells and barbells and an adjustable bench for strength training.

Aerobic equipment can be testy. If you avoid the stair stepper at the gym, but enjoy the treadmill, chances are you're not going to fall in love with it if you have a stepper at home. So get the treadmill. Just remember: buy what you KNOW you'll use.

Get Help If Necessary

If you find yourself skipping workouts, or are unsure you're doing things correctly and safely, **consider hiring a personal trainer or coach** to help you break through this "comfort zone" obstacle of fear. Maybe you need to be held accountable for a while, to make sure you're doing what needs to be done. Once you "get" that you **CAN** do this regularly **AND on your own,** then you can elect to discontinue the service.

Improve Your Space

Health clubs have bright colors, motivating pictures, upbeat music, and lots of people trying to do the same thing you're doing.

Boredom is a prime reason why people quit working out. And especially at home, where your basement or living room, boredom can set in quickly.

You're investing a significant amount of time and money to getting a knockout body and vibrant health. You're determined to make this work, but **there's something missing...**

Well, what do you think of making your workout area as motivating as a health club's? Paint the wall the color that energizes you. Buy a few inspirational pictures from http://www.successories.com. Set up a boom box or stereo, and play music that psyches you sky high.

Then train like you mean it.





18 Home-Tested Treadmill Turn-Ons

- 1. Videotape your favorite TV shows and get on the treadmill to watch them. Wear wireless headphones if your family complains about the noise.
- 2. Rent or borrow long movies to watch in ½ hour segments.
- **3.** Hang a motivational poster. Something like "You become a success the moment you start moving toward your goal" can make you feel great every time you step on the treadmill.
- **4.** Talk to friends or family with a **phone headset** that allows you to swing your arms freely.
- **5.** Face a wall of **family photos** and reminisce about the good 'ol times.
- 6. Listen to audio books.
- 7. Read without interruption. Keep your private time private. Big-print books may be easier on your eyes. Get a reading rack to hold your material at your sporting goods store.
- 8. Hang a size-too-small article of clothing in front of your treadmill.
- 9. Turn on a music channel to power-up your workout.
- 10. Run a bath while you walk and take a soothing soak when you're done. (Note the time it takes to fill the tub beforehand!)
- 11. Watch nature or sports videos. Or cable channels like The Discovery Channel or The History Channel.

- **12.** Hang a bird feeder outside the window and a bird book by the treadmill.
- **13.Learn a foreign language** by listening to audiotapes. Then plan to visit that country.
- **14.** Load up the washer and dryer and walk until the clothes are finished.
- 15. Light candles and walk in relaxing semi-darkness stress buster.
- **16.** Make your treadmill timer your **oven timer** walk until dinner's ready.
- 17. Use treadmill time for reflection, meditation, etc.
- **18. Read poetry aloud** and walk to the beat.





Got Some Dumbbells, Your Basement, and 30 Minutes?

Here's a Killer DB Workout You Can Do When the Clock's Ticking'

It's a crying shame most people who purchase home fitness equipment are basically given a sheet of paper with a list of exercises, and then basically it's up to you.

No wonder you're frustrated.

No wonder your equipment turns into an EXPENSIVE clothes hanger.

I've got a solution for you.

If you can't get to a gym, live too far away, or just don't want to go to a club and want a fast, effective workout, here are the steps you need to take to ensure results.

STEP 1: Invest in dumbbells and a bench.

If you've got a few bucks, go to a fitness equipment dealer and **get some** dumbbells and an adjustable bench. For women, start with 3's, 5's, 8's, 10's, 12's, and 15 lb. db's. For the guys, go to 50's (in increments of 5 lb. per db).

STEP 2: Set up your workout space.

Basements seem to be a popular choice, bedrooms are a distant second. Whatever you choose is fine. Also, so that you can make sure you're doing your exercise correctly, put a **full-length mirror** on your wall, or get one. Your choice. No one else is watching you but **you**, so if you want better results (and safety!), put up a mirror.

STEP 3: Set aside 30 minutes at least four times a week, to do your strength training.

You can go up to 6 days if you want - just be sure you're splitting up your body parts accordingly. For instance, one day you do back, chest, biceps, and calves; the next day do shoulders, triceps, legs, and abs. Use a similar arrangement for the 4-day workout. I don't care **when** you do it during the day, **JUST DO IT.**

STEP 4: The db strength training routine.

Here are the **best db exercises** to do - the ones that get the **most muscle** worked in the least amount of time:

Back - Db bent over row

Grab a pair of db's (use common sense for how much weight); hold them at your sides while standing straight up. Pull your shoulders back, and stick your butt out as you bend forward. Your back should be nice and flat. When your upper body is parallel to the ground with arms straight, you're in the starting position. Now, picture yourself rowing a boat. Use that action to pull the db's up and back, towards your hips. Lower and repeat, in control.

Chest - Db flat bench press

Grab your db's and lie down on the bench, with your lower back pressed into the cushion. Lower the db's until they're directly beside your chest, push up and in

an arc until they're above your chest. Feel the stretch at the bottom, feel your chest muscles working as you go up. Lower and repeat.

Legs - Db squat (guys) or Lunge (women)

For the squat: db's are at your sides. When you lower yourself, pretend you're sitting down on a chair. Be sure to stay on your heels, and keep your torso tight to support your spine. When you can feel yourself bending too far forward as you go down, that's your signal to push back up.

For lunges: db's at your sides. Keeping your torso rigid as a 2x4, take a big step forward with one leg. After your foot has planted, lower your hips until you're just about to touch the ground with your trailing knee - without actually touching. Push back with your front leg. Do all your reps with one leg before switching.

Shoulders - Standing db shoulder press

Standing with your abs nice and tight to support your spine, raise the dumbbells until they're even with your ears. You should see in the mirror a straight line from your left elbow to your right elbow. Push the db's over your head in an arc - be sure to keep the db's moving ABOVE your head, not in front.

Calves - standing calf raise on basement step

Place both feet on the step so that you're positioned on the balls of your feet. Keep your legs straight, abs tight, butt tucked in. Lower your heels to the ground maintaining that tight position with the rest of your body. Raise up as far as you can, up to your tippy-toes. Lower and repeat.

Biceps - db standing curl

Your arms should be straight, holding the db's with your palms facing forward. Place your arms at your sides, and then raise the db's, bending ONLY your elbows. Keep your back and shoulders out of it. Bend the elbow, straighten the arm.

• Triceps - db triceps kickback

Take the same position as the bent over row I mentioned a moment ago. Raise your arms to your sides, and then keep them there. From that position (your elbows should be bent at 90 deg.), straighten your arms until they're straight as an arrow. Bend your elbows (but keep your arms up!), and then straighten your arms. It's just the reverse action of db standing curls.

Abs – See 90 Seconds To Flatter Abs

Ultimately you'll be able to finish a complete workout even **WITHIN** 30 minutes! Get to work!

STEP 5: Focus on what you DO, rather than what you haven't done.

Stop beating yourself up if you only get three workouts in a week, instead of 4, 5, or 6. If you haven't been working out consistently lately, that's three **more** workouts that you've done in a long time, isn't it?

"Okay, I got three in this week. Next week I AM working out 4 days, come hell or high water!" Yes, I want you to work out more often. Things happen. If a circumstance happened that was out of your control, what can you do?

Be honest with YOURSELF, because it's YOU that matters. If you're just blowing this off, that's a different story. Maybe this isn't important to you, at least not yet. If it isn't, **when IS it going to be?** When it becomes a priority, you naturally adjust to your new lifestyle. In other words, it gets easier.



So You Can't Join A Gym

You want to tone up, slim down, get fit, be healthy, and all that other good stuff.

But you just can't bring yourself to join a gym.

While some of your reasons may be nothing more than **excuses** not to exercise, others may be quite legitimate. Research shows that "lack of time" is the number one reason for not exercising (still an excuse, but I'll play along). It's possible your hectic schedule just doesn't allow you to squeeze in a workout because of the long commute to and from the gym.

Maybe it's the **social atmosphere** of a health club. Maybe your club is really a "meat market" where everybody is trying to "pick up" everybody. Maybe it has a huge membership, and you don't feel like **waiting in line** for the equipment.

For some, avoiding the health club is purely the **affordability** of it. Maybe you just can't stretch your budget to cover the monthly dues most clubs charge today.

Whatever your reasons, **DO NOT CONSIDER YOURSELF HOPELESS.** Despite the popularity of health clubs, surveys suggest just about as many people exercise at home.

In fact, the **Journal of the American Medical Association** reported a study conducted by Stanford University, from a fitness standpoint. The study said exercising at home is **just as beneficial** as working out at a health club. Okay, nothing new there.

However, the study also found people who trained at home were more likely to stick with their program than those who exercised at a club. Hmmm... Let's take a deeper look at that.

Advantages of Working Out At Home

The home gym offers many benefits clubs usually can't match:

1. Flexibility.

You can exercise falling right out of bed or at midnight if you want, and anywhere in between. And at your own pace. **No waiting in line, total privacy.**

2. Cost effectiveness.

A membership at the local gym may range anywhere from \$500 to \$800 (or even more - I've seen clubs that charge a \$150 initiation fee, and cost \$1200 a year - just to work out!). You can set up a home gym for much less and there are no monthly dues after the inital set-up costs.

3. You choose the atmosphere.

You can listen to the music of your choice at the desired volume, or you can turn the radio off when you want peace and solitude.

4. No embarrassment, or feeling of incompetence.

You can experiment with new exercises without the fear of looking foolish. No one's peeking over your shoulder, and you aren't competing with anyone but yourself (what you should be doing anyway).

You don't have to make a fashion statement by wearing the latest spiffy apparel. An old T-shirt, shorts and shoes is just fine, thank you. You can be cooking dinner at the same time you're working out, or you can watch the evening news while you're treading. You can take a shower in the privacy of your own bathroom for as long as you want.

If this all sounds good to you, then it may be time to set-up your own private health club in the security of your home. Be forewarned, however, there are also a few potential pitfalls when exercising at home, too.

Disadvantages of Working Out At Home

1. You're most likely alone.

While this is not necessarily a disadvantage, it creates the potential for problems. Without peer support or personal attention available at the gym, **it is entirely up to you** to remain motivated and stick to your workouts. No one's there to give you a kick in the behind on the days you "just don't feel like it."

2. Distractions.

The phone rings, your favorite talk show is on, someone knocks at the door, you've got work to do. And your workout is **put off** until another day (again).

3. Boredom.

If you follow the **same routine** for each and every workout, you might as well fall asleep while you're doing it, because as sure as night follows day, **your body is falling asleep**, too. That's why it's important to change up your routine every 3-4 weeks.

4. Safety.

Lack of a capable spotter poses a definite problem. Some exercises just should not be done alone. Exercises that require heavy lifting above the head and chest, like barbell bench presses and overhead presses, should not be attempted without a spotter. Ditto especially for squats.

Getting Started

If you feel the advantages of a home gym outweigh the disadvantages, then **it's time to take action.** Hold on, though. Before you bolt to the nearest fitness equipment store and buy the first piece of equipment that catches your eye (there's a **LOT** of stuff out there), you first need to analyze your situation.

What is it that you want to achieve from your exercise program, and what are you willing to invest in both time and money to make those achievements a reality?

1. What do you want to accomplish?

Merely wanting to "look good" is a waste of your time. There's more to good health than a well-sculpted body. Your training will focus on strength training, aerobic conditioning, flexibility, and sound nutrition.

2. How much are you willing to spend?

This can range anywhere from a few hundred dollars (doing it the old-fashioned, iron-pumping way), or upwards of \$5000 if you're into high-tech machinery or elaborate layouts.

For strength training, you're going to need an adjustable bench, a barbell set, and several pairs of dumbbells. Or you can opt for a free weight/cable pulley system to allow for more exercises (to avoid boredom).

If you prefer to do your aerobic conditioning indoors and are willing to spend a little, you've got the old stand-by, the treadmill. Walking is still the #1 aerobic activity year after year. And why not? It's easy, you burn calories, and you can increase your pace as you get more fit.

Choosing Equipment

Follow two simple rules when purchasing fitness equipment:

- 1. Stick with exercises you enjoy, and
- 2. Try before you buy.

Some types of equipment will probably feel more **natural** to you than others and that is what you should go with. Most gyms offer a one-time, free trial workout(s) to potential members so you can experiment with different equipment without joining the club.

When evaluating strength and aerobic equipment, consider these questions:

- Is the machine sturdy and durable?
- Can it be adjusted to MY body?
- Can I easily change the workload during exercise?
- Does it require minimal maintenance?
- Will it fit into the space I've designated for my home gym setup?
- Is it within my price range?

If you answer "yes" to **all** of these questions, then consider buying the equipment.

The Key To Success

The potential for success cannot be measured in dollars invested. You can purchase the finest, most expensive exercise machinery and it STILL won't guarantee you a tight, toned body. The key to getting and staying in shape is dedicated, consistent effort and a commitment to getting better. Just doing it. Period.

If a home gym creates an environment that motivates you to exercise, then by all means, spend the time, energy, and money needed to set one up - **RIGHT NOW**. Why wait any longer?



The Top Ten Weightless Workout Exercises

Maybe you **HATE** the gym.

Or maybe your boss has equipped your car with a phone, fax, and voice mail, and expects you to spend more time on the road - and you CAN'T get to the gym.

Or maybe you **live in the boonies** and the nearest health club is a 45-minute pain-in-the-butt drive away - one way.

For whatever reason, you have a new problem: **how to keep your pump without weights.**

Your solution is right here.

Bodyweight training **CAN** be effective. It **CAN** be a substitute for weights, if necessary. And bodyweight training can give you the burn without the iron.

Here are the ten best bodyweight training exercises that give you great workouts and great results - without the gym.

1. Supine Pull-Ups (works major muscles in back, shoulders, and biceps)
Use two chairs and a pole - a heavy broom handle works well. WARNING:
make sure the chairs are stable and that the broom handle is strong
enough to take your weight. You could be SEVERELY injured if the pole
were to break or the chairs to slip.

Lie on your back underneath a low bar. Grab the bar with a wide overhand grip. Pull up. Lower and repeat for 6-8 reps.

2. Supine Biceps Pull-Ups (biceps, some back)

Use the same chairs-and-pole arrangement from #1. Sit underneath a low bar. Grab the bar with a reverse grip (palms facing you), hands about shoulder-width apart. Keeping your body upright, pull up until your chin just clears the bar. Focus on the tension in your biceps, trying to relax the rest of your body. 6-8 reps.

3. Push-Ups (chest, triceps, shoulders)

The key when targeting the chest with Push-Ups is the direction in which your elbows travel. As with bench presses, the elbows must move AWAY FROM THE BODY to target your chest, and be kept CLOSE TO THE BODY to target the triceps. Place each hand just outside your shoulders, slightly behind the line of your shoulders. Hands pointing straight ahead, upper body rigid as a board. 6-15 reps.

4. Tent Push-Ups (primarily upper chest)

Assume the position in #3, but walk your feet forward so your body is bent at the waist, and your hips are up high in the air. Bending at the elbows, lower yourself until your nose touches the floor. Push up. Repeat. 6-8 reps.

5. Push-Ups, Triceps Position (you guessed it - triceps, and some chest) Begin with fingers facing forward in position from #3, hands slightly **LESS** than shoulder width apart. Lower your body to the floor keeping arms in against your body. Push up. 6-8 reps.

6. Triceps Dips With Chairs

With your hands behind your back, support yourself on your palms at the edge of a chair. Your hands should be touching; your elbows should angle outward. Dipping in this position relieves a lot of stress on the elbow and shoulder joints. Lower yourself, keeping your back close to the chair. Bend your elbows back and slightly to the sides. Keep your body angled slightly forward throughout the motion. Press yourself up until your arms are straight. 6-15 reps.

7. One-Legged Squats (front thighs, glutes, hamstrings)

Stand perpendicular to a wall, about arm's length away from it. Extend your arm out to the side and place your palm against the wall at just under shoulder-height. Angle the foot farthest from the wall at 45 degrees. Bend the other leg back.

Keeping your body upright, lower yourself until the non-weight-bearing knee is close to (but not touching) the ground. Support yourself by leaning against the wall. Press yourself back up to starting position. Repeat 6-8 reps.

8. One-Legged Hamstring Bridges

Lie on your back with one leg extended, heel on the ground. Hold the other leg up off the floor. Pushing through your heel, flex your hamstrings to lift your body. Lower and repeat for 8-10 reps. Repeat with other leg.

You can control the resistance and the degree to which the glutes contribute by changing the distance you place your heel relative to your butt.

9. Lunges

Begin the lunge by taking a large step forward, keeping your head up and torso erect. Lower your hips and allow your trailing knee to drop to a point just before it touches the floor - never let the knee touch the floor. To return to the start, push off with your forward leg and then step back when the knee is completely straight. Repeat with other leg, 10-15 reps each leg.

10. Stair Running

Stair running isn't usually considered a resistance exercise, and in fact, it makes hefty demands on your cardiovascular system. However, it also does an incredible job of conditioning the lower body. If your knees are in good shape, try doing 10-20 one-story sprints, preferably two stairs at a time. WORK UP TO THAT NUMBER SLOWLY! ALSO, BE CAREFUL TO KEEP ONE HAND ON THE STAIR RAIL TO CATCH YOURSELF IF YOU LOSE YOUR BALANCE. Give yourself a bigger challenge by wearing a backpack filled with nice and heavy books.





Strong legs are powerful legs, muscular legs, and beautiful legs. Problem is, most leg exercises like barbell squats and leg presses require a trip to the gym, or a tidy investment in home fitness equipment.

Here are some exercises you can do **at home**, and all you need are a few pair of dumbbells and a sturdy box. Shoot for **3 sets of 20 reps** for each exercise.

Step-Ups

Stand in front of a sturdy box that's 12-16 in. high. Put your right foot on the box; step up with the left foot and then step down with the left foot. Repeat for 20 reps with the right foot remaining on the box. Switch legs and repeat. That's one set. When you get stronger, hold on to a pair of dumbbells to keep your muscles challenged.

Lunges

That's right. Stand erect with your hands on your hips and your feet shoulder-width apart. Keep your head and back straight, tight abs, and tight butt. Step forward with your right leg so your upper thigh is almost parallel to the floor. Your front foot should land flat on the floor while the rear foot rolls forward on its toes. Keep the left foot as straight as possible. Push back to starting position. One rep. Do 20 with same leg, switch and repeat.

One-Leg Squats

Balance on your right leg. If necessary, support yourself LIGHTLY with the backs of your hands or elbows on a doorframe. Extend your left leg in front of your body, heel supported on the same box you used for step-ups.

Or bend the left knee so your lower leg is tucked under you and your toes pointed back. Keeping your head up and back straight, squat down on your right leg so your upper thigh is almost parallel to the floor, then back up, steady as she goes. Your right knee should be bent at 90 degrees at the bottom of the squat. Hold a dumbbell for additional weight.



Chapter 6: Lean, Mean Muscle



Strength, Size, or Tone? Looking At The Three Basic Strength Training Goals

At first glance, nothing could seem **simpler** than lifting weights. Up. Down. Up. Down. But we all know **there's more to it** than that.

Different factors come into play, like position, speed of movement, how often you do it, how intense it is, etc.

If you're going to be **successful** with your strength training, there are some **subtleties** to be aware of. The **benefits** are plain to see and **quick** to make themselves known.

Let's face it: people who continue to lift weights just keep looking better.

HOWEVER...

Our muscles are pretty **"stupid."** So we (that's men AND women) need to "shock" them on a regular basis, to keep them improving and to **remind them** of what they've become.

The Muscle Menu

Point blank, to **shock muscles** we need to subject them to **stresses they're not accustomed to.** What kind of stress you put on them depends on what kind of muscular development you're trying to achieve. There are three of them, each with their own type of training.

Strength

Strength is defined simply as a measure of how much weight you can lift one time. If you aim for strength, you generally won't develop much muscle endurance.

Training principle: lifting very heavy weights, low repetitions (1-6 reps), long rest periods (3-5 min) between sets.

Size

Trained properly, muscles do get **bigger**, due to the muscle fibers increasing in size. This process is fueled in part by **testosterone**, which is generally accepted as the reason why men's muscles are bigger than women's. Now, you will get stronger, but size and strength don't necessarily correlate. Some of the biggest bodybuilders are not as strong as lifters who train solely for pure strength.

Training principle: moderately heavy weights, moderate reps (8-12), shorter rest periods (2 min).

Tone

There seems to be some **confusion** as to what exactly "tone" means. Some people think of muscle tone, some think of muscle endurance, and some think of cardiovascular endurance.

Let's make some sense out of this.

Toned muscles are firm, lean, and well-trained. For you visual thinkers, picture this: toned means you can stand still, and your muscles look slightly contracted, or tense, and not bulky. But you're really not. You're totally relaxed. But because you have toned muscle, it just looks that way.

Muscle endurance is similar to tone. Most people connect these two together. Take a look at a runner's legs. Look pretty good, don't they? All that running has toned those leg muscles.

Cardiovascular endurance has to do with how well your heart and lungs transport oxygen-rich blood to working muscle, then transporting oxygen-deficient blood back to the heart to recycle. Muscle endurance is your muscles' ability to sustain movement over a period of time without undue fatigue.

Training principle: lighter weights, high reps (13-18), and short rest periods (30-90 seconds).



Eight Factors For Strength Training Success

The bottom line **purpose of strength training** is to stimulate muscle to cause it to **grow or tone.** That's all. The stress you apply to the muscle consists of eight factors that can be manipulated to accelerate results. **Knowing how to manipulate** these factors is crucial for a lifetime of strength success.

1. Workout Session Length

People **STILL** believe that longer workouts are better for getting faster results. Sorry, but you're wasting your time with 1-2 hour workouts.

Your body quits working after about 45 minutes; testosterone and growth hormone take a nosedive. So the chemicals that are needed for lean muscle development aren't there anymore.

Your body **processes blood sugar** more effectively with **shorter** workouts. Energy production in your cells is aided. **Recovery** is enhanced, allowing you to hit your muscles more often without overtraining.

Probably the best benefit is that you no longer have to worry about a mindnumbing 90 minute or 2 hour workout. Your focus is higher, knowing you're out of the gym (or your basement) in less than an hour.

2. Workout Frequency

You know the **myth** of taking 48-72 hours between workouts? (I added "myth" in there - because that's what it is.)

That's when your muscle starts to SHRINK. If you're trying to pack on muscle, you want to avoid this like toddlers avoid taking medicine. If you're trying increase muscle tone, this is also not good.

NEVER take more than 2-3 days rest between the last workout from the week before to the first workout of the next week. I recommend 4-6 workouts per week.

3. Frequency Of Working Body Parts

Ditto. You could actually train the same muscle **daily**, so long as you are eating and resting properly. Heck, I tell all the ladies to do lunges daily. If you want to take your muscle development to a higher level faster, this is the way to go.

4. Picking The Right Exercises

Which exercises you pick are **critical** for your strength training success. Machines don't cut it; the machine is doing much of the work for you. **Free weights is best, bar none.** Dumbbells first (but NOT rinky dink weight please – challenge yourself!), then barbells in order of effectiveness.

5. Repetition Speed

Super slow rep advocates miss the boat here. **Muscles are designed for SPEED.** Not out-of-control speed, but technique-conscious speed. You want to perform all of your exercises as fast as possible **without sacrificing form.**

More stress is applied to muscles with greater speed. Remember the objective of strength training - **stress the muscle to cause it to respond, growth or tone.** Greater stress, faster response.

6. Volume and Intensity

Volume means how much total weight you lifted, like 3 sets of 10 reps with 100 lb., or 3000 lb. Intensity is the average weight lifted for an exercise.

Basically, volume means lighter weights and high/moderate repetitions. Intensity is heavier weight with lower repetitions.

7. Weight and Reps

You have to go systematically up and down the scale of volume and intensity (from #6) as your training continues. Always **remember this: it takes 3 weeks for your body to get used to a training routine.** This is when you need to change up your routine from volume to intensity, or vice versa.

8. Rest Periods Between Sets

Same rule applies here as in #7. **Use these rest periods: 60 sec., 90 sec., 2** min., 2.5 min., and 3 min. If you're in volume training, your rest should be no longer than 90 sec. If you're in intensity training, your rest should be 2-3 minutes.



How To Pick The Best Strength Training Exercises For Maximum Results - Fast

One of the biggest, most perplexing problems facing the strength trainer has always been, "what exercises should I use?" Decades of magazine articles, videos, books, and in-the-gym training sessions have been devoted to the topic, but there has never been a solid framework given to the strength trainer to help him/her select the best exercises for his/her program.

Most advice has been devoted to **individual exercises**. "These exercises are good, and these are not." **But we were never told WHY some exercises worked and some didn't.**

"Squats," we said for example, "are much better, more productive than leg presses." But when you look at both exercises, they work the same muscle groups, so why would squats be superior?

But there IS a reason why squats are superior to leg presses, and why some exercises work and some don't.

It's about how they affect your central nervous system (CNS).

CNS's Role In Muscular Development

Your **CNS** is a **message system**, sending impulses to your brain, and then back to the area it came from. Now, don't worry, I'm not going to get technical here. When you **stress your muscles from a workout**, a message is sent to your brain: "Hey, you better prepare for the next time we work out." The body

prepares itself by getting stronger, increasing endurance, building muscle tone or size.

If we didn't have our CNS working for us, we'd all be like jellyfish. Limp as a politician's handshake. **The CNS responds** to the stress put on it, and it prepares for the next time it happens accordingly.

The key to fast muscular development is stimulating the CNS to its maximum.

Compound vs. Isolation Exercises

The **building blocks** of your strength training program lie in the superiority of **COMPOUND** exercises over **ISOLATION** exercises. **Compound exercises** (like bench press, squat, pull-ups, etc.) **stress multiple muscle groups across more than one joint** while **isolation exercises** (like db fly's, concentration curls, etc.) **stress only across a single joint.**

The **problem with isolation** exercises is that it is **ineffective** in building muscle, since the **training load** (amount of weight used) is significantly **reduced**.

Training load is **vitally important** in muscle development. Because **compound** exercises incorporate multiple muscle groups, they allow a **greater training load** for more muscle in the **same amount of time**.

Take the squat again. The "king" of all exercises, this great movement works the quadriceps (front thigh), hamstrings (back thigh), hips, buttocks, calves, low back, abs, inner thighs. Compare that with the machine leg extension, and you immediately see how much more productive the compound exercise is.

They are also more **time and energy efficient**. The most muscle is worked in the shortest possible, most efficient time. They also provide a high amount of CNS stimulation.

Linear vs. Variable Resistance Exercises

I never liked strength training machines. The theory behind them was to match your natural strength arc. Reducing the resistance at your weakest point, and increasing it at your strongest point.

Sounds good, but it's based on false logic.

Think about it for a moment.

When you pick up a 20 lb. dumbbell, you're lifting a 20 lb. dumbbell, whether it's at your weakest point or your strongest point. Your muscles adapt to the stress to make it easier the next time you lift the dumbbell.

In other words, machines are trying to change the rules of nature. In the real world, there are no cams or cables or adjusting resistance. You go out and lift what you need. We are just built that way.

Free Weights Is The Way To Go

Go to any health club, and take a look at the high-caliber athletes and trainees; they use almost exclusively **free weights**.

Let's put these in categories, with examples of exercises in each:

Superior

- Squats
- Lunges
- Push-ups
- Chin Ups
- Pull Ups

Excellent

Dumbbell exercises done both arms/legs at the same time

Great

Barbell exercises

Good

Cable exercises (seated rows, triceps pushdown, bicep curl, etc.)

Last Words

Now you'll make more informed choices as to what exercises you'll use in your strength training program for **maximum muscular development**. When faced with the decision between machine chest press and dumbbell bench press, since you're moving a dumbbell in each hand through space that requires coordination and balance, you now know the db bench press is clearly the better muscle-builder.



Ladies! Here Are Ten Reasons Why You Need To Take Strength Training Seriously

Research has proven over and over again the women who engage in a regular strength training program **enjoy a long list of healthy benefits.**

You still may fear the possibility of looking like a man, but that is a **myth** - unless, of course, you took major muscle-enhancing drugs and trained like male bodybuilders.

But as you **realize the advantages** of strength training, your negative attitude will rapidly fade.

Here are 10 reasons why you need to take strength training more seriously:

1. You'll lose more fat than you'll gain in muscle.

Number one concern of women, "I want to firm up and lose fat." Well, this is the way to do it. Stop worrying about bulking up; women have 10 to 30 times LESS of the hormones that cause bulking up. For example, in one study, the average woman who strength trains 2-3 times a week gained 1.75 lb of muscle, but LOST 3.5 of fat!

2. New muscle fights obesity.

You already know muscle is your most metabolically active tissue; the more you have, the higher your resting metabolism. You'll burn more calories all day long. **Each pound of muscle burns 35-50 extra calories daily.** Gain three pounds of muscle, and you lose 10-12 pounds a year!

3. Strength

Okay, this one is obvious. You'll have more energy and strength to handle your daily activities, such as carrying groceries or lifting children. Here's an interesting fact: pound for pound, women develop strength at the same rate as men. Women complain to me about feeling weak, especially in the upper body. You won't anymore!

4. Bone strength

Once you leave high school, you'll have established all the bone density you'll ever have - unless you strength train. Research has found weight training can increase spinal bone density by 13% in 6 months. A powerful tool for preventing osteoporosis.

5. Reduce risk of diabetes

Adult-onset diabetes is a growing concern for women and men. **Strength training increases glucose (blood sugar) utilization by 23% in four months.**

6. Fight heart disease

Some people may think strength training is not so good for your heart; all that exertion can't be that good for you. But **your cholesterol and blood pressure DO improve**, even with strength training. For maximum cardiovascular benefit, incorporate aerobic conditioning into your program.

7. Fight back pain and arthritis

Strengthening your low back muscles has an 80% success rate in relieving or eliminating back pain. Strength training strengthens joints, so it can ease arthritis pain.

8. Be a better athlete

Strength training not only improves your strength, but power, agility, and coordination. You're more proficient and you greatly reduce your risk of injury.

9. Age doesn't matter

The benefits of strength training are possible at ANY age – **SO NO EXCUSES.**

10. Stronger mind

A Harvard study found that 10 weeks of strength training reduced clinical depression symptoms more successfully than standard counseling. You feel more confident and capable.



Weight And Repetitions

When it comes to **shaping your body and creating lean muscle mass**, we are not talking about performance. You are not going after some outside objective like maximum weight on the bar. You are after **maximum muscular development.** Because of this, you have to **systematically** go up and down a **scale of repetitions and weight** as your training progresses. Some days, higher reps are called for. On others, weight is the focus. It is important that your **focus is alternated** during the week between weight and repetitions.

For example, you would do higher reps, lower weight with Monday's workout; med reps, med weight for Wednesday's workout; and high weight, low reps for Friday's workout.

Regardless of the weight/reps scheme it is extremely important to focus on the stress of the particular muscle group you're working. While it is acceptable to count reps at the beginning, you may want to forget counting as you gain experience. Don't misunderstand; the number of reps should be close for your goal reps for that particular workout. But that's not as important as the "feel" of the exercise on the targeted muscles - whether it's 5 reps or 15 reps.

The key is to focus on the working muscle.



Target Range of Motion

If you've ever worked with a personal trainer or had some kind of weight training instruction, you've heard this oldie but goodie:

"Take each repetition through the full range of motion."

What does **THAT** really mean?

In the iron world, there are **two types** of range of motion: **anatomical** range of motion, and **target** range of motion.

If you're just a **beginner**, you will learn how to do exercises through a **full range of motion**. All the way down, slow and in control, and all the way back up, until your arms/legs are fully straight.

When you're trying to **target** a certain muscle group, full range is just not as effective. That's why target range of motion was given its name; you **target the muscle by going through a specific range of motion to work it.**

I'll give you a couple of examples. First, the bench press. If you want to really work your chest, the first 3/4 of the movement will do the trick. The last 1/4 works just your triceps.

The shoulder press is another example. Again, the first 3/4 of the movement develops your shoulders effectively, while the last 1/4 targets your triceps.

Now target range of motion doesn't apply to all exercises, but can be a real plus in others. All bench presses, shoulder presses, triceps exercises, leg extensions, leg curls, even squats are compatible for target range of motion work.

It is IMPERATIVE that if you're just starting out, to learn all of your exercises with full range of motion FIRST. Build a foundation of strength before you start your target range of motion training.





Muscle Tips: 20 Ways To Develop Top-Quality Muscle

Okay everyone, let me see a show of hands: who wants to develop, build, or tone his or her muscles?

I figured. Everyone wants to "get in shape," and that usually means some kind of muscle development. Here are the top 20 tips to shape your body with top-notch muscle.

1. If you're lifting the same weights now as you were a year ago, your body has fallen asleep on you. Make sure you're **changing** your exercises, reps, sets, rest periods, and weight **on a regular basis**.

- The most productive muscle-developing exercises are the compound, multi-joint movements like the bench press, squat or lunge, overhead presses, and pullups. Stick with the basics.
- 3. Choose free weight movements, first and foremost. Machines have their place in training, but for the best and fastest development, free weights rule. Machines essentially do the work for you, while free weights MAKE you work. Machines are limiting; free weights engage your whole body in the exercise.
- 4. Squat is king for men, lunges are queen for women. Guys, if you want a powerful physique faster, you'll squat. Gals, if you want to burn off more fat and slim down faster, you'll do lots of lunges. Both exercises work your ENTIRE lower body hips, butt, thighs (inner, outer, front, and back). Don't even THINK of avoiding these exercises.
- 5. When doing lunges and squats, make sure your knees travel over your first and second toes. No further. Once you go past that point, you are putting an excessive amount of undue stress on your knee joint.
- 6. For each bodypart, do a compound movement, and never do an exercise one arm/leg at a time. Always do both limbs simultaneously. You'll stress the muscle more effectively, plus you'll finish your set a lot quicker. Get more done in less time.
- 7. Perform your sets as fast as possible WITHOUT sacrificing proper, injury-preventing form. Your muscles are designed for speed, but stick with proper technique. Some exercises you'll do faster than others; that's okay. Keep it smooth, no bouncing or jerking.
- 8. Take your "baby steps." Don't try to be an advanced trainer when you've had no experience. I admire the enthusiasm for wanting to get to your goals immediately; condition your body FOR the advanced training to come. Start off with one set on week 1; 2 sets week 2; 3 sets week 3, for example. Don't rush a lifetime thing.
- **9.** If you have a **lot of weight and fat to lose**, do high reps, like 15-25. If you're trying to build muscle, stick with 6-15 reps.

- **10. Warm up** if necessary. Get the juices flowing and the muscles warm, to prevent injury and better workout performance. 5-10 minutes will suffice.
- **11.** You should feel tired after working out, but an **exhilarating** tired. With the feeling of satisfaction of a job well done.
- **12.**Building OR developing muscle means to **continually challenge them.** That means you'll increase your weights for many exercises to make them respond to the training (good) rather than adapt (bad).

13. Patience.

- **14.**It may help to **record your workouts** in a notebook/journal. How the workout went, how you felt before and after, exercises, sets, weights, reps, rest periods, etc. You can track your workouts much easier, and make adjustments at just the right time.
- **15.Find a training partner** with goals that are carbon-copy of yours. This one's tough, but if you find the right person, you'll both achieve your goals a lot faster than if you did it on your own. You'll push each other for the best effort, physically and mentally.
- **16. Focus on the task at hand when you're at the gym.** Get in, change, do your workout, THEN do your B.S.-ing. No distractions allowed.
- 17. Minimize or eliminate overly demanding activities on your energy, outside of working out, that are a waste of your time. If these activities aren't helping you achieve something, like quality time with the family, time for yourself, making more money, etc., get rid of it. You need to become a little bit selfish. Don't try to take on the world's problems.
- **18.Set big goals.** Make yourself reach. Losing 2 lb. a month is pretty flimsy. Set it at 8 lb. Even if you don't lose the 8, you'll have lost more than 2. And it'll be more than you would have lost before. Point is, you're reaching, working toward a challenging goal and you'll achieve more than ever.

- **19.** Commitment to excellence. Actually it's better said as, "Excellence is a commitment to completion." You set goals, so DO NOT STOP working to achieve them. Think of how it feels to achieve excellence.
- **20. Believe and succeed.** It's the law of success. That's what I want for you. It's what you deserve. But you gotta want it. I know you do. So go do it!



Stress Your Muscle To The Max While Minimizing Injury

What we're concerned about here is how fast you do one repetition of an exercise. There are a couple of schools of thought regarding the speed of a repetition.

First, the "slow & controlled" group, the ones that say "two seconds up and four seconds down." I wonder if that's because of their worry about machines wearing down and breaking down faster. It would make sense to them, from a maintenance standpoint, to prescribe the slow reps.

Then there is the "10 seconds up, 10 seconds down" super-slow rep, "go for the burn" crew, who try to convince you that the pain you get from these kinds of reps is necessary for muscle development.

I don't think so.

Muscles are designed for speed. The faster you move a weight through space, the more stress is applied to muscle. Exactly the opposite of the "slow trainers."

The burning sensation you feel during those slow reps? Just a build-up of lactic acid, not from any increased stress.

You see, **two things** that stimulate muscle are the **amount of weight and how fast you move the weight.** When you do slow reps, you have to use much lighter weights in order to perform the set properly. Which is completely opposite from what you should be doing to develop muscle.

Now, there are a couple of things you must be careful of when doing a set at maximum speed:

- 1) Too much speed leads to sloppy form, and increased risk of injury, and
- 2) Going too fast will **reduce the stress applied to the muscle** because of too much momentum (you know, those guys who do arm curls while they're erratically rocking their upper bodies back and forth like a pendulum?).

The best approach to an exercise is to perform each rep as quickly as possible while maintaining proper form and constant control of the weight. Don't worry if you are able to do some exercises faster than others. **Just remember, proper form, constant control.**



Hit Your Muscles From All Angles

Remember **geometry class** in high school? All those theorems about angles and rhomboids and trapezoids and all that other good stuff?

Even if geometry wasn't your best subject, you can still take advantage of the lines and angles when it comes to **developing and shaping muscle**. All you need is a basic, Cliffs Notes style version of body geometry.

Basics

You have more than 430 skeletal muscles to move your 206 bones. Each muscle begins on one bone and ends on another. It's also known as the **point of origin and point of insertion.** The direction in which your muscle fibers run between these two points (called **pennation**) determines the direction of muscle contraction.

Sometimes the point of origin can differ greatly in size from the point of insertion. That's why doing **different exercises from various angles** makes a profound effect in your muscular development.

Also, certain muscles cross over multiple joints, like your biceps and triceps, while other complex muscle groups, like your back, are actually made up of a large number of individual muscles whose fibers run in different directions.

Knowing and understanding POO, POI, pennation, fibers, and such would go a long way toward optimizing your development. However, learning all that would take years of schooling.

But you don't need that.

You see, anatomy is exact science. **Training is not.** The bottom line is you need to **change your strength training routine** by changing the exercises and using different angles to finely sculpt your body, **like an artist.**

We'll use the chest, back, and arms as examples.

The Chest

Think of a triangle lying on either side of your chest. The line down the center is the point of origin, and the point of insertion is at the top of your humerus (the bone of your upper arm).

Draw some lines from the origin to the insertion and you'll see how the fibers run. Moving your arms over and across your chest at different angles stimulates these fibers in a different fashion.

For best chest development, stick with these exercises: db flat bench press, db incline bench press, barbell flat bench press, bb incline bench press, bar dips.

The Back

This is where muscle fibers get a little bit complicated.

Your back is made up of all kinds of **smaller muscles** that originate and insert in different places. So in order to develop your back the way you want it, you must perform **different exercises that vary in the angle** of pull. Even these small variations can promote greater effects.

For example, by **altering your grip** on a lat pulldown from wide to reverse, you work not only the lats, teres major, and rhomboids (don't worry about remembering these) that are normally stressed with the standard pulldown, but also the middle trapezius (middle of your upper back).

Point is, the bigger and more complex the muscle group, the more angles you need in your strength training attack. The more angles you use, the better developed your muscle will be.

Exercises: chin ups, pull ups, seated rows, barbell bent over rows, db onearm rows, pulldowns (front - close, medium, and wide grip), reverse grip pulldown, close grip pulldown.

The Arms

Even though most of your muscles have larger points of origin than insertion, the muscles in your biceps and triceps do not. But that doesn't mean you shouldn't work them from different angles.

These particular muscles **cross over more than one joint**, so they too are affected by working them at **different angles**.

Both muscle groups originate on your shoulder complex and insert on one of your forearm bones. When you do curls or pressdowns, you're working these muscles as it relates to your elbow joint, but not your shoulders.

Exercises for biceps: barbell standing curl, db standing curl, preacher curl, db seated incline curl, bb reverse curl.

Exercises for triceps: triceps cable pressdowns, db kickbacks, lying triceps extensions, overhead triceps extensions, rope pulldowns, dips.





Are you guilty of **wasting your workouts** because you continually B.S. between sets of an exercise?

Then, do you come back and **complain that you're not getting results** from your weight training program?

Are you **constantly waiting** to get on a piece of equipment, while the person using it is really only gabbing with other gym members to no end?

(This one kills me. I ask someone if he's done using a particular piece of equipment, he says no. You know what he's really doing? He's yakking with his buddy, not even using the equipment anyway. Man!!!)

Whether this is you or not, here is an **EXCELLENT** way for you to avoid wasting your workouts from the "B.S. Syndrome."

There are two ways to do no-wait training, without the wait and the waste (of the workout).

1. Circuit training.

Move from one exercise to the next without rest. Do your set, then MOVE! If someone's on the piece of equipment you want, don't wait, for crying out loudgo to the equipment that's not being used, and KEEP MOVING. You stop for nobody.

2. A stopwatch. (You don't need a top-of-the-line stopwatch. Just a basic one, ranging in price from \$10 to \$20. If your watch has a chronograph, you're set.)

Give yourself a specific rest period you'll take between sets. Let's use 1 minute rest periods. For example, for dumbbell bench presses, do your set, then hit your stopwatch. When a minute is up, do another set of db bench presses. Hit your stopwatch. Repeat for the amount of sets you're going to do for each exercise.

Now, you're also going to take that 1-minute rest between exercises. So after you finish your last set of db bench presses, you have 1 minute to get your butt over to get ready for the next exercise.

Whichever method you choose (or both, for change of pace), you'll never have to wait to get on equipment ever again. Because **YOU** are always in control of your workouts, nobody else.



Developing Functional Strength

There are **two kinds** of strength:

- "Lifting weights" strength, and
- Functional strength.

I thought about this as I was watching a "Strongest Man In The World" competition on ESPN. These guys would make the strongest powerlifter look like a wimp. These guys are deadlifting **CARS**. They carry **MISSILES** with their bare hands.

They lift and push **800 lb. tires**. They pull **BUSES**. You don't want to know what else they do. Holy smokes!

While these guys do lift weights to condition themselves for competition, it's not the lifting of the weights that have the most carry-over **to** the competition; there's no weight lifting in these contests. They have a phenomenal amount of **FUNCTIONAL strength**.

So how can you scale this down for us ordinary people who could care less about being the strongest person in the world?

Add more resistance to your body while you're doing other daily activities, like gardening, mowing the lawn (NOT on a tractor), walking up and down stairs, other yard work, or home improvements.

The **resistance** could be something as simple as a backpack, ankle weights, or wrist weights. This can be fun, and something different to keep some **variety** in your exercise routine. And while the resistance isn't very much, you will find that it's a bit more work than you originally thought.

As you continue doing this "functional training" and you remove the extra "baggage," your strength and endurance will show a very noticeable improvement.





I've had countless e-mails and clients tell me **immediately**, "I don't want to build those big, hulking muscles." This is of great concern for women, but would you believe many **men** tell me this, too?

I get the feeling that you think that as **SOON** as you **pick up** a dumbbell or barbell, you're going to be busting out with muscle everywhere.

Ladies, you are the guiltiest. But, hey, I don't blame you for your fear. **You weren't informed enough** about how you're supposed to train for the results you want. You were basically just told to do this and that exercise, for these sets and reps, and be sure to do cardio.

Gentlemen, I ask, just what the heck is wrong with a little bit of muscle?

Besides, you can't get away from NOT building muscle - it's in our chemistry. Oh, sure, some guys tell me at first they just want to "tone" muscle. But when they start seeing and feeling the changes, they want more.

This brings me to the point of this article: that you have COMPLETE, and TOTAL CONTROL over how much muscle you want.

The Problem With Popular "Toning" Routines

These are the types of routines that are most common, and done in conjunction with aerobics classes. It involves taking wimpy 1-2 lb. dumbbells and doing astronomical repetitions to achieve a muscle "burn."

Problem is, this burn is deceiving, to the point where if a participant doesn't do dozens and dozens of repetitions and get that feeling, s/he feels cheated out of a workout.

What you're doing in these classes is increasing muscle ENDURANCE. Essentially, you're not really doing a thing to develop powerful and/or attractive muscle. Muscle endurance is great, but if you're looking to shape your body, you've got to challenge it. And weenie dumbbells just don't cut the mustard.

Developing Muscle

Before you get started, you must decide what your **objective** is; want muscle like a bodybuilder, or do you want to just shape up? Whatever your objective, **there is a certain way to train for it** - if you want to get the results you're looking for.

Building muscle requires more frequent training, with moderate to heavy weights, moderate to low repetitions, fewer sets, and longer rest periods between sets. For example, 3 sets of 6-12 reps, 2-3 min. rests.

Shaping muscle involves **frequent** training, **moderate** weights, and **higher** repetitions, and shorter rest periods, and more sets. For example, 4-5 sets, 12-20 reps, 30-90 sec. rests.

You Are NOT A Prisoner

Let me dispel the **myth** that if you begin training one way, like for bodybuilding muscle, that you cannot train to have "fitness" muscle.

Let's say you want to build some serious muscle. So you train accordingly, and reach a certain point where you look in the mirror and say to yourself, "You know, I don't want to be this big."

So change the way you train! Just because you train for muscle doesn't mean you must train like that for all your living days!

Most people are just too darn lazy to make that change. "Oh, I've got to learn something new, and who has time to do that? I sure don't!"

Don't let this be you.

When you reach a certain point in your muscle development, take it further, or change it up. Change after a few weeks, or change after a few months. It's YOUR decision. You'll enjoy your training more, and you'll continue to improve yourself for as long as you train (i.e. the rest of your life!)

YOU are in control.

Final Key Points

Always, always, ALWAYS remember that proper nutrition is paramount for getting results. Keep your meals balanced and frequent for the greatest rewards. Get your rest; take your supplements as directed. If this is important to you, you'll make the necessary lifestyle adjustments for greater energy, health, and some nice-looking muscle.



Chapter 7: Living Longer And Living Well



The Top 7 Mental Benefits of "Medicine For Your Mind"

It's well known that exercise gives you many, many benefits. Currently over two dozen, with more being discovered every year. These include improving performance of various body parts (muscles, lungs, heart, circulatory system), aiding in digestion, preventing osteoporosis, and lowering stress levels. Less known is the fact a sound exercise program also improves mental health.

1. Exercise Boosts Memory

Most people have been frustrated by forgetting where they placed their keys or parked their car. Next thing you know, they're having a **pity party** and telling people, "Oh, I'm just getting old. My memory's going. I'm having a 'senior moment."

Research reveals that **exercise "jogs" your mind.** A weak and inefficient cardiovascular system has a detrimental effect on memory. **Exercise increases blood flow to the brain, which leads to better memory.**

2. Exercise Builds Self-Esteem

Let's say one day you come home, only to find that your spouse/significant other walked out on you without warning. Took everything, including money. And maybe you think it was all your fault. And in your depression you turn to food. You quickly lose control of your eating habits, and the weight piles on.

Then one day you take a good look in the mirror.

This rude awakening spurs you on to start a fitness program. So you join an exercise class, and start watching what you put in your mouth. The positive results emerge quickly. Your weight begins to drop, and your exercise program is a tremendous stress reducer. As you get lighter, so does your mood. Your community becomes stronger and deeper, and your self-doubt vanishes. You're now in your best shape ever, and it's easy to stay there.

Or maybe you lost your job, or a close friend. Whatever the case, when you start looking good, you feel good, and your self-esteem soars.

3. Exercise Lifts Depression

While most people get the blues at one time or another, some experience intense depression for prolonged periods. Left unresolved, **depression can sap** energy, suppress libido, hinder the ability to concentrate, produce sleep disorders, and generally "rain on your parade" of life.

So sweat it out.

Exercise is a fantastic way to relieve depression. Lifting weights and aerobic exercise **chemically affects your brain** and can **reverse the effects** of even major depressions.

4. Exercise Eases The Pain Of Grief

Exercise is medicine for the mind when there has been a loss due to separation, divorce, or death. An activity such as walking can allow you to avoid depression, and process your grief and anguish. You could even save thousands of dollars on therapy just by "doing it," even if you just want to curl up in a little whole and not have to deal with the world.

5. Exercise Makes You Feel And Look Younger

Exercise regularly, and you benefit in more than two dozen ways. But most obvious, is how much your physical appearance improves, and how much younger you feel and look. **You're literally erasing years from your life.** While your chronological age may increase, your biological age is DECREASING.

6. Exercise Increase Mental Alertness

Even moderate exercise works to stimulate the brain. Studies upon studies show that people (of ANY age) who exercise regularly score much higher on mental performance tests.

7. Exercise Heightens Mental Motivation

A good exercise program not only strengthens the body, but also **prepares the mind to accept and overcome life's major challenges.** You feel good about yourself, and it one of the most self-respecting behaviors. Each time you jog, walk, lift weights, etc., **you're building a positive self-image** - a physical, mental, emotional and spiritual foundation for your growing self-esteem.



Boost Your Brain Power - Tips To Clear The Static From Your Attic

Ever rack your brain over a difficult problem for days, only to have the perfect answer jump into your head during an intense aerobic workout? There's a growing body of evidence that suggests that aerobic exercise may boost brainpower, stimulate creativity, and increase intellectual capacity.

We all know there's nothing like a good, hard workout to boost your self-esteem and relieve stress. But researchers have recently found a **link** between **fitness** and **mental muscle**.

- Studies show clearer, quicker thinking, and improved mood after a single bout of exercise.
- Workouts may also reduce short-term memory loss. In one study, the most physically fit people scored higher on a battery of memory and intelligence tests than those less fit.
- Exercise **fires up your creativity.** In a British study, creativity was measured by asking people to come up with unconventional ways to use a tin can or cardboard box. The fit scored higher.

Does this mean you're gonna become the next Einstein? Well, unfortunately, no. But your brain will work more efficiently. Try these tips to optimize your creativity, memory, and mood:

1. Power Up Your Heart Rate

Your brain needs **ample oxygen and nutrients to perform at its best,** and **oxygen-rich blood** is the key. Anything that gets your heart pumping will increase blood flow to the brain, improving mental alertness. It's like a factory **powering up.**

2. Listen To Music

One landmark study found Mozart the hands-down winner in boosting brainpower. Personally, I just can't see myself working out to opera. I can go to one and listen and enjoy it, but NOT work out to. Personal preference, I guess.

Working out with any kind of **music that lifts your spirits** will jump-start mental health.

3. Squeeze In A Workout At Lunch

Stuck on an idea all morning long without moving forward on it? Get in a workout at lunch. Aerobic workouts release the "feel-good" chemicals in the brain which are known to **boost alertness and may also crank up creativity.**

4. Train Your Brain For The Long Run

Being active while you're younger and staying active for life definitely guards against mental deterioration that can occur with age and inactivity.

5. Stick With It!

Make exercise A HABIT. Frequent exercise increases the number and density of blood vessels nourishing the brain. That means more of the all-important, oxygen-rich blood for that thing between your ears.

6. Do What You Enjoy

Find the right exercise to fit **YOU**. When you're doing something you enjoy (like lifting weights! ha) you can be totally "in the moment" with clear thoughts.

7. Get Into A Rhythm And Go With It

Certain types of exercise may **boost creativity**, like running, walking, swimming. The **repetitive and continuous movement** helps you to "zone" out, allowing creative juices to flow.

8. Know Your Limits

Ever see a marathoner at the end of a race? A vegetable with arms and legs. They are completely wiped out from exhaustion. **Exercise at no more than 85% of your maximum for optimum mental benefits.**



Send Stress On The Run With Exercise

Imagine owning a car that is built to last (hard as this may be to believe). Now, I'm not talking for several years. I'm talking like 70 years or more. Now imagine that the **MORE** you drive your car, the **BETTER** gas mileage it gets. Not only that but also the more you drive, the **LESS** routine maintenance it needs.

Is this crazy? Maybe, if you work at General Motors. But for consumers, this is not crazy at all. This is the principle behind the incredibly amazing machine we all know as the human body.

The human body is an awesome piece of engineering. You've got a four-chamber, high pressure pump called the heart that works non-stop for decades; a 3 lb. supercomputer called the brain that makes the Pentium chip look obsolete and a 206-piece frame that not only protects all the important stuff but repairs itself automatically. All this wrapped in the largest organ in your body, your skin, that also helps regulate metabolism and body temperature.

But for as awesome as the human body is, there is one **biomechanical miracle** that we often overlook, especially when it comes to stress. Your body operates on a use-it-or-lose-it basis. **The more you use your body, the better it becomes.**

Want to send stress on the run?

Get off your butt and exercise.

Training Your Body

Your body doesn't know the difference between physical and mental stress. Think about it. When you're about to make a speech, what happens? Your heart starts racing, you sweat buckets, and your face flushes. Also known as the fightor-flight response, your body's just gearing up for action.

Now let's say you're running a 5K race, and heading on the home stretch. What happens here? Your heart's racing faster, your breathing faster, and you've got so much blood pumping that you're sweating profusely.

The only thing your body knows in either instance is **how to adjust itself** accordingly.

What does this mean for you? If you can train your body to handle physical stress, you'll handle mental stress a whole lot better.

If that isn't enough to get your arss off the couch, consider that for every year between the ages of 30-70, you're going to lose about 1% of muscle strength through natural shrinking of muscle if you do nothing about it. You'll see once your 10-yr old grandkids are tossing you around your house.

Training Your Mind

So now you know a little about the physical benefits of exercise and how it helps you to handle stress. You can measure the impact it has. Hey, you can see muscles shaping up and feel your endurance improve. But measuring the mental benefits can be a little bit tougher.

Those who exercise regularly tend to be peppier, happier, and more optimistic. Optimism is linked with increased motivation, persistence, better personal performance, goal achievement, and ability to cope with stress. Study after study continues to confirm this.

Stress Training

Here are eight strategies you can use for maximum stress-blasting workouts.

1. Get out.

Where you work out has a big impact on how you burn off stress. If you feel better going for a walk outside rather than on a treadmill, then walk outside.

2. Get your spouse/significant other to join in.

It'll **help you stick with** the program. An Indiana University study showed that after a year's time, married couples that worked out together exercised more frequently and dropped out less often than individuals without support.

3. Don't wait for weights.

Waiting for exercise equipment to free up at the gym can cause unnecessary stress. Read up on different exercises and figure out how to substitute one for another.

4. If you have a dog, a great way to sap stress, increase exercise, and escape stress is to take your dog on a walk/run.

Just being with your pet can send stress running away with its tail between its legs (pun absolutely intended).

5. Have fun, for pete's sake.

One way to stick with an exercise program is to **find enjoyable exercise outlets**, such as in-line skating, dancing, hiking, bicycling, etc.

6. Start something new.

Another way to **keep exercise interesting** is to try something new. Try a new sport, a new exercise class, a different outdoor activity. This can be a key to managing stress.

7. Stop competing, especially with others.

A sure-fire way to turn stress-reducing exercise into another source of stress is to take it way too seriously. Your goal is to EASE tension, yes? You're not trying to be the next Michael Jordan.

8. Chill, man.

Instead of rushing through your workout, hopping in the shower for 30 seconds, quickly grooming yourself and head back to the daily rat race, find a spot in the gym where you can **just sit quietly and tune in to yourself for 10-15 minutes.** Feel yourself relaxing, getting back to normal, and breathing easy.



Outpacing the Middle-Age Spread

You're a 45-yr old who eats healthy and has been running/walking/biking/etc. four times a week, for miles at a stretch, since your early 20's. But despite your sticking religiously to this exercise routine, you've put on some extra weight over the years. How can that be?

Well, nature is doing its best to catch up with you. Your metabolism is slowing down a tad, so you're burning fewer calories. Several ways to handle it:

1. Consume fewer calories.

Not starving, mind you. Maybe decrease your intake by 100 calories a day might do the trick.

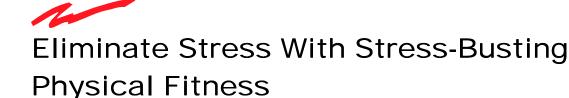
2. Become more aerobically active than you used to be.

Easier said than done, though. Dr. Paul Williams of the University of California found that to prevent weight gain during a 30 year span between runners 18-49 years of age, each passing year s/he would have to increase his/her weekly running distance by 14 extra miles A WEEK every ten years. Yow!

3. STRENGTH TRAINING.

The EASIEST way to keep the needle from edging upward. A major reason why metabolism slows as we age is because we lose muscle. And you know how important muscle is in burning fat. From age 20-70, we lose almost 30% of our total number of muscle cells - IF we do nothing about it. But strength training counteracts that, INCREASING metabolism by as 10-15%.





I was talking with a client recently to find out how his one-week away from me went while I was on vacation. I asked how he worked out, what went well, what challenges or problems he was facing.

He didn't even need to say a word, and I knew what was wrong.

The language he used, plus the body language he displayed just radiated **STRESS.**

He didn't even work out while I was gone.

"Why?" I asked.

"I've lost interest," he said apathetically.

I asked him why he wasn't interested in working out anymore.

"I've got so much on my mind, so many things to do, not enough time in the day to do them, and I can't work out myself. I came here the other day, changed into my workout clothes, did one set of back, and then went home. I just wasn't into it."

"Jim (name changed to protect the innocent)," I began, "the best thing you can do in a situation like this is **EXERCISE** - especially your strength training. It's one of THE BEST ways to get rid of 'bottled up' stress!"

What's happened with Jim is his stress level kept building up and up and up. And he's the kind who keeps stress bottled up inside, turning him into a walking time bomb. Then...

KA-BOOM! High blood pressure, heart disease (or heart attack!), depression, anxiety, feelings of overwhelm, higher risk of cancer, infection, reduced immunity from illness, back pain, chronic fatigue, stomach upset, headaches, insomnia - the works.

How You Benefit From Anti-Stress Fitness

First, let's talk about the **two different types** of stressors:

- 1) eustress (good), and
- 2) distress (bad).

Eustress appears to **motivate and inspire**, like falling in love or **EXERCISE**. **Distress** can be **intense and short-lived**, **or chronic**. Getting divorced or financial problems are a couple of examples of distress.

I call eustress "fake" stress (exercise) and distress as "real" stress (everything else), to eliminate confusion.

Whether or not your body experiences "real" or "fake" stress, it will react virtually the same way - it cannot tell the difference. It's the "fight-or-flight" response: muscle tension, deep and faster breathing, faster heart rate, blood pressure rises, digestion stops, perspiration, dry mouth, blood sugar and fats rise, and mental sharpness. These responses are regulated by the nervous system and various hormones, redirecting energy, oxygen, and fuel to allow the body to cope with the physical or emotional stress.

Can you see how **important a role physical exercise** plays in helping you handle "real" stress more effectively?

Exercise makes your body a more efficient, stress-busting machine.

The Proof

Research has shown that people who are physically active and fit:

- Have better psychological well-being
- Handle stress better than those who are inactive
- Have better moods
- Have reduced depression
- Have reduced anxiety
- Have better self-esteem
- Have improved mental alertness and function
- Have better overall psychological health

If even ONE of these benefits is important to you, then you need a stress-busting workout:

BEFORE YOU EVEN BEGIN, IF YOU HAVE ANY SPECIAL CONDITION THAT NEEDS MEDICAL ATTENTION, PLEASE GET YOUR PHYSICIAN'S CLEARANCE BEFORE STARTING AN ANTI-STRESS WORKOUT. Even if you THINK you need medical attention, see your doctor.

The Anti-Stress Workout

Start with a 5-10 minute **warm-up** of sustained activity to get the blood flowing and loosen up the muscles a bit.

Now **go hit the weights.** Strength training is stressed (pun absolutely intended) in your Anti-Stress workout.

Think about it. The resistance of your strength training is the demand you're putting on your body to move the weight. And what is stress? A demand put on your body to respond to it. Your response, in this case, is to move the weight.

"What about aerobics?" you may be asking.

Sure, you are placing a demand on the body, making your heart work more efficiently to handle stress.

BUT...

Picture the weight you're going to lift as the stressor(s) you experienced during the day. You'll find yourself breaking personal records almost every workout! You'll develop more lean muscle, get stronger, and lose fat faster (because you have more muscle)!

And feel great. Like a conqueror of sorts.

I'm assuming most of you strength train three times a week. So, I want you to work your whole body every time. Do one exercise each for back, chest, thighs, shoulders, calves, biceps, and triceps. And don't forget abs. 3 sets for the core exercises (back, chest, thighs) and 1-2 sets for the rest. Vary your reps for each exercise from high at the beginning of the week, moderate in the middle, low at the end. 1-2 minutes rest in between. That'll get you thinking a little about conquering your daily stressor and help you "attack" the next set.

Finish your routine with a 15 minute, mind-rejuvenating aerobic workout. Let yourself wander, clear your thoughts, and imagine wonderful things. You'll have newfound energy when you're done.

And, of course, cool down for a few minutes and do some light, general stretches.

"What, me worry?" I can hear you now...



Chapter 8: Melt Fat And Boost A Stubborn Metabolism



BMI VS. % Body Fat – Who Wins And How to Improve It

This BMI-thing is throwing more and more people into a panic attack than ever. Since the "new" formula came out in 1998, I guess now we're REALLY, REALLY overfat as a nation.

Buy low fat this, non-fat that. Get the latest fitness and nutrition products from the infomercials. Get started on an exercise program. Go to a health club. And so on.

People who normally thought themselves in fairly good shape (and most likely are) are now finding themselves a walking time bomb for a heart attack. "Gee, I didn't think I was fat!" And you're most likely right. The people who suffer the most are the ones who are in great condition. They have more muscle, lower body fat, excellent aerobic capacity... but they weigh just a little too much for this BMI assessment to be happy with.

The BMI has its heart in the right place. But there's a **TREMENDOUSLY HUGE** piece missing.

What is "BMI," Anyway?

BMI stands for **Body Mass Index**. It's a relationship between your height and weight. If you score above 28 (women) or 27 (men), you're overweight and your risk of heart disease is increased.

I call it the **Bogus Measurement Indicator**.

Here's why.

You keep exercising, watching what you eat, living a healthy lifestyle, and you get results; more muscle, lower body fat, excellent aerobic capacity (sound familiar?). Your body weight may stay the same, or even go up (especially in men). Muscle weighs more than fat, so now that you have more muscle and lower body fat, you're going to look like you lost 25 pounds.

But you didn't actually lose 25 pounds. Maybe you lost only 10 pounds. And therein lies the problem of the Bogus Measurement Indicator.

I'll give you a prime example: me. I'm a shrinky-dink at 5'7" (my wife says 5'6") and I weigh 210 lb. But my body fat is 13% - which is considered in the athletic range for body fat. Now according to the Bogus Measurement Indicator, my rating is a whopping 46.

Right. I don't think so. My cholesterol is 187, my triglyceride level is normal, and my HDL's are normal. I am healthy and fit.

The Missing Piece - % Body Fat

The winner is: % Body Fat! But then you probably deduced that by now.

Body fat guidelines are:

Men- between 12-18% Women - between 18-26%

What you need to be more concerned about is how much weight you're carrying in FAT. Remember, muscle weighs more than fat - and besides, IT LOOKS A HECK OF A LOT BETTER, doesn't it?

Get hung up with the BMI, then your concern is with just losing weight. Which could lead to crash dieting, poor eating habits, no strength training, then low self-esteem, discouragement, etc.

Get hung up with losing body fat, your concern focuses on developing muscle, increasing aerobic capacity, melting off ugly fat, looking leaner, eating healthier, feeling like a million bucks, etc.

Which one do you want to focus on? The answer is obvious.

Decreasing Body Fat

The **best way** to melt and keep fat off in the long run is... **strength training.**

Depending on your goals and your level of commitment, **3-6 days of strength training per week.** Start your workouts with your **largest muscle groups first** (back, chest, and legs) then finish with the rest (shoulders, calves, biceps, and triceps).

Supplement your strength workouts with **aerobics**, 15-30 minutes a workout, 3-6 times a week. Make sure you're challenging yourself!

AND you must compliment it with **fat-burning nutrition**. And that means **BALANCE**. The Big 3. Spreading your calories out during the day among 4-6 mini-meals. Drinking your 8-10 glasses of H₂O every day. Taking your nutritional supplements faithfully.

EVERY DAY.

Stick with the program. You CAN do it! You've seen out-of-shape people develop nice-looking bodies, WHY NOT YOU? Isn't it funny how some of us believe others can achieve this success, but not our own selves?



Three Natural Ways To Get Rid of Cellulite

When it comes to hype, **cellulite** receives as much attention as the most popular diet and exercise program. "I want to get rid of this **'cottage cheese.'**" "I can't stand all these **dimples**. Help!" In fact, just yesterday I received a spam e-mail about "the most revolutionary product ever formulated to get rid of cellulite forever!" Can you believe that?

The reason you've been fed so much baloney about cellulite is because **the truth is hard to take.** Are you sitting?

I've you've got cellulite, chances are you're always going to have it.

No matter how thin you get, how many hours you put in the gym, or how many thousands of dollars you spend on creams, massage, or liposuction, most likely you're still going to have it.

That being said and understood, let's take a look at the ways cellulite can be minimized, and in some cases virtually eliminated.

Fat Is Fat Is Fat

Cellulite isn't really fat. It's the **relationship** between the skin and the fat directly beneath it. It's a hill-and-the-valley relationship. Dimples. Cottage cheese.

It's caused by **fibrous bands** that run from the skin to deeper fatty tissue. These bands form **pockets**; when they fill with fat, that causes the cellulite appearance. Of course, the more fat you have, the deeper these hills and valleys are. But **even a woman of ideal body weight can still have cellulite.**

Yes, women are more prone than men to have cellulite. Hey, it's not our fault. Women typically have thinner skin and more fat underneath the skin. It helps to support **childbearing**.

Marketing Geniuses

Let's face it: cellulite is just not something you want to have, any more than you don't want to be overweight. Which is why **cellulite "reducing" creams** have sold in the hundreds of millions of dollars and the **diet industry** is a multi-BILLION dollar industry.

Any effects you get from getting a body wrap or electrical zap is **temporary.** You experience some water loss, which helps make your skin a little tight. But, just like a sponge, you fill back out with the next couple of glasses of water.

Lipo

When all else fails, suck the fat out!

This kind of logic has made liposuction the most performed cosmetic surgery in the U.S. While it is effective in removing fat cells, it is not entirely effective for minimizing the relationship between skin and fat - cellulite. You can't selectively remove the hills, so you can't significantly minimize the dimpling.

Lipo is performed by inserting a tubular "vacuum cleaner" under the skin and moving it back and forth in search for fat cells (I'm getting the willies just telling you this). A small tunnel is left everywhere the tube travels. Following surgery, the skin and tissue collapse to fill in these tunnels.

In some cases, lipo can leave you with worse dimpling than before you went in, even though special precautions are taken during the healing process. Also, this is not a casual surgery. There will be pain and discomfort.

There is a plus side: medical science is looking at a variety of surgical techniques that may effectively smooth the appearance of cellulite in the **future**.

Diet, Exercise, And Massage - The 3 Natural Ways To Noticeably Minimize Cellulite

Well, no kidding Gar.

 A muscle-developing (tone or size) will lessen the appearance of cellulite. Muscle is highly metabolic, burning more calories 24 hrs. a day. Muscle is more attractive than cellulite; when you reduce your body fat, your muscle appears more noticeably than cellulite.

But it's imperative that your exercise program **focuses on muscle development** to be effective. Doing aerobics only just burns some calories, but does not build lean muscle mass. You need to increase your muscle tone and decrease your body fat.

- 2. Sound nutrition utilizes the nutrients in your food more effectively, rather than storing it as fat. Pairing it up with regular, vigorous exercise minimizes cellulite to a point where you can't see it unless you look really, really, hard.
- 3. Many experts agree that massage can effectively break up the bands of fibrous tissue that makes up cellulite. This is popular in Europe, and one of the major reasons massage is an integral part of the spa experience. To be effective, massage must be vigorous and deep.

Your Body Image

Some of you may never live cellulite-free. It's just a fact of life. Remember, your body is perfect today, even if you think it isn't. But that also means you don't have to accept where you are right now.

It does mean that you are **aware** of your situation and your body, **and you're going to do something about it.** Be the best you can be, **BY YOUR STANDARDS,** not a professional model's. If you don't like your standards, then raise them.

Remember that creams, body wraps, and lipo are **temporary** solutions. If you're going to make a real difference in your body, **you need to act like you're making a difference.** Minimizing or eliminating cellulite requires **dedication and persistence.**



Kick-Start Tips for Your Own Body Transformation

As I read about how successful dieters and exercisers are able to lose weight and keep it off - permanently - and live the life they deserve, I've found these characteristics common among them. It amazes me how so many people are so happy for others when they achieve their goals, but don't believe they can do it themselves. Remember, IF THEY CAN DO IT, WHY THE H _ _ L CAN'T YOU?

1. Whole-Hearted Commitment & Determination

Sometimes it just takes one more look at yourself in a picture or in the mirror to get you so fired up to get healthy and fit - FOREVER. Maybe you see other people on TV in a similar situation; you look at THEM and think, "I don't want to end up like that."

Half the battle is making the **DECISION.** When you're overweight, it's hard talking to people who have been successful in losing weight. **Feed the fire of desire. Keep talking to these people.** Then one day, the light will click - you know you're ready.

2. Uplifting Workout Music

Your favorite tunes make time fly, eliminate boredom, and jack up your motivation. Doesn't matter what the music is - gospel, jazz, light music, opera, or KISS - it makes you MOVE.

3. Food Journal

You may think you're eating healthy and balanced, and wonder why you're not taking off any weight. Time for the **Truth.** Keep a food journal, recording EVERYTHING you put in your mouth every day. You may not realize what you're nibbling on in between meals when you're not hungry. **Journaling helps you to see your trouble spots, and how you can solve them.**

4. A Reward System

We all need a pat on the back - and on a regular basis. We always focus on what we DON'T do, and beat ourselves into oblivion for our lackluster efforts. How about looking at what you DO do, and rewarding yourself for it? Something

like a massage, new shoes, new clothing, new book. Something that puts a smile on your face.

If you make a mistake, learn from it and move on. You have experience in this situation now to prepare you for the next time. Just keep moving forward.

5. You Want More Out Of Life

Can't play with your kids because you can't keep up with them? Want to go bike riding or hiking, but you're too out of shape? Have no energy to do ANYTHING? Lacking confidence to DO WHAT YOU WANT?

It comes back to DECISION. Do you want to "go through the motions" every day, every month, every year for the rest of your life, hoping to safely make it to death?

What do you want out of life? Make a list of 25 things that make you smile. Personally, professionally, whatever. Start doing one of them. Then another, and another. Let the "domino effect" take over.

6. Eat Slowly Until Satisfied

After about 20 minutes, your brain sends a message to your digestive system to stop eating. Everybody seems to be in a harried frenzy these days, and the way they eat shows it. Wolf down a meal in a few minutes. But you're still hungry. So pack in some more. Pretty soon you're eating close to 1000 calories for your meal.

Back off!

Take the time to eat - what's 5-10 more minutes? And don't tell me you don't have the time. Take a healthy, balanced meal, sit, and chew your food. It's better for your digestive system, you don't eat as many calories, and you're equally satisfied with less food.

7. Setting Up Boundaries/Zapping Tolerations

Tolerations are situations you're trying to manage that are **wasting your time**, **energy**, **health**, **and life** - that shouldn't be there in the first place. e.g. Relatives/friends shoving desserts in your face, spouses treating you to a dinner after a hard day at work, getting interrupted while you're working out by kids/spouse, etc.

Boundaries are set up to **protect YOU** - your mind, body, and soul. You're basically drawing an imaginary line NO ONE can cross. Take a toleration, and then build a boundary for it.

8. Variety

You can't get results if you keep doing the same dang thing all the time. **That's insanity - doing the same thing and expecting different results.** Your body is going to quit on you. Change your workout routine often. Try new, challenging activities, like hiking, kickboxing, in-line skating. Keep it interesting and fun; you'll keep doing it, and get in shape in the process.

9. Time For Yourself - Becoming SELFish

If you don't have time (which I won't buy into that), MAKE TIME FOR YOURSELF. This isn't narcissism. This is about taking extreme care of yourself so that you're available to help others faster and easier. If you have no energy to get healthy and fit, how long do you think you're going to last volunteering in your community, or taking care of your family? Or going on vacation?

10. Positive Self-Talk

If it takes saying "I can do it!" 40 times a day, then so be it. It's what works for YOU. We all have this tape recorder inside our head that tells us why we CAN'T do something. Your job is to turn it around. When you find yourself talking negatively, say, "Stop!" "Cancel!" or "Enough!" Then turn the negative statement into a positive one.

11. A Strong Community

Misery loves company. Get out of it. Find (or start) a group of like-minded individuals who share the same vision you do - a vision of high energy, tremendous motivation, and personal growth.

If you want to stay where you're at, go to the pity parties. If you want to get fit, get with the right people that will help you be successful.

12. Fitness Is A PRIORITY

Life is exercise. Don't tell me you don't have enough time, or you're waiting for the right time or situation, or whatever. Who are you trying to kid? Apparently, you must be trying to kid yourself. **WHAT ARE YOU WAITING FOR?** There are only 24 hours in a day, so why not make the best use of them to stay on track toward your goals?

And why is it that single mothers of 3 and 4 kids can find 30-60 minutes DAILY to get and stay in shape? Fitness is to be as natural as taking a shower every day. Relieve stress, build confidence, lose weight, increase energy, boost metabolism,

protect from disease, etc. How does parking your rear on a couch achieve that?

If you're complaining about how out of shape you are, DO SOMETHING

ABOUT IT.

13. Take – no, MAKE Time To Prepare Healthy Meals

Make your lunch for the next day as you're cooking dinner. Cut up the veggies and fruit when you get home from the grocery store. Make enough dinner so that there are leftovers to put in Tupperware for the next couple of days. It's cheaper in the long run. Plus, not only do you control your waistline, but you also build confidence, and boost sagging energy. Can't do that with a Snickers bar.

14. Water

Control appetite, regulate body temperature, clean your system, and metabolize fat effectively with 8-10 glasses MINIMUM per day. Feel hungry? Sometimes hunger is a sign of dehydration. Drink a big glass of water when you feel the urge to eat, and see if that works. If it doesn't, well, eat a balanced meal or snack.

15. Don't Worry About What Others Think - It's About YOU

Why are you putting thoughts into other peoples' heads that aren't even there in the first place? You want to get healthy and fit. YOU want to get healthy and fit. Not your spouse, your friends, or the people in the gym. This is about YOU. You're on a mission to lose weight and build an unstoppable, fantastic body. Put the focus on YOU. Nobody else matters.

16. Daily Habits

What habits are you going to develop that will **keep you moving towards your goals faster?** These are habits you must WANT to do; no room for coulds, woulds, or shoulds. They must **give you energy.** Make them **simple and fun. These are your "rules."** You're not following some diet book that tells you "live by our rules and you'll succeed." YOU are designing your life, with habits that keep you on track.



Super-Charge Your Day Before You Even Leave For Work

BEEEEEP! BEEEEEP! BEEEEEP!

Click. 9 minutes later...

BEEEEEP! BEEEEEP! BEEEEEP!

Click. 9 minutes later, and maybe 2-3 cycles more...

"Holy smokes! I'm going to be late for work!"

Jump up, hop in the shower, get out, put your clothes on, run to the car, and you're barely on time. **GO, GO, GO, GO!**

What's wrong with this picture?

- The pace for the rest of the day has been set unnecessary stress
- No breakfast which means no energy, lethargy, and a ravenous appetite
- Mental sharpness went out the window
- Metabolism shut down
- No energy means not feeling like working out, which leads to...

Weight gain (FAT), muscle loss, stubborn metabolism, anger, frustration, disappointment, irritation, etc.

Don't worry. These things are just **temporary**. Which means **YOU CAN CHANGE THEM, IF YOU TAKE ACTION**. Not later today. Not tomorrow. Not Monday. **NOW**. And if you follow my suggestions.

So I've put together a step-by-step list for you so you can **SUPER-CHARGE** your day, before you even leave for work! (Kind of like that U.S. Army commercial, "We do more before 9 a.m. than most people to all day.")

Step 1: Hit The Alarm & Get Your Butt OUT Of Bed THE FIRST TIME!

Getting up **IMMEDIATELY** will give you a reserve of time so your morning is less stressful. Take the time to take a refreshing shower, **have more time** to make a

BALANCED, nutrient-dense breakfast, **have more time** to eat it, **more time** to pack a BALANCED lunch and snacks, and **more time** to get to work.

Step 2: Set The Tone Of Your Day With Positive Self-Talk

Your body is most receptive to self-talk when you wake up in the morning. "I'm so tired," or "I can't wake up" are perfect ways to RUIN your day. Your body just picks that up and responds appropriately. To change results, change your thoughts, feelings, and actions. "I'm full of energy!" "I feel strong!" "I eat healthy!" are a few examples. Use your imagination. Give yourself positive energy, and your body will reward you with it.

Step 3: Move That Body! (Aerobics)

Pure and simple: **GET MOVING!** Fire up your metabolism by partaking in a brisk, 15-30 minute aerobic workout. Walk, jog, bike, treadmill, etc. Since you've been on a fast, your body doesn't have much carbohydrate to burn. After several minutes, you're going to incinerate some of that stubborn body fat you've been trying to get rid of. Make sure you're challenging yourself!

Step 4: Wake Up Your Muscles With These Exercises

If you could only do two exercises, these are the best "weightless" exercises: push ups (standard or modified) and lunges. Do three sets of each exercise for as many reps as you can each set. You'll firm up your muscles and keep them toned. Of course, you do need to do strength training, but for our purposes, you just want to get going. This itty routine will take about 5-10 minutes, as long as you're not dilly-dallying.

Step 5: Stretch

After your exercise, your muscles are now pliable. **Invigorate yourself and relax by doing some general stretching exercises.** Hold each for 15 seconds, with no bouncing! Helps your posture, prevents low back problems, and prevents injury.

Step 6: Shower

Enough said.

Step 7: Balanced Breakfast

Why bother doing any of this if your breakfast consists of coffee and a couple of doughnuts? Keep that up, and you'll keep getting what you're getting: **poor nutrition = poor physique.** You know me by now - gotta have "The Big 3."

Protein, carbs, and some fat. Remember the eyeball method; a palmful of protein, 2-3 palmsful of fiber-rich carbs. Then watch the weight, and especially FAT, melt off!

Pack Your Eats

By the time midmorning rolls around, you're going to get hungry. That's good. Your metabolism is humming, you're developing lean muscle, and you're burning fat. **Don't let being hungry worry you!** Many people think they're going to gain weight if they eat every time they're hungry. Not true! **Your body needs to support the new muscle and higher metabolism,** so, please, EAT! But that doesn't mean gluttony. Before you leave work, pack a balanced lunch, and maybe a couple of nutrition bars (for convenience).



You Are The Creator Of Your Metabolism

"I've been on so many diets, I've really screwed up my metabolism. I don't think there's any hope for me. I'm stuck with a rotten, slow metabolism for the rest of my life."

Give me a break.

Stop being a victim of your metabolism!

Unfortunately, **clever marketing** leads people to believe that a **"magic" combination of supplements and herbs** can stimulate a permanent and beneficial change in your metabolism - **especially without exercise**.

Metabolism, put simply, is the speed with which your body burns through food.

And you can do something about reviving it. How?

- Focus on STRENGTH TRAINING FIRST. Muscle is synonymous with metabolism; the more muscle developed, the higher your metabolism. Work on enhancing lean muscle mass.
- Feed your body often. Not more, but often. Spread your calories
 throughout the day. Eat every 3-4 hours to keep your energy and metabolism
 high. It takes calories to digest your food, so it makes sense to eat smaller,
 mini-meals. No more energy roller-coaster rides, plus you'll control your
 cravings.
- COMPLIMENT your strength training with aerobics. Burn some extra
 calories by supplementing your strength training with 15-30 minutes of
 aerobics. Used to be that aerobics was the secret to weight loss. Not true
 anymore. Too much aerobics wastes away lean muscle, and muscle IS THE
 KEY for permanent weight and fat loss.
- DRINK YOUR WATER. This has to do with the two major functions of your liver:
 - (1) Detoxify your body, and
 - (2) Metabolizing fat. If you're not drinking enough water, your liver has to work overtime to detoxify your body, severely compromising its ability to metabolize fat.





19 Great Ways To Blast Fat

Would you believe you can **burn fat faster** by sneaking a snack? Truth is, you can turn almost any activity into a serious fat-melting session. The 19 fat busters here will help you knock off more calories during your workouts and make every extracurricular minute count toward **melting those love handles**.

1. Run errands.

Literally. Walking briskly while lugging dry cleaning burns about 120 - 180 calories in 30 minutes, twice as many as driving does.

2. Blast your biggest muscles.

The more muscle you have, the more calories you'll burn--even just sitting around. A study in the American Journal of Clinical Nutrition showed that women who pumped iron upped their burn-off by 300 calories a day. If fat burning is your goal, focus on building the muscles that consume the most calories, like your butt, thighs, and chest--don't bother with smaller muscles, like triceps or calves, which have less impact.

3. Fidget frequently.

Research has shown that "spontaneous physical activity" like tapping toes and fussing with hands blasts off up to 800 extra calories per day. Wow!

4. Power up.

To kill off more calories each aerobic workout, increase the speed or intensity. For example, if you run on a treadmill, up the speed or raise the incline. The calorie difference: Running 30 minutes at 5.2 mph burns 266 calories; 6.7 mph burns 325. Adding hills ups the count another 50 calories.

5. Rock out.

Music is a **great motivator**. Studies show that exercisers who tune in to music work out 25 percent longer.

6. Trek to the toilet.

Instead of going to the closest bathroom at work, **take the stairs to another floor.** Every minute you climb kills seven calories. This may be a challenge at times, but you reap the benefits.

7. Warm up, cool down.

Even the most dedicated exercisers skip the warm-up and cool-down (it's too "boring," they say). Even though you're moving slowly, **you're still burning calories:** A swimmer, for instance, can wipe out an extra 90 calories-the equivalent of a couple of Oreos--if she does a 10-minute warm-up and cool down.

8. Munch more often.

You need calories to burn calories. When you go hours without food, your body goes on starvation alert and slows its metabolism to conserve energy so you use fewer calories. Feel free to **eat between meals.** Remember, BALANCE. Cottage cheese with peaches, plain low fat or nonfat yogurt, nutrition bar or protein shake, for example.

9. Do it CORRECTLY.

Using **poor technique** on a cardio machine **reduces** the number **of calories burned**. The most common blunder: stair-stepper sloppiness. When you lean on the handrails, your legs don't have to carry as much weight, so you don't expend as much effort as you should. For maximum flab-busting, **stay upright** and only use the handrails for **balance**.

10. Squat before you shower.

How about a little **creativity?** Stand in front of the toilet, rest one foot on the lid, and grab a towel rack or sink for balance. Squat 15 times, switch legs, and repeat. One-legged squats can be more effective than two-legged squats, because you're making ONE leg do all the work.

11. Pace yourself.

No, don't become a nervous wreck. Always on the move, pacers continually tap their fat reserves. If you're not a natural pacer, schedule a five-minute walk break every hour. You could burn about 100 extra calories if you work a full eighthour day.

12. Two-step it.

Obviously, forgoing **elevators in favor of stairs** bumps up your calorie expenditure, but did you know that taking the stairs two at a time burns 55 percent more calories than single stepping?

13. Use interval sprints.

Adding short turbo bursts of speed to a cardio workout will net you a **bigger** calorie payoff. Throw in 10 sprints during a cycling session and you'll bum an extra 120 calories. To do: Go at your usual moderate pace for two minutes, then speed up for one minute. Slow back down to your regular pace for two minutes, and then speed up again for a minute. Keep repeating. **Great for when you're** pressed for time but want to get the most from a cut-short workout.

14. MAKE your meals yourself.

Commit to kitchen time. Give up your blender and pick up a whisk. Instead of an electric can opener, use the manual kind. Just spending an hour cooking burns about 150 calories.

15. Pump and Jump.

Mixing strength training with cardiovascular exercise (called circuit training) can more than double your workout's calorie-burning payoff. Start with five minutes on a cardiovascular machine, move on to a strength exercise, and then return to cardio for a couple of minutes. Continue alternating cardio and strength exercises, finishing up with five minutes of cardio.

16. Clean your home.

Vacuuming, mopping, dusting, sweeping, scrubbing floors, making beds--they don't just eliminate dirt, **they K.O. calories.** In fact, housework **melts away 200 calories an hour.** (This may be a tough one for you men, but I found out over the last couple of weeks... you're definitely working!)

17. Split 'em.

Instead of doing a longer, 40-60 minute aerobic workout (when many of you complain you "don't have time"), split them into two mini aerobic workouts--20-30 minutes in the A.M. and 20-30 minutes in the P.M. Exercise boosts your metabolism for a few hours afterward, so you stand to burn MORE calories by splitting your workout up.

18. Del aqua (that's Italian).

Staying hydrated helps you work out longer, thus burn more calories. Even a 1% drop in bodyweight through weight loss is enough to fatigue your body AND your mind, which means you're more likely to quit before your workout is complete.

19. Perfect posture.

Never lie your down when you can sit, sit when you can stand, or slouch when you can stand up straight with your abdomen pulled in. You're making yourself work to maintain proper posture, so that extra effort is burning some more calories.





Q: Want a body that'll burn fat - even while you sleep?

A: Rev up your metabolism.

Okay, you already knew that. But are you doing what's necessary to **make sure** your internal, fat-burning furnace is "on," 24 hours a day?

Nutrition Tips

- 1. YOU MUST MEMORIZE THIS: YOUR BODY IS ONLY AS GOOD AS THE THINGS YOU GIVE IT.
- 2. Eat three full meals a day, with 2-3 snacks. So it works out to a "feeding" every 3 hours or so. BALANCE IS KEY. Protein, lots of fruits and veggies, and a little fat (unsaturated). If your balance is out of whack, you're going to be out of whack, too. With practice, you'll find the right balance for you.
- 3. Vitamin/Mineral supplement. Why? They help you to use the food you eat more efficiently. They help aid in digestion and assimilation of your food, plus you get an added nutritional boost that your diet is lacking.
- **4. Energy needs change** depending on the activity level, so your menu should, too. That means you don't have to count calories; instead, you'll naturally learn to pay attention to what your body needs from day to day.
- **5.** Buy foods that can remember where they came from; no processed junk or convenience foods. Hey, give organic foods a once-over, if you haven't already.
- **6. READ LABELS.** It still surprises me how many of us still don't read the labels. Keep sugars low, about 10% of the carbohydrate grams. E.g., if there's 20 grams of carbohydrates, there should only be 2 grams sugar.
- 7. Create a reserve of nutritious food. Cook your meals on a Sunday to hold you over for a few days. Stock up your refrigerator or cooler at work. Home, too. Buy a box of nutrition bars, like Balance Bars or Power Bars (and the like) to eat when you're extra busy. Keep them in your gym bag, your desk drawer, coat pockets. You won't be so inclined to order in or eat out.

- 8. Scrap diet sodas and caffeine. Water is very effective in fighting fatigue. Helps you lose weight, control appetite, enhance fat burning, and cleans your system. Keep on hand protein powder for a low-calorie energy boost.
- **9.** Keep your blood sugar in check and quiet sugar cravings by making absolutely sure that you're following principle #2 especially with protein.
- 10. If you do go out to eat, eat only half of what you get. Most restaurants give you twice as much as you need even if you're working out like a son-of-agun. And pitch the bread basket, by the way. Opt instead for a salad with dressing on the side.
- 11. Keep your energy and metabolism humming by following #2.

Workout Tips

- 12. Pump iron, first and foremost. Muscle is your most metabolically active tissue, so it makes sense to develop it. Can't do it with 3 lb. dumbbells. Pump iron LIKE YOU MEAN IT. Challenge yourself EVERY workout. 4-6 days a week, no longer than 30-45 minutes per workout.
- **13.** Try this for aerobic training: switch activities every couple of weeks so your body has to work at re-learning another activity, which burns some extra calories. Swap cycling for the Stairmaster one month, for instance.
- 14. Back to #12. The fastest route to muscular development is taxing your muscles to the max. To the very last full repetition of every set of every exercise. When you think you've finished, if you can do more, DO IT. No wimps allowed!
- 15. Get out of the "maintain" frame of mind. There is no "maintain." That ends up as trouble for most people. If you think that once you reach a certain level of conditioning and you can back off, you're in for a rude awakening. Your body will love it, and will begin to start shutting down. A slow, gradual loss of muscle and metabolism, and a slow, gradual increase of body fat.
- **16.Get your Zzzz's.** Muscles aren't built at the gym; they are built when they are given time to **rest and recuperate.** But they can't do that if you're getting 4-5

hours of sleep a night and stressing out on a daily basis. Not to mention, you must have a **sound nutritional plan** to help you recover faster between workouts. Shoot for 8 hours/night (okay...l'm working on that, too).





Burn Fat More Efficiently – Work Your Lower Body!

Watch people work out at a health club sometime. Pay attention to the exercises they do. Where is the main focus?

Upper body.

Chest, arms, back, and shoulders.

Bench presses, bicep curls, pulldowns, lots of pushing exercises.

And then maybe some rinky-dink leg extensions and leg curls. Whoopee do.

"I just don't understand why I'm not losing as much fat as I want," is the common complaint.

Is this you?

First of all, I applaud you. You are on the right track with your strength training. That is so important for paring off unwanted fat.

But you're stuck in first gear.

The trick to burning serious fat is working the most muscle in the shortest possible time.

Focusing your strength training on upper body movements works the smaller muscle groups, which burn a decent amount of calories, without a doubt.

But you can **REALLY** melt off ugly fat by working your "wheels" – your lower body. That's right. **Your legs and calves.**

I can just hear some of you: "But I hate doing legs! They're so hard! It's too tough!"

Boo hoo.

Look, your **lower body** contains the **largest muscle groups** in your body. Therefore, to **burn more calories** more efficiently, and thus **lose the fat FASTER**, doing more muscle-building **lower body exercises will rev up your calorie-burning engine like a Ferrari**.

You'll be pleasantly surprised at how fast the results come. Some of you may not even believe it!

The Best Lower Body Exercises To Do

These two exercises (and variations thereof) are **THE BEST** to seriously boost your fat-burning ability:

- Barbell squats the king of all exercises for both men AND women, and
- 2) Lunges the queen of lower body exercises for women but men should do them, too!

Of course, eating a healthy, fat-burning diet is essential to maximize your results. Doing these exercises until you're blue in the face will get you nowhere if you're eating carelessly.

Think about it. When you do one or both of these exercises, you are able to handle quite a heavy load. You work more muscle in less time. You'll develop muscle at a faster rate. More muscle means more calorie burning. And that's what you want.



5 Minute Fat-Burner Quickie

Looking for a quick, fun exercise?

Just grab a jump rope, be a kid again, and burn 200 calories in 15 minutes of jumping rope. Jump faster, and burn more. Or split it into three 5-minute

sessions a day if you're really crunched for time. This old-fashioned exercise also answers some common workout concerns:

Not seeing results? Add a short jump session to your workout. The extra calories you burn melt away pounds.

Uncoordinated? Jumping rope actually improves coordination, balance, and agility.

Can't afford exercise equipment? A good jump rope cost about \$15.

Worried about your knees? Jumping rope may actually protect them. It causes less impact than running because you're only jumping an inch or two off the ground. What's more, this moderate impact can produce big gains in bone strength.

To begin jumping, you'll need a good rope. Look for one with **ball bearings**, to allow the rope to turn easily at the handles, and **bypass weighted ropes**, which may increase the possibility of wrist pain. Your rope is the correct length when you step on the center and the ends of the handles just reach your armpits.

Always warm up first, then jump on a surface with a little "give" (wood, grass, carpeting, or a mat) while keeping your elbows in and turning the rope with your wrists, not your arms--your upper arms should barely move. Relax your shoulders and don't lean forward. Have fun!



52 Tactics To Burn Fat, Boost Energy, and Stay Motivated

1. Tune in to the right tunes.

The **wrong music** can **drag you down.** You need to pick the right music for YOU, the kind of music that gets you going. If classical music psyches you up, super. If KISS does, that's fine, too. **Make your own cassette tape** of your favorite music tracks to pop in your Walkman when you're ready to sweat.

2. Partner up.

This is different than finding a temporarily permanent training partner you have to rely on. Once a month, drag a friend (maybe literally) to the gym/your basement with you to help you lift more weight. It helps if this friend is active, too. If you've been stuck with lifting the same weight for the last several weeks, add a couple of more pounds and have your friend help you "push the envelope." This little shock will force your body to respond and continue developing muscle, revving up your metabolism.

3. Make a flip movie with pictures of you.

Remember those pictures on the corner of a page of a comic book, where if you flip the pages, the picture becomes animated? Try this on for size: get a disposable camera that has 24 exposures. Once a week, have someone take a picture of you in your favorite outfit. After 24 weeks, have the film developed. Take the stack and flip through the pictures and watch your own transformation take place! Knowing you'll be developing that roll of film in 24 weeks can be a major incentive to stick to your goals.

4. Get more done in less time.

We're all short on time. And getting a workout in is the last thing most people want to worry about (although I don't buy that). If you're short on time, go faster and harder, i.e. increase your intensity. If you're running, walking, biking, etc., increase your speed. Lifting weights - increase the weight. Research shows that even if you decrease the frequency and duration of your workout, you can still boost your fitness with higher intensity.

5. Send your scale to prison.

Lend your scale to a friend for a month (or just **GIVE** it to him/her) and **learn to listen to your body** for once, instead of three stinking digits that most people let run their lives. How does food affect you? How do your clothes fit? Are you exhausted or energized at the end of the day? How does your body move?

6. How do you breathe?

Try to **breathe through your nose** more often. It has a calming effect on the body, so it **conserves energy.** Used at lower-intensity workouts, you can last longer.

7. Listen to your body.

As you gain valuable experience from being on a regular, vigorous fitness routine, **your body will send you signals** from time to time, telling you to **push**

it to the limit, or to back off. Listen. Make adjustments where necessary, like change the exercises, rest periods, repetitions, eat different foods, etc.

8. What is your goal?

Determine what you want from your workout, **before** you work out, then go get it. That way you don't just go through the motions. Your workout becomes more **focused**, and you feel more **accomplished**. **Big self-esteem boost**.

9. Short and sweet.

If your schedule allows, **break up your workouts** into two sessions. For instance, strength workout in the morning, aerobic workout in the evening. You can actually **burn more calories** this way because your energy is now concentrated on one shorter workout. You can go at a **higher intensity** for each workout because you have **more energy**.

10. Get videotaped.

Just humor me here. Have a friend videotape you to watch your technique. (You also may have a laugh or two.) Are you holding your breath? Is your posture okay? Are you using momentum to lift the weight? If you don't want to be taped, then hire a trainer for one session to refine your technique.

11. What's your hurry?

Just about everybody wants to lose weight and get fit, now and forever. Exercise and eat well daily. Keep that weight off. Have abundant energy. Just plain feel better - all the time. But even people with these intentions will blow up and feel like quitting if they don't lose weight in a certain time frame. Okay, you didn't lose weight this time around. Fitness is a process, not a means to an end. Get over it, and move on. Letting this disrupt your progress throws you into a vicious weight-gain cycle.

12. Get a massage.

Besides getting rid of toxins in your muscles, massage can boost flexibility, power, speed, and endurance. Even if you can't afford a massage, you can experiment with self-massage or get your boyfriend/spouse to give you a good rubdown.

13. Drop sets.

A drop set is when you do, say, **2-4 consecutive sets of the same exercise without rest in between sets.** You're **repeatedly fatiguing a muscle** with decreasing amounts of weight in a drop set (you're "dropping" weight each

successive set). Do drop sets **once a week for one month** to add a little jolt to your routine. Here's how to do them: Do your first set to fatigue, then reduce the weight by 10-20% for the second set, and do as many additional reps as you can. NO rest between sets.

14. Snap out of it.

Try this for one week (and that's **not** a lot to ask): every time you catch yourself saying something negative to yourself, stop right where you are and say - out loud - "STOP!", "CANCEL!", "ENOUGH!, or "SNAP OUT OF IT!" Then **replace** that negative thought with its more **productive**, **positive side**. **You are your own best cheerleader**.

15. What does your heart say?

GET a heart-rate monitor to gauge if your workout is too hard or too easy. Many people push themselves too hard for what their goal is. On the flip side, many people also don't push themselves hard enough. How about YOU? How do you know if you're challenging yourself to get results? Keep your training heart rate between 55-90% of your maximum (220 - your age).

16. Get an expert.

Invest in yourself. Hire a personal trainer or coach to help you with **technique**, **setting goals**, and developing a **sound**, **practical fitness plan** to get you to where you want to be. Put it this way: if you bring your lunch to work and eat out less frequently, in a couple of weeks time you can afford a session or two with a trainer.

17. Supersets.

Build strength and endurance, but, more importantly for time-crunchers, get more from your gym time by doing supersets - back-to-back sets of exercises for different muscle groups every couple of weeks. An example of a superset would be dumbbell bench press (chest) for a set, then without rest, get your butt over to the lat pulldown (back).

18. Chin up.

Research has shown that runners who keep their eyes straight ahead and "chin up," tend to take **longer strides and use less energy** to run at the same speed than those who look down at the ground. (Wouldn't you run into something, then?) While you run, check your form every few minutes, making sure your chin is up, looking straight ahead, shoulders back, and your torso upright.

19. Schedule your appointments for the week on Sunday.

Your **WORKOUT** appointments, that is. **WRITE THEM DOWN** in your planner or on your calendar. Do this for one month, and you'll see you'll work out more often - and the results come faster.

20. Be a little eccentric.

There seems to be more evidence showing that you can gain strength during the lowering (eccentric) phase of a weightlifting exercise. The idea is that people only get half the benefits of weight training because they're emphasizing the lifting (concentric) phase of the routine. Eccentric training involves lowering more weight than you can lift. BE SURE YOU INVOLVE A COMPETENT SPOTTER. Better, ask one of the roving fitness instructors for help.

21. Walk faster.

Cover more distance in the same amount of time. Here's how: let your toes propel you forward. When you walk, land on your heel, roll through the foot and push off strongly with the toes. Do the race-walk arm swing, too - arms bent at 90 degrees, close to the body, and major swinging (especially backward). You'll speed up your pace and burn more calories.

22. Watch other people.

Well, not just anybody. What you're going to do is watch the form of somebody who knows what s/he's doing, like a professional athlete on TV, a personal trainer at the gym, or the "star" on an exercise video. Watching the form of somebody with good technique gives your mind's "eye" an image to focus on, and your body will actually mimic good technique. You'll improve your performance and effectiveness of your workout. Remember, your body is only an instrument of your mind, so what image you focus on is how your body is going to move.

23. Surf, dude.

The Internet, that is. The 'Net is an **excellent source of information and discussion**. There are so many sites that offer customized personal training, chat rooms, and forums. So many, that I couldn't possibly list them here - there's that many. My suggestion is to go to Yahoo, Excite, Snap.com, or Go.com and **do a search** for diet, nutrition, exercise, fitness, lifestyle, and personal training as keywords.

24. Monitor your progress.

Schedule a fitness evaluation at your club **regularly** - every six weeks, bimonthly, quarterly, or semi-annually - to keep track of your body composition,

cardiovascular endurance, and strength. Heck, you can even schedule them so that you're doing them YOURSELF by using the nifty fitness calculators from doing #23.

25. Balance your body.

Most people are **stronger on one side** than another. For example, my right leg is much stronger than my left leg (and bigger, too.) Also, most people are stronger with their front muscles than they are with their back muscles. That's why **free weights are so effective in making your body work in balance.** Especially dumbbells. They require **better coordination and balance**, and your stronger side can't compensate for the weaker one.

26. Stay tuned.

There are two schools of thought on exercise focus:

- 1) Focus on your body and the muscles being worked for maximum performance and results, or
- 2) If you get bored during your workout, think of something else to get your mind off it.

I like #1. If you're **thinking of something else** while you're exercising, your **form may be compromised,** making you susceptible to **injury.** Secondly, if you're not focused, it's like you could care less about how your muscles are being worked and how you feel. You're just going through the motions. **When you're exercising, keep your mind tuned to your body.**

27. Work your legs.

Your legs and butt contain the **largest muscle groups** in your body. When you use these muscles, **you burn more calories because you have to work harder** to move them. So the more you work them, the more calories you're going to burn. If you have 5 minutes (and I **KNOW** you do) do a set or two of lunges or squats. You'll be tightening up in just a few weeks.

28. Remind yourself WHY you exercise.

Most people start out exercising to lose weight. That's just on the outside. You want to feel better, have more energy, be stronger, do more, be healthier, and you want to do this for the rest of your life. If you don't lose weight, you're STILL getting leaner, boosting your energy, increasing your self-esteem, and feeling healthier. If working out seems like a chore, you need to shift your attitude. Yep, you got it: positive thinking.

29. Stretch your limits.

Flexibility is important. Just like you lose strength or aerobic capacity when you don't work out, you lose range of motion if you don't work on flexibility. All you need is 10 minutes after your workout, when your muscles are warm and more pliable, to do some light stretching.

30. Make a fitness "date."

Instead of getting together with friends for dinner and drinks, why not get together for a hike, or go biking, skating, or running? Pack a lunch or snacks, lace your shoes, and get moving!

31. Steady start.

I've been guilty of the "too much too soon" syndrome many times. There is a strong urge to go all out, especially when starting a fitness program. If you find that you're doing "too much too soon," it's okay to back off your training (I didn't say QUIT, however), and then gradually increase your time or frequency commitment. Sometimes smaller adjustments are easier on your body and mind, which means you boost your chances of sticking with it.

32. Try something new.

Each month, sign up for a new/different class at the gym, buy a new fitness video, or pick a new sport to try. Put it in your calendar as a reminder so you won't forget. Doing some new activity is fun, breaks through exercise staleness, enhances physical and mental performance (because you have to learn different movements), and helps make keeping fit interesting.

33. Get out IN the cold.

If you like outdoor exercise but find that Old Man Winter discourages you from working out, think about this: because your body doesn't have to work as hard to cool itself down (as it does in warm weather), you may be able to exercise at a higher intensity for a longer period of time.

34. PERSONALLY deliver messages at work.

You don't **HAVE** to use e-mail. **Get off your butt** and walk across the office and speak to your coworkers. You can **burn a few hundred extra calories** by replacing the e-mailing with the walking. By getting the blood flowing, you'll **boost your energy and mental performance**, too.

35. Repel your couch.

When you come home from work and you haven't had a chance to exercise yet, and this is a BIG request, **AVOID THE COUCH LIKE THE PLAGUE.** Change into your workout gear, and **get out there.** Even if it's a 10-minute walk, or doing a segment of a video, or whatever - I guarantee you'll go longer than 10 minutes. **Just do it.**

36. How about a fitness vacation?

Used to be that vacations were about pigging out and lying out by the pool. Nowadays, the **latest trend in vacationing is adventure vacations.** Hiking, snorkeling, biking, horseback riding, walking - there's a trip for every kind of activity in almost any location.

37. For a change of pace, take it to the water.

You can swim, run, do aerobics and have a decent, boredom-busting workout in the pool. It's even a form of resistance training, since you're working against the water. If you have joint problems like arthritis, aqua-cize is great for taking stress off your joints.

38. How do you dress for fitness?

Many times how you dress is **connected to how you feel about yourself.** Feel blah in your old shoes, grungy T-shirt, and baggy shorts? Buy yourself a new workout outfit(s). Looking the part can be very motivating.

39. "What the mind can conceive and believe, it can achieve." --Napoleon Hill

If you believe there's no way you'll ever shed those extra pounds, you won't. If this is your mindset when you start (or re-start) your new program, you're doomed for a lifetime of yo-yoing. First, **you MUST believe** you can do this. Second, you **MUST** have **belief in yourself**, and **FAITH** in yourself that you **CAN** do this. Then the results will materialize. That is the path of success. Your mind is your most powerful piece of equipment. **Remember: you can if you think you can.**

40. Fuel up.

Most people don't **supply their bodies with enough energy** to have a great workout. To go hard and last longer. Make sure your last meal before your workout is between 1-3 hours before, and most of your carbohydrates come from fruits and veggies, with a little starch. Throw some protein in there so you have a **sustained flow of energy**, rather than a rush of energy then a crash.

41. Try the meditation martial art-thingy.

Try yoga (maybe something like Body Flex). If that leaves you in knots, try something a little tamer, but just as focused - tai chi. One class can be enough to enhance your strength, balance, and mental discipline.

42. De-Stress with strength training.

More and more research concludes that **strength training helps reduce anxiety.** Your body's response to stress is to release chemicals to prepare your body for it, like adrenaline, norepinephrine, and cortisol. Also called the "fight or flight" response. Being anxious about the holidays, your job, getting fit, or money also produces the stress response. But you still have those chemicals floating around in your bloodstream. Being sedentary and anxious is where stress wreaks havoc on your health - heart disease, high cholesterol, hypertension, and aging. Lifting against a resistance is a **great way to burn up those lingering stress hormones and help you feel better.**

43. Stay a step ahead.

Keep your interest in fitness by **exploring new trends.** Read the fitness magazines, search the Internet, be a sponge to **absorb all the knowledge** you want. Of course, you're going to want to USE that knowledge. You don't get fit through osmosis.

44. Find your focus.

Just 15 minutes a day of meditation enhances your ability to focus and think clearly. Deep breathing, muscle tension/relaxation, NLP, and other meditation techniques work very well. Experiment with them to find which one works best for you. Remember, your body is an instrument of your mind. This is your opportunity to program your mind and body to get what you want.

45. Run easier.

A recent study in Medicine & Science in Sports & Exercise demonstrated that runners who used relaxation exercises like **deep abdominal breathing** and contracting and relaxing certain muscle groups before their workout **improved** their ability to breathe in and use oxygen during the run.

46. Get on your own case.

For one week, try leaving yourself messages at work and home reminding you to exercise. This is your health, for crying out loud, isn't that important to you? Put it in your planner(s), your calendar(s), your voicemail even - keeping yourself well is equally as important as your doctor's appointment (they're BOTH about HEALTH).

47. Visualize.

Again, your body will act according to the thoughts you give your subconscious mind. So, before your workout, visualize yourself going through the movements effortlessly, powerfully, and energetically instead of with a frown on your face. ENHANCE your performance, don't deter it.

48. Boost your body-image.

For one week focus on a body part you like the most. Is it your arms? Wear outfits that show them off. Throw a spin on your workouts by working your arms exclusively for a few more sets. Even if your waist needs working on, your arms look awesome!

49. Stretch in between.

If you take a short rest in between sets during your workout, take 10-15 seconds to stretch the muscle group worked. Saves some time, since you won't have to stretch after your workout.

50. Retro back to gym class.

Seems like doing gym-class-style exercises is pretty popular these days. Go to the park and do some jumping jacks, push-ups, sit-ups (well, crunches), and some sprints.

51. Break personal records this week.

Actually, you want to **break them EVERY week.** If you did 12 reps at 50 lb. last week, go for 13 this week. Or, increase your weight to 55 lb. And do it as many times as you can. Finish a mile walk in 15 minutes last week, do it in 14:55 this week. If you're going to get results, you've got to **keep reaching**, even if it's only by one rep. **You're STILL improving** and challenging yourself.

52. Water.

The key thing to remember with water is your liver. Your liver has two major functions you need to be concerned about: (1) It helps **de-toxify** your body, and (2) helps to **metabolize fat.** If you're not drinking enough water, your liver is working overtime to de-toxify your body, so it's ability to metabolize fat is significantly compromised. **8-10 glasses minimum a day.** For one week, put 10 rubber bands on the glass you're drinking from. Then take one off for every glass drunk.



Chapter 9: Motivation That Moves Mountains



Give Yourself The Gift Of Exercise

Eating a sound, balanced diet is a start. Taking the right nutritional supplements also helps. But to really take your health and body to the highest level, **exercise** is essential.

If you're like most people, you don't feel there are enough hours in the day to fit in a "luxury" like exercise. Maybe you have a family to take care of, a full-time job, and other responsibilities. Even if you had the time, where would you get the energy?

Folks, EXERCISE MAKES ENERGY!

Making time for exercise gives you an added boost. If you work out first thing in the morning, you're going to feel energized for the rest of the day. If you exercise right after work, you won't feel like jumping on the couch as soon as you get home.

If you think about it, when you exercise, you actually GAIN time. This is time you can use to read, study, work, or be with friends and family.

"But," you may ask, "how can using up my energy increase energy?"

Well, for example, aerobic exercise sends more oxygen to your brain, which keeps you feeling more alert. Exercise also brightens your mood, since it helps prevent wide swings in blood sugar levels.

If you feel selfish about taking time out to exercise, just consider that your improved state of mind, your high self-esteem, and the additional energy are gifts to the people in your life. Even if you live alone, you STILL need to be good to yourself.

Another gift that you can give to yourself and the people who care about you is **better health and a longer life.** This is one of the reasons why I don't consider exercise a "luxury," but a **NECESSITY**. Recent studies show that well **over a quarter of a million Americans die each year** indirectly from a lack of physical activity. Exercise can help prevent this.

Do you want to become another statistic?

You know, if you're not working out, then your LIFE isn't working out, or at least not as well as it should. **It's time to make serious changes - NOW.**

Let's look at this negatively, just to make a point. If you don't work out, you're going to have a weak, flabby body. So what? Well, first you feel blah. Second, being weak and flabby opens you up to more serious health problems. Plus, remember that the flabbier you are, the more difficult it becomes to improve your health by losing weight.

When you have too much stored fat, and do not exercise regularly, your muscles start to shrink, and fat bullies its way into the tissues. As fat displaces muscle, you lose strength and stamina, and become increasingly prone to illness and injuries.

Not only that, but as fat keeps accumulating, your life becomes more and more sedentary, in a **vicious cycle** that ends up with your doing less and less just when you should be doing more.

Keep in mind that **after the age of thirty**, you lose about 1% of your muscle mass every year thereafter if you continued to make the excuse of not having enough time, or if you didn't exercise in the first place. **That adds up to a LOT of fat from years of neglect.**

But, my friend, you can stop that cycle, and even REVERSE it. Question is, are you going to do it?

Get Motivated & Get Moving

Consider this: once you're in shape, you're able to do more physically challenging activities that make life FUN. And when you feel and look better, you're ready and willing to get out and enjoy the company of others.

Think of all the activities that you haven't done because you were out of shape. I'm not just talking about biking or hiking, but even simple activities like going to the beach with friends, or going for a wilderness walk. Think of all the dancing you missed out on where you could have socialized. Think of the people you haven't allowed yourself to meet. Think of the clothes you could be wearing.

And as you project into the future, you might want to consider the broad spectrum of ailments and disease that can be reversed by a sound fitness program: high blood pressure, heart disease, osteoporosis, certain cancers, and obesity.

Feel Down? Rev Up!

Exercise increases blood flow to the brain, and lowers blood pressure. It reduces muscle tension and prevents problems that a tense body can create. **Physically**

fit people can handle stress better, and they are less likely to suffer from depression.

If you already have depression, **exercise can have a great impact** in overcoming it. However, it is NOT a cure-all. If you've been diagnosed with clinical depression, BE SURE YOU'RE UNDER YOUR DOCTOR'S CARE.

Doctors report that if depressed patients can get moving physically, depression symptoms are alleviated to an extent. The problem is that a depressed person doesn't even want to think of exercising. But if you can somehow start with a program, however moderate, the **rewards** are tremendous: **more energy, a clearer mind, and quite possibly a renewed interest in life.**

Look At Your Exercise History - IS THERE ONE?

Exercise should be as routine as taking a shower every day. If it isn't, WHY NOT?

There are many reasons (excuses) why you've chosen not to exercise. Maybe you're too tired or depressed, or just plain not in the habit of working out. Maybe you're "old school," thinking you'll be muscle-bound, or just eat nothing, or that only the overweight needs to work out. Just like you need to take a look at how your eating habits were formed as you were growing up, look also at how your "exercise attitude" was shaped, too.

If you've basically been a non-exerciser up 'till now, WHY?

Was there too much competition attached to exercise when you were growing up? Was it high school gym class, and it was presented as boring or embarrassing? Was it preached that "females don't need it?" Take the time to discover, or uncover, the excuses why you don't exercise regularly.

Look, I KNOW you want to work out. You WANT to build a leaner, energized body. You want to seriously improve the quality of your life. Otherwise, you wouldn't be reading this book. So, are you going to keep reading and reading, or are you going to take this article to heart and "get the lead out"?





How well do you keep your New Year's Fitness Resolutions of getting healthy and fit? How much have you accomplished? Having clearly defined goals and objectives is just the **first step** in adding purpose and direction to your life, increasing your self-esteem, and improving your health.

While you're thinking about what you've done and what you haven't done, take a few minutes to **rekindle the fire with new health and fitness goals.** Make them big; make yourself reach for them. These goals serve as a **tremendous motivator** to exercise regularly, eat right, and live life to the fullest.

Be Creative

A challenging goal causes you to **step out of your comfort zone** to accomplish it. Make your goal **REALLY challenging.** Something that you really want, and you're willing to do what it takes to get there. It also reflects who you are, your values. Use the following list to get those gears churning in your head:

• Be More Consistent

As simple as getting to the gym, going to your workout area at home, or wherever you exercise. Are you working out 2, maybe 3 times a week? **Shoot for 5-6 days a week. LIFE is exercise!**

• Improve Your Strength

You can realistically **increase your strength by about 5% per month,** even if you're an advanced trainer. That's about a 5 lb. increase in the amount of weight you can lift. Set a goal for a particular exercise, like the bench press, and **track your progress with a log** to see how far you've come.

• Improve Your Muscular Endurance

Your **reps will increase by 2-3 over a month,** if you use the same weight for the entire month. Here's a thought: if you can't do very many chin ups, set a goal for how many you can do at the end of 4 weeks. Improving muscle endurance is great for carving out definition.

• Increase Your Distance

Doesn't matter if it's walking, jogging, Stairmaster, biking, indoor, outdoor, whatever. How long does it take you to walk/run/etc. a mile? 15 minutes? See how much further you can cover in those same 15 minutes.

Learn A New Exercise Or Routine

Add variety to your workouts by adding or **replacing exercises with new ones.** Try in-line skating. Elliptical trainers at the gym. Jump-roping. An exercise class, like kickboxing or lower-key like Tai chi. Just something different. **Then be a master at it.**

Enter A Contest

Any fitness contest, including run/walks, cycling events, fitness and physique competitions, marathons, powerlifting and weightlifting events, etc. If you've never participated at a competition before, find a low-key competitive opportunity, train for it, and for cripes sakes, have FUN.

Enter DIFFERENT Contests

If you've been doing 5K runs for a long time, try running a marathon. Or maybe you want a break from it, so you concentrate on developing more muscle to enter into a fitness or physique competition.

• Strengthen Your Community - Make New Friends

This comes almost naturally when you're involved with **friendly competition**. Be conscious to **reach out and meet new friends** at the gym and competitive events. The camaraderie with your fellow "competitors" **inspires and motivates you to achieve more**.

Your Road To Success

Improve your chances for success with a safe, effective, balanced training plan:

Hire A Coach

The advice of a knowledgeable, competent, personable coach can make your road to success a more enjoyable journey. A good coach advises and empowers you on how to set goals, and craft a plan to achieve them faster.

Keep A Training Log

Record how you feel, physically and mentally, in addition to your training notes (weight, reps, rest periods, sets, etc.). You'll understand your training better. Are you especially sluggish in mid-afternoon? Then you know you need to schedule your workouts when your energy levels are higher.

• Get That Your Life Is Perfect TODAY, Even If You Think It Isn't What happened today happened today. Much of it beyond your control. Life happens. If you missed a workout today, it's your job to determine why, and what you're going to do about it the next time. You're not going to get fat overnight. Happiness and success in feeling younger, healthier, energetic, and looking great are related to keeping your priorities and your life in balance.

Enjoy The Journey

Nothing is more important in reaching your goal than to **enjoy the passion of the pursuit. Celebrate the smaller victories along the way, and learn from life's lessons.** Share your success with your coach, friends, and family. You deserve a pat on the back! Keep it up!



10 Ways How Building a Younger, Healthier Body Improves Your Life

There are actually more than two dozen ways building a younger, healthier body improves your life, and the number keeps going up. There's so much emphasis put on the physique, that the equally, and even MORE important factors are virtually ignored.

THE OBVIOUS - These are the, "Well, no kidding that's why we exercise" ways:

1. Self-Esteem

When you look good, and feel like you look good, you just plain feel good.

2. Youthfulness

A better-looking body, with less fat, and leaner muscle, is a younger body. You may be chronologically 45, but biologically you're 35. You can keep up with younger "punks" <g>, proving age doesn't matter. You have more stamina, greater strength.

3. High Energy

When your **heart and lungs** are working efficiently, when your **muscles** are toned and strong, when you feel **limber**, when you're **fueling your body** the nutrients it needs, **your energy is up, up, up.** You can do more with less fatigue. And with energy to spare.

THE NOT-SO OBVIOUS - these are the "Yeah... I guess those are good reasons to exercise" ways; definitely awesome benefits, but people don't really think as much about them:

4. Better Quality of Life

Now when you can do more, most likely more than you've ever been able to do, your quality of life dramatically improves. Life's stresses are easier to handle. You're happier because you can do more without pooping out halfway. You start attracting more good into your life, while keeping more bad "stuff" from happening to you. Life becomes easier.

5. Live Longer

I thought about putting this in the Obvious section. I didn't, because there are still many people who don't give this serious thought. More **studies are showing** that you can significantly increase your chances of living longer by exercising regularly and eating healthy.

6. Lower Disease Risk

This goes hand-in-hand with #5. Regular exercise and healthy eating helps to decrease your risk of heart disease, cancer, diabetes, and obesity. In some cases, diet and exercise can be an effective treatment. Don't forget, too, diet and exercise is **EXCELLENT PREVENTIVE MEDICINE**.

THE HIDDEN - these are incredible benefits that nobody gives the time of day. Which makes these arguably critical for success:

7. Higher Standards

You're looking good. You're feeling good. You're eating well. What else has happened? You've raised your personal standards. You're a completely different person in your thoughts, feelings, and actions. And in the process, you've helped raise others' standards as well. You're building a deep, supportive community of like-minded people who are committed to success.

8. Put Up With Less Stuff

As far as you've come, you're determined to stay there. So, you're putting up with less crap, from yourself, others, and your environment. **You're now an unstoppable machine** - nothing will deter you from reaching your goals. Show no mercy for anyone who tries to stop you.

9. "The Edge"

People see what you've done with and for yourself; they want to be like you. Why do you think "success stories" on TV shows and in magazines are so popular? The people in these success stories have "the edge," that characteristic that demands, and gets, more respect and admiration. You want to be like them, right? Well, now you are. (You always were, but you didn't believe it; I'm telling you that you have "the edge." Accept it. Now go use it!)

10. New Habits

The new you. You committed yourself to living and being healthy, fit, and well. To do that, you needed to make some serious changes. It took some work, but you did it. Now it's just YOU.



10 Ways To Blast Through Obstacles

Obstacles are unexpected, never welcomed, and seem to come up at the most inconvenient times. (But then, who has ever had an obstacle come up at the right time?)

A central key to dealing with them is **ATTITUDE.** (Of course!) For example, when you see a detour sign on your way to work, do you shrug your shoulders and return back home? Of course not! **Obstacles are to be faced and overcome**.

1. Realize that what may be an obstacle for you may be nothing for another person, and vice versa.

Is this obstacle **REALLY** an obstacle, or are you **CHOOSING** to look at it that way?

2. Look at who and what's in your corner with you.

Just like a boxer has his trainer, coach, and manager in the corner to keep him going every round, so you have your own Peak Performance Team in your "corner." **Determine what kind of support and help you need, then ask them.** They'll be glad to assist.

3. Back off!

Remain cool and objective. If fear or intimidation is part of the obstacle, ask yourself, "What is the worst that can happen if I approach this task?"

- **4.** What you would tell a friend if THEY were faced with the same problem? Sometimes it can be easier to tell someone else how to approach an obstacle and get around it. Act as your own friend.
- **5. See yourself having conquered the obstacle. Then work your way back.** Visualize yourself having achieved your desired end result. Then work backwards to determine what you will need to do, what kind of person you need to be, to achieve that result. **Hindsight is 20/20,** correct?

6. Don't be shy. Ask for it!

Sometimes a direct request for help and support is all that's necessary to get what you need to conquer the obstacle. "Hey, I'm working on getting through such-and-such. Would you help me out?" Simple as that. That person will then ask questions about how s/he can help you. You just tell him/her. Then go about obliterating your obstacle.

7. Determine how you CAN do it.

If you think you can't conquer your obstacles, there are reasons why **you CAN**, **BY LAW**. Use this **simple exercise**: take a sheet of paper, and divide it into two columns. Title one column "How I Can," and the other "How I Can't." Draw a big X to fill the entire How I Can't column - because that doesn't matter. You're not concerned with how you can't conquer your obstacle. **You're concerned with how you CAN**. Think of creative ways you can conquer the obstacles; for every "can't" you think of, just write down in the "Can" column the direct opposite solution.

8. Use artful persuasion.

Make a good argument for why it's of mutual benefit to the other party to lower or remove the obstacle standing in the way. If given the rationale, **people usually would rather please others than not.**

9. One bite at a time.

Obstacles can be so overwhelming that you **end up doing nothing about it** except "take" it, every single day. Break it down into sub-conquers; what you're doing here is **GETTING STARTED TOWARD THE ULTIMATE CONQUER**. You see, **now you're DOING something about it,** rather than wait for a magic wand to solve all of your problems. Sorry, my friend, but YOU have the magic **IF YOU BELIEVE, HAVE FAITH, AND ARE AWARE YOU HAVE IT.**

10. Forge ahead with unyielding determination.

By doing this, you will **gain the energy and momentum** needed to knock down what gets in your way. Sometimes just "working through" works in overcoming obstacles. Always remember, NOTHING CAN DETER YOU FROM REACHING YOUR GOALS, UNLESS YOU GIVE PERMISSION TO LET THIS HAPPEN.



10 Ways To Improve Your Body Image

Your image of yourself - your Body Image - shapes your thoughts, feelings and actions everyday. It can be the source of obstacles, feelings of lack and limitation, deep pain, and fear. **But you CAN change it.**

1. Stop being preoccupied by the number on the scale.

Too many people allow their bodyweight to dictate how their life is going to be, or how they'll feel for the rest of the day. "Life will be so much better once I weigh 'X'." Well, then what? This is how so many people end up re-gaining weight (and more). Getting healthy and fit is a PROCESS, not an event. There are other, more worthwhile goals to attain than just a silly number on the dial.

2. Stop talking about your weight.

This can lead to **utter obsession** with bodyweight. You see, what you give attention to grows. **Keep focusing on your weight, and your weight will grow.** Make the shift from concentrating on the end result to focusing on YOU and the changes you need to make to have a healthy body image - and how **inspired, motivated, and energized** you'll be. Set your fitness goals, and then become emotionally involved with THEM as you **were** your weight.

3. Come from a positive place.

Despite how you were raised and the environment you've been familiar with, **YOU CAN CHANGE YOUR ATTITUDE.** "I can't stick with a program," "I'm a procrastinator," "I'll never be successful," etc.

Quick review of the Universal Law Of Opposites: for every action, there is an equal and opposite reaction. Put simply, you can't have an up without a down, a hot without a cold, an in without an out, or a front without a back.

What does this mean to you?

If you think negative thoughts, then, by Law, THERE ARE EQUAL AND OPPOSITE POSITIVE THOUGHTS.

Here's a simple little exercise: whenever you catch yourself putting yourself down, badmouthing, talking defeat, etc., IMMEDIATELY say, "NO! (or CANCEL! or STOP!). Then take the negative self-talk and turn it into a positive statement. Use these positive statements as daily affirmations to remind you of the new person you are.

4. STOP WORRYING ABOUT WHAT OTHERS THINK OF YOU.

"I won't go to a gym because I feel like people are looking at me and thinking, 'why is this fat person bothering?' " "I'm not going to try to eat healthy at this get together because I don't want to get funny looks, like I'm from outer space or something."

How much longer are you going to **let OTHERS control** how you think? Isn't it what **YOU** think of **YOURSELF** that matters? So you're overweight. You're doing something about it, right? And, **do you know how to read peoples' minds?** Okay, you're not eating desserts. You don't have to justify to ANYBODY what you're doing. You're doing this for yourself, so your mind, body, and life benefit. **YOU ARE IN CONTROL.**

5. Take a few minutes a day for a mind, body, and soul checkup.

Today's lifestyle is time-restricted, overloaded with information, and moves at a pace so fast that **we get caught up** in the race and **lose sight of who we are** and what we're trying to do. Just take a few minutes during your day to **pause and think** about why you may feel out of sync, eating out of control, not exercising, over-anxious. Record this in a **journal**, and continue refining and growing every day.

6. Find the source of your hunger and feed it.

There's a **couple of ways** to look at this. The first is obvious: if you're hungry, eat (something **healthy**). Sometimes thirst is a hunger measurement, so drink a big 16oz glass of water before eating. Still hungry? **Eat to nourish your body.**

The second "hunger" is about your own **personal growth.** Each of us is beautiful and has a variety of hunger zones. Conversations, relationships, art, music, laughter, contribution, dance, creative expression, bedtime stories, connections, a relationship with a Higher Self, movement, being part of the whole... **find your other hunger(s) and fill up on them!**

7. Get physical and have fun with it.

Get yourself on a **structured fitness routine** to give yourself the **ultimate gift** - a **leaner**, **energetic**, **motivated you**. Too, find a variety of activities that you like to do for fun. Now, do whatever it takes to make the time in your life to put those activities in regularly. **Moving your body is the best thing you can do for yourself - enjoy it.**

8. Laughter is the best medicine.

It takes 37 muscles to frown and 2 to smile. Get out there and **start smiling!** Next time you have a compulsive eating thought - **laugh** at it! Or if you have just spent an hour trying to get dressed and your closet looks like a battlefield - sit down and **laugh.** Chances are your friends will not be remembering what you were wearing, but instead your **charm**, **grace and humor** - turn it on!

9. Make YOUR OWN definition of Beauty.

Forget the fashion magazines, TV, and other forms of media and ask yourself, "What is beauty to ME?" **Define it on your own terms.** Is it something you "put on," or is it something you radiate? Look to nature, art, others, and yourself; just be sure to define beautiful on **your own terms.**

10. Be gentle toward yourself.

Step back and really start to **be gentle with yourself** and others. **Let go of the judgment** - completely. Honestly, it is just food, it's just a dumb number on the scale, not the entire definition of who you are or who you have the potential to be.



18 Easy Ways To Get (And Stay) Motivated

I'm a trainer and coach, which means I'm constantly learning what motivates people. No matter what your goal - to get a better job, lose ten pounds, learn a new skill - motivation usually makes the difference between success and failure. Here are some tips to get you started:

- Surround yourself with a strong community people who "think positive."
 The beliefs and attitudes of peers are contagious.
- 2. The lessons of life are called "mistakes." All things of value are created from experience and experience includes these lessons. They give you insight (and 20/20 hindsight), so **NEVER** be afraid to try.
- 3. Have a Plan B. What will you do if things don't fall into place? If others don't come through for you? With an alternative plan, you can relax in the knowledge that even the worst case you'll be all right.
- **4. Write down good ideas the moment you think of them.** Keep a notepad handy. We all get good ideas, but only a few of us save them and follow through.
- 5. What do you NEED to be your absolute best? Are you an "early worm?" Do you like playing music playing while you work out? Do you prefer working out at the gym, or working out at home in private? Make sure your environment is conducive to getting the job done.
- 6. "Bribe" yourself. Think of a reward you'll give yourself once you reach your goal. Better yet, break down your ultimate goal into sub-goals, and reward yourself every time you reach a "stepping stone."
- 7. Use your dreams. Right before you go to sleep, think about your goal. Make it as vivid, as real, and as powerful as you can. If you do this every night, your dreams will offer insights. And motivation to achieve it.

- 8. Give yourself credit. Make a list of everything you've accomplished, big or small, every day. Then do it for the week. You'll realize you're a very motivated person who does hundreds of little things every day; you just take them for granted. Realizing what a motivated person you already are will encourage you to take on bigger tasks.
- 9. At the end of the week, add up how many hours you devoted to working, eating, exercising, taking care of the kids, etc. How many hours are left to work on reaching your goal? Often it's more than you think. If not, then it's time to set some priorities.
- 10. Stop sabotaging yourself. If you don't feel motivated, maybe it's because you have an internal conflict. What would you lose if you reached your goal? If you slimmed down, for example, would you lose a reason for being unhappy? Be certain you REALLY want everything that comes with your goals, and there are no hidden "benefits" to failure.
- **11.Make a deal with a spouse, boy/girlfriend.** If you do such-and-such, you're entitled to a romantic evening. If you don't complete the task, you have to do something special for him/her.
- **12.Ask an imaginary expert.** Think of a person who could reach your goal easily. Now **imagine that person is in front of you.** What advice do you think s/he would give?
- 13. Make it fun to get started. Do you like looking at the big picture first or the details? Do you like to start with what's familiar or do you prefer novelty? Do you want to read about it first, or jump right in? Organize the task to fit your style.
- 14. Get rid of coffee mugs and other novelty items that say "Life's A B***h," or "I Hate Mondays," and the like. Be careful about the messages you send to your brain. Find stuff that's inspirational or motivational, like Successories.

- **15.If you have kids, catch their enthusiasm.** Children sometimes are short on skill but are abundant with excitement. This same kind of energy could help you reach your goals.
- 16. Tell somebody else you know about what you're trying to do; ask him/her to call in a few days to check up on you. This kind of peer pressure can work wonders.
- 17.Insist on at least 5 minutes a day of downtime, preferably 15 minutes.

 Think about what you wanted to do that day, what you actually accomplished.

 Give yourself a pat on the back where it's due, forgive your mistakes, and make up for it tomorrow.
- **18.Get away from pointing the finger.** Instead of "whose fault is it?" ask, "How can I make this better? What can I do **RIGHT NOW** to turn this thing around?"



5 Keys To Lifelong Strength, Energy, and Vitality

Weakness and frailty are not inevitable parts of aging. Most often it is due to physical **IN**-activity.

If you are inactive for a while all of the changes that are associated with aging occur **REGARDLESS OF YOUR AGE.** These changes include:

- The reduction of lean muscle mass and the increase of body fat
- Decrease in aerobic capacity (get winded faster)
- Increase in cholesterol
- Increased risk of developing blood clots
- Loss of calcium from bones
- Reduced ability to control blood sugar (leading to diabetes)

Fortunately, these situations can be **halted** - **AND REVERSED** - at **ANY AGE** through... (And this is a no-brainer)

Physical activity and proper nutrition.

Gee, what a concept!

Here are 5 key factors you need to change to feel younger, healthier, and stronger:

Muscle Mass

Too many Americans carry too much body fat and not enough muscle. Rather than lose weight for the sake of losing weight (during which you'll lose a significant amount of muscle), build lean muscle at the expense of fat.

Reason? People with more muscle than fat have higher metabolic rates, so they don't have to worry a lot about gaining weight. Push your muscle to its limits, and you'll be rewarded with a shapely (gals) or muscular (guys) body.

Strength

As we age, we lose the use of some **motor units** - **groups of muscle fibers** that are linked to a certain **nerve ending**. This neurological loss, along with reduced muscle mass, contributes to some **loss of strength** as we age.

HOWEVER, studies have shown that age-related **declines in strength** can be dramatically reduced or **reversed with strength training** - "seasoned" citizens can experience the same gains in muscle size and strength as younger people.

Heck, I've seen **bodybuilders and powerlifters** in their **40's**, **50's**, **60's**, **70's** and older competing in these contests - **and winning them!**

How would **you** like to be "shown up" by a person **25 years your senior?** "Naw, Gar. Can't be."

Lots of older people are taking control of their lives, rather than it control them. What are you doing about it?

Basal Metabolic Rate (BMR)

BMR is the amount of calories burned when you're sleeping or watching TV.

This **rate tends to fall with age, reducing your caloric intake needs** and making weight gain more likely. For instance, a 70-year old needs about 500 less calories than a 25-year old.

This decline is far from inevitable. Research now suggests that this reduction in BMR is almost wholly caused by a loss of muscle mass - reversible with exercise.

Body Fat

Obesity puts us at risk for other ailments, including heart disease and diabetes. Unfortunately, **most of us add fat as we age,** even if we haven't gained weight.

Which is why it is so important to focus your exercise efforts into developing lean muscle and paring off excess body fat. You do that with strength training, aerobics, and proper nutrition.

Aerobic Capacity

Most people's aerobic capacity - the amount of oxygen the body can process in a given time - decline with age, typically dropping by 30-40% by age 65. Exercise regularly, and the decline is dramatically reduced.





You want a leaner, energized, dynamite body. **But there's more to progress than the number on the scale.** Here is a list of cues to watch for, so that you can **see the transformation that's truly taking place.**

• 1st Sign of Progress

You find that your energy stabilizes. Your overall energy increases, and few if any fluctuations. Since you are enhancing your body's ability to process nutrients, the good food you do eat is more easily converted into consistent energy.

• 2nd Sign of Progress

You can eat MORE food and NOT put on fat. Very nice. Good sign your metabolism is humming.

• 3rd Sign of Progress

Your clothes begin to fit differently. They become looser in the areas you want to reduce. However, there may not even be a change in your bodyweight. That's okay! You want to be **LEANER**, yes?

4th Sign of Progress

Things are "firming up." It may be your arms, legs, back, but somewhere some part of your body will feel different to the touch. **Muscle!** Forgot there was some there, didn't ya?

Combine 1-4, and there is no doubt that you're greatly enhancing your health, well-being, metabolism, and fat-burning ability.

(Of course, the next steps are the ones I don't need to tell you about, but I will anyway: **people notice. You perform better.** Your **energy increases** even **more.** And maybe this is when **the pounds start falling off.**)





Back To The Basics: Defining Peak Condition

We are a people out of time. We drive a car to work, take the elevator to the office, get e-mail, send faxes, eats microwaved dinners, and watch satellite TV from a La-Z-Boy chair.

But your body knows you as a different person.

To your genes, cells, tissues, and organs, you walk or run everywhere, convey messages in person, hunt for food, and only relax enough to eat and sleep. That's been the physical model of humankind ever since the time of those slopeheaded guys on the evolution charts.

Our lives don't match our design parameters. And at any time where function doesn't follow form, you're going to have problems. Now, we work our tails off trying to get ahead in our careers and keep on top of our family responsibilities.

If only we worked as hard to keep our mind and body healthy and fit. We've become (at least in the United States) a species of SLACKERS. We're getting fatter than ever, and the latest research on the effects of aging on the body shows that the average rate for loss of muscle mass in the US population is accelerating - it's now up to a loss of 7 pounds per decade.

(Think about that for a moment. This downward spiral, if not taken care of, **starts** at around age 30. Also keep in mind that fat fills the void left by muscle loss. That being said, say you're now fifty years old and sedentary most of your life, you've just gained 14 pounds of FAT. And that's not including the ADDITIONAL fat you've gained from a poor diet!)

The Power Within

But these population figures have nothing to do with you as an individual. The point here is that you're an athlete (if you exercise, you're an athlete) with immense physical potential that's waiting to bust out. Each of us has a blueprint for strength, endurance, speed, and agility that's far superior to where we're currently at now.

Your mission is to develop your potential to a point that's energizing, motivating, and life-enhancing - to set goals and MAKE IT HAPPEN. And you can do it whether you've never picked up a weight in your life or have been devout exerciser for years.

Consider this little-known but astonishing fact: If you're untrained, your muscles are more powerful right this minute than they appear to be. Why? Your central nervous system - in the interests of preventing injury and keeping muscles working smoothly in ways they're most familiar to - actually holds lessused but strong muscles back from unfamiliar movement or work.

You're actually 40-60% stronger than you seem. This latent power is unleashed within four weeks of starting a strength training program, as the phenomenon called the motor learning effect kicks in - and you've only barely touched your muscle development potential.

Your Fitness Spec Sheet

There seems to be no end in sight as to the good physical conditioning does you. Longer life, fight heart disease and cancer, boost energy, reduce stress, lift bad moods. On a deeper level, it causes lots of small but important changes in your body, ranging from increased insulin sensitivity (to prevent diabetes) to higher levels of anti-bodies (which help ward off disease).

All of which is great, but none that you really need to think about when laying out your fitness lifestyle program. **Conditioning** is measured in just a few different

ways. All of the benefits of physical conditioning fall right into place, automatically, if you aim to be fit in the following fundamental areas.

1. Strength

If you know me by now, strength is **KEY.** Key for long-term weight loss, a great looking body, ability to do physically challenging activities without undue fatigue, and to build a great looking body.

Being strong means being able to make muscles work against some kind of resistance, whether it's a barbell in your basement or a ladder in your backyard.

Strength tends to be measured in short-spurt activities like bench pressing, squats, and such with as much weight as you can for a number of repetitions. Do enough lifts and, over time, your muscles develop and get stronger. It's called the **overload principle:** if you work your muscles harder than they're used to, they must respond by getting stronger (and for guys, bigger) to be able to handle the next time you apply the same resistance.

2. Endurance

The terms endurance, aerobic fitness, cardiovascular fitness, and cardiorespiratory fitness generally all refer to the same thing: the **body's ability to generate energy for working muscles during sustained activity.**

More than anything, this depends on **efficient delivery of oxygen from the heart and lungs**. Lungs take in oxygen and the heart pumps the blood to the working muscles. **Oxygen is used by your cells to unleash the energy in the foods we eat.** The more efficient your body is at delivering oxygen and generating energy, the healthier and fitter you are.

Sustained-effort activities like running, biking, cross-country skiing, etc. improve the capacities of the heart, lungs, and blood vessels to deliver oxygen. Plus, they improve the ability of individual cells to use oxygen to generate energy.

3. Body Composition

Fitness improves when the body has more muscle and less fat. (Okay, you already knew that.) The way to improve your muscle:fat ratio is with a focus on strength training, supplemented with aerobic conditioning. Strength training increases metabolism, while aerobics burns extra calories and fat.

Body composition is also a measure of health, since additional stores of fat in the body - like around your waist, hips, arms, back, and thighs - are linked to a

number of serious problems that exercise helps alleviate, like high cholesterol, heart disease, diabetes, and some cancers.

4. Flexibility

Flexibility is the unsung hero, yet it's **crucial** in your overall conditioning. Just ask some 31 million Americans with lower-back pain, a condition very often caused by tight, inflexible back muscles. Stiff muscles not only can cause cramps but also can restrict movement.

If you can't move your muscles through a full range of motion, any type of conditioning activity you attempt will be shortchanged; **muscles only get more powerful within the range in which they're used.** What's more, **loss of flexibility tends to set in earlier than most other age-related changes,** so that even someone in his/her thirties will start feeling twinges and creakiness if s/he doesn't keep muscles conditioned.

Tapping Your Potential

You have to decide what you're trying to accomplish with your conditioning program. Strength, or endurance? If you're training for a 10K run, you're not about to do heavy powerlifting. Similarly, biking is not going to help you bench press 200 lb.

"Your body becomes its function." Train for endurance, and you get closer and closer to your endurance potential. Same for strength. If you try to do both, you sacrifice on both ends.

Get focused on what you're trying to accomplish. Get emotionally involved with your goals. See yourself already in possession of fitness success.

THEN GET ON WITH THE WORK.



Break Away From The Training Blahs

Breaking away from the blahs of training can be difficult. Lack of motivation hits everyone (yes, even me) at some point. Even champions have their ups and downs. The difference between a champion and everyone else is that the

champ has learned to beat the training blues. The key to fresh, productive and stimulating workouts is motivation.

1. Attitude

Attitude = your thoughts, feelings, and actions. If you've been getting zero results, your motivation bankrupt, and your self-esteem out the window, I have a simple formula that guarantees the results you're after: To change your results, change your attitude.

2. Cross Training

Variety is an important ingredient in your training. Try to spice up your training by participating in other physical activities. **Choosing activities that complement but do not hamper your fitness goals** will keep you fresh.

3. Exercises

A good idea is to vary your training by incorporating **new exercises**, **changing the order of the exercises**, **changing rest periods**, **sets**, **and reps already in your routine**. This keeps you progressing and will stimulate greater improvements.

4. Gym Atmosphere

The same equipment and the same people day after day can diminish motivation. A good way to avoid the same old routine is to change gyms for a day, week, month or a year. A different environment is a valuable source of stimulation to the body and mind. If you've got a home gym setup, try alternating days between working out at the gym and home.

5. Goal Setting

To be successful in replacing negative habits with positive ones, you must have a good reason. Enter... the goal. Whenever you have been successful improving habits in the past, you have either consciously or unconsciously set a goal. A REASON to do what had to be done. The greater the desire to reach the goal, the easier it is to change your attitude. THE ENERGY TO DO THE JOB WAS ALWAYS THERE, IT WILL ALWAYS BE.

6. Intensity

To spark up your training, change the intensity level. You can change the intensity of your training sessions by decreasing or increasing your reps, sets and/or weights. The intensity of your workouts is further enhanced by keeping your workouts to less than 45 minutes in length. No more mind-numbing

90-minute or 2-hour workouts. The thought of a quicker workout enables you to focus on your training.

7. A Different Purpose

Training for your own personal satisfaction is not always enough. You very often become bored with yourself. At this point, try to **find new meaning in and purpose for your workouts.** Exercise for your health, for your high school class reunion, or train for competition.

8. Musical Choices

Music is an intricate yet often overlooked variable in training. You should **listen to music that moves you.** A way to ensure that you get your musical preference is by investing in an AM/FM radio/cassette player with headphones. Tune up your workouts with your own musical muses (mine is KISS!).

9. Partners

Another person can influence your motivation tremendously. Choose your training partner carefully and wisely. Your partner should possess several qualities. Above all, **he or she should share your level of commitment.** Following this given, your partner should be **personally compatible with you** and **share similar training goals.** All else is negotiable in your training relationship.

10. A Strong Community

To gain and/or sustain motivation, you have to **surround yourself with positive people.** Your family and friends should encourage and help you to achieve your goals. **Do not associate with individuals who bring you down.** Likewise, emulate and mingle with ambitious and successful people. An accomplished person as well as a striving individual will inspire you to be the best you can be!

11. Recuperation

To progress and succeed in your training, your body and mind must receive the proper nutrition and rest they require to heal. Overtraining and/or poor eating habits will zap your motivation faster than just about anything else.

12. Visualization - The "Screen" Of Your Marvelous Mind

The ultimate motivation is to envision the body you want to have as if you already have it. Imagine yourself with a lean, energized, great looking body. If you can see your body and feel its power, you will strive to achieve it. Your ideal self feels and looks great, and this will motivate you.

Motivation is a driving force behind success. Evaluate your training and rekindle your flame to train! A few changes can dramatically alter the way you feel about your workouts. You will look forward to your training as it becomes more enjoyable and productive again.



Bust Through These Common Thinking Traps To Keep Moving Toward Your Fitness Goals

Let me give you a few weight loss scenarios:

#1

Do you laugh at the thought of trying to get the support and cooperation of your family and friends in your efforts to get leaner, energized, and shaped up? "I have to entertain clients, and they expect to be served fancy meals," or "I couldn't ask my family and friends to treat me in a special way; it's not fair to put my problem on them. It's up to me to make this work."

#2

Are you putting off getting new clothes you need for work, telling yourself that you should lose some weight first? I bet most of you have **bought "every diet book ever published,"** but either have had no success with them, or never read them in the first place.

Or maybe you've joined a weight loss program, but never stuck with it and gained all your weight and more back.

Plus, your job takes up most of your energy; so **finding time to diet and exercise was next to impossible.** Then, as your weight creeps steadily upward, you find yourself with less and less energy, diminished and self-confidence in your ability to do anything about your weight.

Perhaps you've decided **you're going to lose weight by eating less,** like one meal per day. You're trotting along for a few days with success, until you visit a friend or relative who just baked some fresh cookies. So you eat **just one**... and that's all it took to destroy your diet. You go right back to your old eating habits, getting more depressed and angry at yourself for being such a "bad person."

Whatever your personal case may be, you may be caught in a **thinking trap** - ways of thinking that **lead to procrastination**, **deflated motivation**, **failure**, **and painful emotions**. Definitely NOT the kind of result you want. Here are the common thinking traps and tips to bust right through them.

Rules, Rules, Rules

A rulebook you carry around in your head - how things are or how they're supposed to be for YOU. Most often you forget that other people DON'T have the same rulebook you do, and you lack the flexibility to change. Common words used are should, shouldn't, ought, must, must not. I shouldn't eat that, I ought to exercise more often, I must not eat after 7 pm, etc.

Getting out of this thinking trap is as simple as **taking a new look at different options**, and then **experimenting** with them to see if they work for you. Listen, if we all had the same rulebook, well, then, you wouldn't be reading this book, would you?

Giving Credit Where Credit Is Due

When it comes to getting healthy and fit, most people tend to focus on what they're doing wrong in the process. You end up beating yourself up for every little stinking' mistake you make. But you also seem to forget that **you're also doing something right,** and everyone needs a pat on the back to keep the motivation high.

"Geez, I had a cookie the other day, I didn't work out yesterday, I went out to eat the other night," blah, blah, blah. However, you may be forgetting the fact that you're exercising daily, recording in a diet journal, etc. Only these "don't count," because you didn't lose 10 lb. this week.

If you're going to experience continued success in building a leaner, energized, great looking body, **LOOK AT WHAT YOU ARE DOING.** Then challenge yourself, "how can I do better?" As you focus on your successes, as little as you think they may be, GIVE YOURSELF A MENTAL HIGH-FIVE. You're your own worst critic, and giving yourself the praise you deserve will keep you going.

Perfectionism

This one can be a **REAL** killer. If you're not following your diet to the absolute T, you're a complete failure - that is a sign of a perfectionist. If you're not exercising like you think you should, you're a failure.

Everything is all-or-nothing to the perfectionist - good/bad, black/white, perfection/failure. No room for middle ground.

YOU'RE HUMAN. We make mistakes - it's called **LIFE.** From the time we are born, we are immediately enrolled into the School Of Life. Mistakes are LESSONS. **We LEARN from lessons to grow.**

Make a mistake? **GET OVER IT.** Learn from it, and move on. You've got better things to do, like **LIVE**, than to constantly strive for perfection.

Control (Exaggerated)

Some people generally assume they have almost total control of everything, while others tend to think that things turn out the way they do because of luck, chance, or from others.

You may think you have no will-power because you ate one cookie; however, you may forget the fact that eating only one meal a day seriously jeopardizes your willpower from hunger and fatigue. This situation is working against you, and you set it up yourself.

Change the changeable, and don't worry about the unchangeable. Go with the flow.

You may feel responsible for the pain and happiness of others around you. **So you put your own needs LAST - and you suffer for it.** While you're busy catering to everybody else's needs, the time you have to yourself has you wolfing down some doughnuts or a pint of ice cream after everyone else is in bed.

It's time to get YOUR needs met. You're feeling like a martyr, and are being taken for granted. YOU ARE NOT RESPONSIBLE FOR EVERYONE. Besides, the more you neglect yourself, THE LESS ABLE YOU CAN HELP OTHERS. So focus on yourself FIRST.

Life Isn't Fair

We learned fairness as kids by sharing toys with another child (I'm still working on that with my 4-yr. old). This helps in interacting more effectively with others, especially as adults. But let's face it – not everybody "plays" fair.

But holding blindly to the idea that things SHOULD be fair can wreak mental havoc. You feel like a victim.

"I guess I'm stuck with this rock bottom metabolism and being fat for the rest of my life. I'll never firm up; I'm just too weak. I'm so tired, my life's so busy, I guess I have to give up on trying to be healthy and fit," and so on.

Boo, hoo. Get out of the pity-party syndrome and REALIZE IT DOESN'T HAVE TO BE THIS WAY. **YOU CAN DO SOMETHING ABOUT IT.** It's going to take some restructuring of your life, but, **if it's really important to you, YOU'LL DO IT.**

"Oh, I Just Can't Help It"

People who don't feel they have much control over how things turn out also feel like victims. They don't take action, or when they do, it's only half-baked, because they don't believe they have much power to get the results they want. So, they point the finger everywhere else BUT THEMSELVES.

"I just couldn't stop from eating the box of chocolates my boss gave me," "My boyfriend/girlfriend/spouse cooked all of this food for me, I can't let all of it go to waste," are examples of the victim position. Anticipate the situation, and put your foot down to suggest an alternative, or JUST DON'T EAT IT.

YOU make the decisions, YOU take the action (or fail to take action), and that contributes to the outcome. Once you see you have something to do with the results, you can then be better prepared for effective action in future instances.

Taking Things Personally

Picture this: you're with a group of friends having lunch, when one person notices a very overweight person walking by and says, "How can people let themselves go like that?" And maybe you're overweight, too, so you interpret that comment to be directed at you.

The person who takes things personally has a **self-worth or self-image issue** to deal with. **You think others feel the same way about you the way you feel**

about yourself. What, can you read other people's minds? It's like you're putting thoughts into others' heads that weren't even there in the first place.

Keep this in mind: **NOBODY IS BETTER THAN YOU.** You have as much potential and ability as Bill Gates or Oprah Winfrey, whether you believe it or not. So when someone does make a remark meant for you, let that statement serve as your shield. **Also remember that people who make these remarks have their own internal self-worth problem. BUT IT'S THEIR PROBLEM, not yours.**

Over-Generalizing, Jumping The Gun

Does this sound familiar?

"I've tried EVERY DIET/EXERCISE PROGRAM/VIDEO/BOOK and never succeeded in any of them. I guess I'll never lose weight. I don't know what else to do."

Really?

Name 10 methods you've tried to get healthy and fit.

Name 20. 30. 50. 100.

Did you even get past 10? Did you even get **TO** 10?

Building a leaner, energized, shapely body is not an event; **it's a PROCESS**. You don't just get to a certain weight, and that's it – **you continue to challenge your mind and body to stay in peak condition**. You are always experimenting with new and better ways to be at your best, otherwise you'll quit. If you've exhausted a particular training routine, move on to the next. Same with nutrition, aerobics, stretching, alternative medicine, etc.

Dwelling On The Past

Looking backwards to the past is a trap that prevents you from using NEW information that's more relevant to making better decisions, staying focused, and getting results today. Past experiences can cement in beliefs that no longer work, or that cause perfectly good beliefs to be applied ineffectively.

"I used to be able to eat anything I want and not gain an ounce. Now I just look at food and gain ten pounds. Why can't I manage my weight now?"

What happened in the past doesn't matter. **It's what's going on NOW.** You need to learn about the latest nutritional and training methods to help you get healthy and fit, and how they apply to your current situation.

Magnify/Minimize

You want to lose weight, but you also want to do well in your job. (Coincidentally, about 80% of my clients fall into this category.) But it seems as though you can't do both; your job demands too much time and energy, and little was left to work on getting fit.

But, you're full aware that you're increasing weight is causing you some health problems, and you have less and less energy to get through the day. Here's how you're resolving this matter:

You've convinced yourself that getting ahead in your career is more important right now, and you can't afford to take the time to get in shape. You figure you'll get to it "one of these days."

So you try to cope with your absent energy by mega-dosing on vitamins and lack-of-credible-evidence health "potions." Once in a while you'll try some get-fit-fast scheme, only to fail each time, and gain more back. Now your self-esteem and confidence has taken a beating.

YEARS pass by and your health continues to suffer. And in direct relation, your productivity on the job suffers, too.

Time to get your priorities in order. It's called taking care of yourself. You can have the best job in the world, but if your health stinks, you're not going to last long. A healthy mind and a healthy body mean a better quality of life - more confidence, more money, less stress, and balance.



Coaching Yourself vs. Sabotaging Yourself With Self-Talk

You know that **little voice that goes on inside your head?** That "little person on your shoulders?"

Like when you've misplaced your keys. "Now where did I put them? Let's see, did I leave them on the dresser? No, check the table in the hallway. Nope. Go see if they're stuck in a couch cushion."

That's self-talk. Often it is very critical and judgmental, especially on you. And especially when you're trying to be healthy and fit.

Excessive self-talk like this can leave you demoralized and depressed.

And you give up turning yourself around.

Sometimes self-talk is indulgent, like "I deserve a Ben & Jerry's. I'll just start up again tomorrow." Or it may be self-pity: "Aw, man. I have to give up everything I like."

Self-talk can be inspiring and motivating, too. This is your **Inner Coach.** You can create wonderful things in your life, and attract bigger and better things with your Inner Coach.

You become what you think about.

Here, we're going to talk specifically about diet & weight loss, how you may be sabotaging yourself, and how you can use your Inner Coach to blast past the negative self-talk.

Procrastination

Staying Stuck

How You're Sabotaging:

I'll start my program tomorrow.

Using Your Inner Coach:

Today is the only day I've got. If I don't start today, **RIGHT NOW**, I may never get this chance again. There are no guarantees about tomorrow.



How You're Sabotaging:

There's no use trying to lose weight and get in shape.

Using Your Inner Coach:

If I don't try, I'll be stuck forever. No one else can do this for me. I'm in charge here. **All I have to do is BEGIN.**

Setting Goals

Perfectionist Goals

How You're Sabotaging:

Never again will I touch (fill in the blank of naughty food) again.

Using Your Inner Coach:

I am in charge of them, instead of their being in charge of me. I have total control over what I put in my mouth.



How You're Sabotaging:

From now on I'm not going to overeat.

Using Your Inner Coach:

I'm human and I will overeat once in a blue moon. My job is to **make the healthiest food choices** to keep from overeating.



Abstract Goals

How You're Sabotaging:

I'm going to lose weight.

Using Your Inner Coach:

I'm focused on exercise, eating well, making the right choices – the results will come.



Unreasonable Goals

How You're Sabotaging:

I'm going to exercise every day.

Using Your Inner Coach:

My goal is to get in the gym 6 days. If I get in 4 days, that's more than I've done before/in a long, long time.



Positive self-talk reflects your **problem-solving ability**; it helps you do things and **keeps you on track**. It reminds you of what to do, where to do it, why you're doing it, when to do it, and how to do it.

For example, you pass the bakery section in the grocery store and see your favorite doughnuts that you've usually bought in the past.

Enter the positive self-talk: "Don't buy that. If it's in the house, you'll eat it, then you'll feel guilty and rotten about yourself, so just forget it." **Positive self-talk** leaves you feeling better, happier, proud, and even more motivated. It can also be stern to help you re-focus on your goals.

Predicting Results

Expecting Failure

How You're Sabotaging:

I've got so much weight to lose, why bother trying?

Using Your Inner Coach:

This is not about losing weight. This is about turning myself around, living healthy, making the right choices. One step at a time.



How You're Sabotaging:

I've tried EVERYTHING in the book, and failed every time. Why should this be any different?

Using Your Inner Coach:

I can only learn from past experience. So it wasn't the right program for me. Big deal. I'm moving forward, trying until I succeed, because being healthy and fit is important to me.



Assessing Progress

How You're Sabotaging:

I'm not losing weight. There must be something wrong.

Using Your Inner Coach:

I need to do a "gut check"; am I **REALLY** doing what's necessary to reach my goals - exercising productively, eating right, and living healthy? **What can I do better/differently?**



How You're Sabotaging:

I'm not losing weight fast enough.

Using Your Inner Coach:

"Steady as she goes" is the best way for **PERMANENT** weight loss. As long as I'm **HONESTLY** doing everything according to schedule, I'm doing just fine. Besides, **I feel much better**, and my clothes fit better, too!



How You're Sabotaging:

I'm gaining weight! AAAGGGHHH! I quit!

Using Your Inner Coach:

Okay. Let's see where I can make improvements so I can get back in the saddle again. **The weight WILL come off.**



How You're Sabotaging:

I wonder what (family, friends, people) must think about me and how I look? Using Your Inner Coach:

I'm doing this for ME, period. I want to look and feel fantastic. For ME, not anyone else. Feedback is nice, but I don't need that to succeed.



How You're Sabotaging:

Everybody's making this very difficult for me. They treat me differently, try to divert me - it's "the world" against me, and I'm not strong enough to overcome it, so forget the whole thing.

Using Your Inner Coach:

I'm at the mercy of NO ONE. I am in control of MY life. I know how to prepare for difficult situations, and to get support from the people who really care for me.



Day-To-Day Coping

Deprivation

How You're Sabotaging:

It's not fair others can eat what they want and not gain an ounce. I just look at bad food and I gain weight - "poor, poor, pitiful me."

Using Your Inner Coach:

I understand everybody's metabolism is different; I need to work with mine to get the best out of it. I can't compare myself to thinner people, or anyone else for that matter. My body deserves to eat healthy foods.



Blaming

How You're Sabotaging:

If it weren't for (fill in the blank with ANY excuse), I could lose weight, fat, etc. Using Your Inner Coach:

Since being healthy and fit is so important to me, I make it a point to live healthy every day. Nothing will deter me from my goals. Where there's a will, there's a way.



How You're Sabotaging:

S/he keeps bringing me junk food, insists I eat (or would be offended if I didn't eat), so I can't lose weight.

Using Your Inner Coach:

Maybe there's a reason s/he's doing this. I need to be clear and stand up for my well-being. I need to communicate to him/her how important health and fitness is to me. I need to establish boundaries to protect me from gaining weight, decreasing self-esteem, depression, etc. It may take a while for them to grasp this, but I'm standing my ground and eventually they'll accept it, if they truly care about me. I'm in control of my life and myself.



Conquering The Top Fitness "Bottlenecks"

I can understand how it feels to be discouraged and not feel like working out. There are mental battles you put yourself through, "should I go? Nah! Er... I SHOULD go work out. Should I? Shouldn't I?" By the time you're done arguing with yourself, it's time to go to bed.

Another workout wasted, another step backwards toward being MORE unfit.

Don't worry, though. **The battle gets much, much easier.** Pretty soon you'll be on **"automatic,"** integrating health and fitness in your everyday life.

Oh, there will be times you'll still fight with yourself. Even I do, especially when my workout partner doesn't show up. It's easy to just say "forget it, I'll do it

tomorrow." But then you think about it, and then you tell yourself, "Just go do it." You'll be glad you did, and feel proud of yourself for not giving in.

And then you go.

Now, how do you get to this point? What if you have trouble starting a fitness program in the first place? Or are tempted to quit - forever? Here are some tips to conquer those fitness "bottlenecks" so you can shift your fitness "machine" on automatic.

Can't Get Started In The First Place?

Nervous about "getting your feet wet" at the gym, or after you purchase home exercise equipment?

Or maybe you've had a series of disappointments in the past, and you don't want to experience another failure.

Maybe you're thinking, "Sounds too good to be true... Will this really work **THIS** time?"

You might even be concerned about the break-in period. You have to think about everything you're doing, and that's just all I need is to think about ONE more thing. "My life is too hectic. It's too troublesome."

See what's happening?

You're thinking of EVERY reason NOT to get started. There is a universal law, called the Law of Opposites. You can't have an up without a down no more than you can have a hot without a cold, or an in without an out. For every reason you're thinking of NOT to get started, there is an equal reason TO get started.

Don't blame yourself for thinking so negatively originally. Acknowledge those feelings, and then **turn them around** to positive statements. Most people go through this cold-feet period with something new, especially when it's very important to them and the investment is high.

Feel the fear, and do it anyway.

Feeling Down and You Just Don't Have The Energy To Work Out?

This one's tough. Every single one of my clients shares this concern. And it's a major thing they come to me for - to have more energy. They have the hardest time getting themselves to exercise and eat right.

Is this you?

Isn't it a coincidence that the people who have the least energy are more than likely the ones who have the most negative, pessimistic thoughts?

"Look at you. You're so out of shape, what's the point. One workout won't mean a hill of beans. It'll take years before you see any results, if any." Geez, how many more times are you going to keep pounding yourself? No wonder you feel so tired.

Or, "I have a hard life. I have too many problems, I don't get enough sleep," etc.

You're playing the victim-of-society game. "Woe is me." Making excuses.

None of these situations will improve or change if you don't exercise. They'll go on like normal. As you already know, life has its ups and downs. However, if you don't work out, you'll continue being out of shape, and you'll have to deal with that depressing fact, too.

When you overcome the temptation of avoiding exercise, you'll not only feel better about yourself about that, you're going to look a whole lot better, too. Not only that, you can then conquer life's other challenges because you're now handling your body problem.

Be aware of this victim trap. Start moving. After a few minutes, your endorphins kick in and your way of thinking changes. Your workouts help you cope.

Has Someone/Something Interfered With Your Workout, And Now You Don't Feel Like It?

Here's the scenario: you've got two plans, workout A and workout B. If A can't happen, then you have your backup. Maybe A is a morning workout. But you had to get to work early, so B is an evening workout.

But an unexpected commitment, or maybe your kids, prevented you from plan B. Once you get home or finally put the kids to bed, I'm sure the last thing on your mind is working out. The "I've had a really rough day. I'll make sure to work out tomorrow" rational-LIE-zation.

One day does make a difference. It's the principle. All of us have experienced this at some point in our lives. One day off becomes two days, then three, and it snowballs. And it shows.

Working out when you least feel like it **puts YOU** in **control**. The more you do this, the easier it becomes. Temptation becomes a flash in the pan.

Bite the bullet, and you're no longer a victim.

What If You Just Feel Like Vegetating?

We all have these days. Sit in your favorite chair, in front of the tube, having some munchies. Escaping to La-La Land.

Throughout my experience as a coach, many people in this scenario end up with tremendous guilt trips; the "I shoulda, coulda" group.

So many people go through each day, just going through each day. I think it was personal development expert Bob Proctor who once said, "People today go through each day, hoping they make it safely to death."

It's time to decide: Is being healthy and fit IMPORTANT to you?

If it is, you'll **get out of your "comfort zone."** You'll make all the adjustments necessary in your thinking and actions, producing the results you want.

• Trying To Get Back Into A Routine After A Long Layoff? So you've had disappointments in the past with exercise programs.

The key here is that they're really **LESSONS.** And to master them, you have to learn from them. You're engaged in the life-long School of Health and Fitness.

What went well with past programs? What was the challenge (NOT what was bad about it)? What can I do differently this time to produce the results I want? Keep an exercise journal, if this will help you.

Get back into a routine by **graduating yourself from your earlier "grades" and move on.** You never know if the next thing you do will work **unless you just do it.** In the end, you'll have developed your own personal lifestyle program, because you've tailored it to **YOU.**



Eight Reasons Why Your Workouts Aren't Working

You've been working out like you're on a mission. (You **HAVE**, haven't you?)

Or, so you think.

But the excess weight isn't "falling off" the way you like, and that computerenhanced, air-brushed supermodel/Men's Health Magazine cover look hasn't replaced your previous, out-of-shape body.

Maybe you've acquired a voracious appetite (and haven't controlled it, either), or your muscles are turning out to be like Arnold Schwarzenegger's. Plus, it seems like you're eternally sore.

So what happens?

Most people will just throw in the towel. Accept defeat. Give up. QUIT. Cry and whine that they're not getting results from exercise.

But that's IMPOSSIBLE.

The effort you put forth is in direct relation to the results you get. A good effort WILL produce good results.

If you aren't meeting your goals, it's time to check out these **saboteurs** (in and out of the gym) that could be the culprits.

1. What's Going On Inside You?

Getting a leaner, energized, fit body is more than just exercise and eating well. Look at your past exercise history - is it streaky? Do you go hard, stop, go hard, and stop? Is it sporadic? Work out for a week or two, stop, etc.?

So many people write themselves off as failures, before even starting. Oh, they may try, but that's where the streakiness or sporadic workouts or eating habits happen.

It has to do with your **self-image**. Your self-image dictates how your body moves. Self-defeat, poor body image, unrealistic expectations, lack of self-acceptance, and perfectionist tendencies will stop you dead in your tracks.

If you want to be consistent, dedicated, focused, energized, committed, leaner, psyched up, etc., you FIRST must WANT to be. In order to HAVE something, you must first BE something. That means changing your attitude, your self-image. The results will come.

2. Wasted Sweat

Just because you jump up and down and lift a few weights here and there, even daily, doesn't mean you're going to get positive results.

Diet and exercise is like a science. You experiment, record your results, analyze the results, see what you can do better for a more successful experiment. Do the experiment again. The process goes on and on. And all the while, **YOU'RE LEARNING WHAT WORKS BEST FOR YOU.**

You may start out with a generic program, but from day to day your program gets finely tuned and more focused according to how YOUR body works.

3. Getting Lazy - The Infamous "Comfort Zone"

If you've been doing the same routine for weeks on end, and you're pretty comfortable with it, you're not challenging that body enough. I'll go so far as to ask, "Why the heck are you even exercising, then?"

If you want to get fit, YA GOTTA MOVE.

Throw in some intervals with your aerobic training. Change your strength training routine every few weeks. **Do a major overhaul** - create an entirely different routine with exercises you haven't done in a long time. Bike for a couple of weeks, then walk for a couple, then do the ski machine or elliptical trainer for a couple. You **eliminate boredom**, too.

4. Going Half-Speed

Small effort, small results. Remember yesterday's newsletter – going after what you want with abandon? Give your training, nutrition, and your life all you've got. Your body and your life will give you back everything they have.

No shortcuts, sorry. There is magic - and it's YOU. It's about how badly you want it, what you're willing to do, how you're going to live your life, to get it, overcoming obstacles. Keep firmly planted in your mind that YOU ARE GREATER THAN ANYTHING THAT CAN HAPPEN TO YOU.

If the program isn't working, neither are you. That doesn't mean you're not working out hard. It could mean that you're not eating properly, your self-image

is lacking, you're not getting sleep, and a slew of other very important factors that affect positive results. You need to **take a look at the whole picture.** Then keep going after it with abandon.

5. You're In A Hurry For... What?

It took time for your body to get where it's at now. It's not going to come off tonight, tomorrow, or next week. **You KNOW that.** But yet we continue to think that you can just unzip your unfit body and out steps an incredible body immediately.

THE RESULTS WILL COME. If they don't come at the speed you want, then it's time to rethink the timeline. IT'S IMPORTANT TO **STAY FOCUSED** ON YOUR GOALS. It's just that the methods and time to get there will change. And they WILL change often.

This is a science; it HAS to work. And it DOES work.

Many people forget that a big reason for getting in shape is to do this forever. How they feel. How they LOOK. While those things are getting great results, maybe body weight isn't changing. However, clothes fit better, you're showered with compliments, and you have more energy. What REALLY matters? What are you in such a darn hurry for?

6. The Pipedream

You may be looking for the wrong results. You can't make your body type into something that it isn't. **But you can make it the best it can be.**

What counts is **how YOU feel about YOU.** How you look. How you feel you look. How much energy you have. How confident you feel. How strong you feel. How firm you feel. How healthy your self-image is. Your self-acceptance.

7. Overtraining

When you overtrain, you're actually taking one step forward and two steps backward. This is a lifetime thing, here. **Stop doing the marathon 1-2 hour workouts, and get focused with a 30-45 minute workout.** You recover much better, and can workout more frequently without overtraining. Overtraining can kill your morale, and then the comfort zone works its magic.

If you're sore for days on end and you've been training for at least six months, you need to back off for a few days. Also be careful of overdoing aerobics. If you're not able to speak during an aerobic workout, you've gone past the safe level.

8. Poor Nutrition

There is NO substitute for a well-balanced, nutrient-packed diet. Nobody, expert or consumer, can argue against the fact that good nutrition is a critical factor in getting in your best shape ever. Enough said.



Exercise: We Want To... So Why Do We

Americans spend billions and billions of dollars in gym memberships, exercise equipment, athletic shoes, diet programs, fitness books, and exercise videos.

But that's just the tip of the iceberg.

Lose The Spark?

Seems as though we're obsessed with **youth**, **health**, **and fitness**. Fat people are frowned upon. Smokers are shunned. **Muscle is IN**. **We don't want to look our age** - we certainly don't want to **feel** it.

We are bombarded with a plethora of information about what we should do to look and feel great, from the Bally's TV commercials to the local newspapers. Virtually every major magazine has a section on health and fitness. Just look at Better Homes and Gardens. It's important we're aware of what we're doing to our bodies from the moment we wake up until we go to bed.

Most Of Us Try... Once In A While

We all get the message: It's a good idea to exercise.

So what do we do? We **try.** Sun's up, the air is fresher, so we go for a walk. Maybe you're more ambitious and try something else, like go to the gym or your basement for a full-blown workout.

We have limitless opportunities for exercising, and we take advantage of them - once in a while. And it's not just the type of exercise associated with lifting weights and running on the treadmill. It's swimming, fishing, camping, bowling, boating, basketball, softball, volleyball, hiking, golfing, tennis, and dozens of other recreational sports.

The large number of people who engage in recreational sports each year pales in comparison to the more fundamental answer we are seeking here: How committed are we to making fitness a part of our lives, as natural as taking a shower every day? If we're willing to spend the money for fitness videos, books, trainers, gym memberships, exercise equipment, and clothing, what's stopping us from developing the exercise habit?

Why do we lose "the spark"?

It's encouraging to know that most of us really do want to get started, and to transform your bodies. That makes things a little easier. But it goes **deeper** than that.

Understanding The Payoffs

Physical

Maybe you don't need to be convinced, but just in case, there are STRONG arguments from the medical profession regarding health benefits of a regular fitness program. This evidence is vast, and continues to grow. Here is a summary of how exercise improves your life.

Weight Management

This one's a no-brainer. Study after study show that the key to losing weight and KEEPING IT OFF is **regular**, **challenging exercise**. Diet alone doesn't work; as you deprive your body, it starts to eat on itself to sustain itself. You avoid yo-yo dieting. Jack up your metabolism.

Aging

Epidemiological research shows that **regular exercisers live longer** than their sedentary peers. Furthermore, regular exercise **keeps us feeling and behaving younger** than our years.

Healthy Heart & Lungs

Reduce the risk of arteriosclerosis (narrowing of the arteries), coronary heart disease (#1 killer). Prevent/treat high blood pressure. Treat pulmonary disease, like asthma. Your heart is a muscle and, like any other muscle, it gets stronger with regular exercise. It gets more efficient at pumping blood, and handles stress better.

Skeletal System

Treat osteoarthritis, the wear and tear on your joints that cause bone to rub on bone. **Prevent and rehabilitate osteoporosis**, the thinning of your bones with regular exercise, especially strength training and other weight-bearing exercise. **Prevent and treat back pain** by strengthening your torso.

Cancer

There is mounting evidence that regular exercise can play an important role in the **prevention of cancers**, most notably colon cancer.

Psychological

Evidence from the fields of psychology and psychiatry is also mounting, from improving memory to a happier, healthy sex life.

Mental Health

Generally associated with the term "well-being." **Research clearly shows** that people who are physically fit are likely to be **mentally fit** as well.

Stress

Your body needs some way to burn up the stress hormones that are floating excessively in your bloodstream. Your heart races, pulse increases, tension rises. If you just sit on your duff, those stress hormones are going to make this a chronic condition. Exercise relieves this racing and tension, because your stress hormones have a venue to extinguish themselves. And it's a great time-out from life's daily hassles.

Depression

How can exercise help? It's been shown that **exercise operates on biochemical AND psychological levels** to **make us feel better** when we suffer symptoms of mild to moderate depression.

Anxiety

Mental worry, tension, muscle aches, nervous stomach, sweating. May or may not be chronic. But when you engage in exercise, your anxiety seems to magically disappear. But it's not magic. Even though the effect lasts for a few hours, now you know how you can get rid of anxiety. You become a more relaxed person.

Self-Esteem

How does exercise help you stop hating yourself? Well, for starters, you've finally decided to do something about it through a fitness program, and for **YOURSELF.** You're stronger. Energetic. Looking better and better. Feeling younger, healthier. Whatever the cause and effect, there's a clear link between regular exercise and high self-esteem.

So Why Doesn't Everybody Exercise?

What we just talked about is only a highlight of the more prevalent benefits of exercise. Researchers are continually finding additional mental and physical rewards of the Exercise Habit.

So why DOESN'T everybody exercise?

Well, if you tried to explain why people smoke, given all the evidence connecting smoking and cancer, or why people overeat, etc., you'd probably have a few of the reasons why people don't exercise. Here are some of them:

- Everyone knows exercise is joyless, no fun and it HURTS.
- I'll never get sick, have heart problems, be overweight, etc.; whatever disease or health problem happens to the other guy won't happen to me.
- Why waste time working out? I've got better things to do with my time.
- People who were fitness fanatics have died... The experts are wrong about how exercise is so good for you!
- I don't have to exercise to look fantastic! I can just go to the pharmacy, health food store, or get liposuction to keep my looks.
- It's beneath me to grunt and sweat while working out.
- No matter what I try, no matter what I do, I'll never (a) have a super-model physique, (b) be an athlete, or (c) get through a workout without passing out. In other words, "Why bother?"
- My friends don't exercise. I'm afraid they'll think I'm getting weird or something and desert me.
- I would look ridiculous in Spandex. Seems like I have to be in shape FIRST to go to a gym. People would look at me and laugh.

Hey, if you need an excuse, YOU CAN FIND ONE.

How about if you just quit the griping, and get on with the work? You've basically pre-programmed your mind to hating exercise, having no energy, that you can't do it, that there's no time, and all the other **lame excuses.**

What if you re-programmed you mind, to picture yourself in dynamite health, looking great, and feeling sky-high about yourself?

Instead of desperately trying to alter the end-result, you first need to change YOU. Your thoughts, feelings, and actions – your **ATTITUDE.**

How Can I Get Going?

How can you turn yourself on to exercise? How do you keep the commitment going? **That answer lies within YOU.** What is your motivation for building a leaner, energized, fantastic body? What are you willing to do about it? What obstacles do you need to overcome?

Once you assess what it's going to take to be a fitness success, the actual working out and eating healthy part becomes **virtually effortless**.



Honor Thy Commitment – Conquering The Top 7 Excuses Not To Exercise

"Where the heart is willing, it will find a thousand ways, but where it is unwilling, it will find a thousand excuses." -- Dayak proverb

Ignorance is bliss - one of the risks of self-awareness is that you can't play dumb anymore. If you know what you need, you have to deal with the question of what you're going to do about it. You can't just say, "Oh that's not important to me!" Knowing your needs and how you can satisfy them through a lifetime fitness commitment empowers you to move ahead in life - to make the dramatic shift from not knowing who you are or what you want in life to ways that really work.

Of course, you can continue to doubt yourself, thinking you're incapable of making good things happen to you, like building a leaner, energized, great looking body and have a wonderful life.

Or, you can face the music and "get" that THERE IS NO VALID REASON NOT TO TRY - make that, DO - and your only option is to start exactly where you are, with whatever you've got.

So, What Are YOUR Excuses?

Let's face it, there are ALWAYS excuses. But, why would you make excuses? Let me guess...

- 1. It's too hard. (Please.)
- 2. It takes too much time. (No, it doesn't.)
- 3. I can't afford it. (Yes, you CAN.)
- 4. I feel self-conscious. (This is about YOU, not ANYONE else.)
- 5. I lack support from family and friends. (Get it from somewhere else.)
- 6. I'm too tired. (Stop looking for the "magic pill" and take on some RESPONSIBILITY.)
- 7. It's too late to start exercising. (NO, IT ISN'T.)

Excuse #1 - It's Too Hard

Okay, I'll admit something here; it sometimes hurts to exercise. Especially when you're starting out. How many people have you seen smiling while bench pressing 200 lb. or as they run a sub-minute 400m sprint? That kind of exercise hurts.

I'm concerned with a different kind of hurt, because you can always lower the weight or slow your pace.

It's the "hurt" of commitment.

It's the kind of hurt I sometimes feel (yes, ME) when I start getting ready to go to the gym 15 minutes away at 6:45 pm at night when I haven't seen my wife or kids all day. From time to time I argue with myself: "Practice what you preach, man. You tell everybody else to get off their butts, why don't you do it yourself?"

Miraculously, though, it changes - once I start. And it only takes a few minutes until the "feel good" endorphins kick in, and the workout feels great, and my self-esteem has been cranked up a notch.

Here the beauty - it gets **EASIER** the more "starts" you have under your belt. **You know the transformation is real - you can count on it.**

Vent and complain if you must **AS LONG AS YOU'RE DOING SOMETHING ABOUT IT.** I'll give you just 2 minutes to get it out of your system. Ready? Okay, vent.

Now go for it.

Hey, change is hard. Commitment is hard. Reaching for goals is hard. I've been down that road. It can be a struggle. Some people use positive thinking (most effective) to break the inertia. Whatever you need to get going, USE IT - because "HARD" IS NOT A DIRTY WORD.

It's too bad a few experts believe in "no pain, no gain." You can get fit without killing yourself. But you may still experience mental pain - the anguish of change, the effort to stick with it, and maybe underneath, the liking yourself enough to continue something that is totally for yourself.

Excuse #2 - It Takes Too Much Time

Experts offer two well-worn arguments against this objection. On the one hand, people who are extremely busy with work, family, and social obligations still find time to exercise. Moreover, once they have developed the exercise habit, they wouldn't think for one second of dropping it.

On the other hand, exercise doesn't have to mean going to the health club for 2 hours a day. It can be the "accumulating" principle - 10 minutes here, 10 minutes there, totaling at least **30 minutes of activity daily.**

Both of these arguments are valid, but there's an important issue to consider. Let's play a game of "Truth Or Dare." If you had a choice of enjoying lunch with good friends at a cafe or sweating out 5 miles on a treadmill, which would you choose? Be honest!

Sure you can readjust your schedule, manage time better, and take fewer naps, but WHY? That's the issue we're talking about here.

If push comes to shove, you can always find the time. But to find the time, you have to know WHY you want to. What your motives are. Some of your payoffs will be long-term, not like the immediate pleasures of a lunch or nap. So, a bonus benefit of exercising is that it develops your ability to delay instant gratification and go after the long-term benefits of a healthy lifestyle.

Bottom line: **THE TIME IS THERE**, hidden away in poor scheduling or in making choices about what you'd rather do. **It's deciding to CHANGE YOUR PRIORITIES that makes time appear.**

Excuse #3 - I Can't Afford It

Actually, you can't afford NOT to do it.

Sure, you need to be outfitted with shorts, sweats, headphones, weight belt, warm-up suits, cross-training shoes, club membership, home exercise equipment, etc. (Okay, maybe you don't get ALL of this, but I'm trying to make a point.)

If you think about it, you may have so much money invested in your health and fitness, you might as well do it. So, go do it.

When you look at it more closely, fitness is pretty inexpensive entertainment. Maybe a little music for an at-home workout. Good footwear for a walk or run. Some people even make their own weights by filling milk jugs with water. Where there's a will there's a way. People are funny sometimes; if their backs are against the wall, they can get pretty creative.

Instead of the Stairmaster, use your own steps in your home. Buy used exercise equipment (even get it cheaper at garage sales!). Use chairs for dips and stepups. Lots of possibilities for great workouts.

The most critical item is one you cannot buy - the motivation to do it.

So now that you have that, what are you waiting for?

Excuse #4 - I'd Feel Self-Conscious

Maybe you feel embarrassed because you think your body is too fat, not muscular enough, or just not RIGHT. Or you feel uncoordinated, or just plain incompetent, like everybody's looking at you, thinking, "Boy, that person doesn't know what s/he's doing! Why doesn't s/he just give it up?"

When you get distracted from your goals, you pay more attention to what you LOOK like rather than what you FEEL like. Your mind will mix up what's important, substituting a superficial focus for an internal one. On days like this, it's going to take an extra effort to push the superficial away. You'll find the more you get into your workout, the less self-conscious you'll feel.

The fact is that most people who exercise are probably your biggest fans. They have no real interest in putting you off. Hey, you're joining them in something they believe in. You're the new kid on the block; as you continue to show up, you get respect. People realize you're trying, and will support you. In time your body will look and feel better to you.

Excuse #5 - I Lack Support From Family & Friends

This can be a problem. When you start changing yourself for the better through exercise, while your **friends and relatives** continue to worsen their situations, they can get pretty **jealous**. It's like they feel threatened.

People we love can be our greatest allies or our worst enemies when we're beginning to exercise. If your friends and family are a little self-conscious about their bodies, it's no wonder they may feel threatened by your sudden interest in fitness.

Ask them, "Why, if you're supposed to love and care about me, would you object to my doing something good for myself? Do you feel like I'm abandoning you, like going to some kind of 'opposition'?" **Get them to talk** about their feelings about this. Understand where they're coming from. **Then explain why you're doing what you're doing.**

Besides, if you can invite them to join you in your new lifestyle, it might make things better all around.

Excuse #6 - I'm Too Tired To Exercise

Some of you can't exercise in the morning. Some of you can't exercise in the evening. Some can't exercise in the afternoon. No matter how much caffeine you give your body, it just won't GO. By the end of your workday, your body feels dead. Day in and day out.

You must know this VERY important lesson: On days when you feel fatigued, you may need exercise the MOST. A tired mind plus a good workout equals REJUVENATION. Truth is you're more than likely not PHYSICALLY tired. Many people have sedentary jobs. It may take a while to start your "engine," but once you get moving, you're feeling pretty darn good.

Of course, there are those whose bodies are tired from honest physical labor. Here's where you may need something different from conventional exercise. Maybe you need a good stretching session, or a refreshing walk.

Frankly, most fatigue we feel in our lives is more mental than physical. It's that mental hurdle we have to jump. The more you experience the boost you get from exercise, the more you can convince your mind that you're doing a great thing for it.

Excuse #7 - It's Too Late To Start Exercising

IT IS NEVER TOO LATE TO START EXERCISING. If you haven't been watching the news, reading the papers and magazines, and listening to the radio, there are reports every day that tell of the many benefits of exercising NO MATTER WHAT YOUR AGE.

I really don't think you believe you're too old to start exercising. I think you feel "too something" else - too out of shape, too fat, too tired, etc. I think by now you know my answer. Yes, it's hard. People may stare. You might feel uncomfortable. **But IT'S WORTH IT - and it gets better all the time.**

Do you want to age faster, or grow younger?

Choose Health

It's a real risk to put yourself on the line and go after what you want. It takes courage, commitment, and a clear sense of purpose.

Waiting... For What?

How many of you believe in the "magic of waiting" - the idea that if you just wait long enough, something good will happen?

THERE IS NO MAGIC IN WAITING.

You need to **sit down and decide** what you want in life, envision your goals, and how you intend to achieve them. Isn't it funny how most people wait for so long, let themselves go too much, that there is no other option than to GET GOING NOW?

Waiting doesn't cause ANYTHING. And it can ruin lives.

If you've been complaining for weeks, months, even years about how fat and out of shape you are, asking, "What am I going to do?" my response is, "WHAT ARE YOU WAITING FOR?"

Sometimes we think we need something, or to be somebody, before we take action. That's right - **procrastination.** We can turn it into a real art form. "I'll start tomorrow/Monday/next month/this year/after the holidays!"

We wait for the right time, the right circumstance, the right whatever it is we think will make all of this a piece of cake without any disruption to our delicately balanced lives.

Moot, I say.

So, WHAT ARE YOU WAITING FOR?



20 Little Changes In Your Lifestyle That Really Add Up To Big Changes In You

1. Patience.

It more than likely took years to get where you are today. **Don't expect to reverse the results in a matter of weeks.** Rapid weight loss is usually water and lean muscle mass. That is the kind of weight that comes right back fiercely and causes discouragement, disappointment, and frustration with your program.

2. Gradually reduce your caloric intake...

When you're trying to lose weight. If you dramatically drop your calories by 1000 or more, your body senses starvation and slows down your metabolism. This is defeating the whole purpose of permanent weight loss. **Drop your caloric intake by 10% for a week or two, and then reduce by 10% again.** You'll know when you're eating too little when you can barely function during the day. **You need to eat enough so you have enough energy for your daily activities.**

3. Balance your meals.

Protein, carbs, fat. Use the eyeball method and the palm of your hand for greater portion control.

4. Exercise.

Okay, okay. You knew this one. No wimpy workouts, either. **Challenge your body to get the results you want.** In order of importance: strength training, aerobic conditioning, and flexibility. MINIMUM three times weekly, up to six days a week.

5. Strength training.

I had to separate this one to emphasize how critical it is in your fitness program. **Lean muscle mass is the key to long-term weight loss and fat loss.** The more of it you have, the less fat you'll have. Lean muscle is your most metabolically active tissue, so develop it to get in your best shape ever.

6. Work out with a partner.

If you can find a workout partner, you can help each other stick to your programs. **Support and motivate each other** to establish a positive lifestyle habit.

7. Believe and succeed.

Three words to say to yourself over and over again; these three words form the foundation of all success in life.

8. Read food labels.

Especially the **list of ingredients** - they are listed in order from most to least. If the list includes ingredients you can't pronounce, put it back on the shelf.

9. Eat breakfast.

If you skip breakfast, you shut down your metabolism, plus impair your concentration and performance, mental and physical. Balance, balance, balance.

10. SPREAD YOUR MEALS THROUGHOUT THE DAY.

4-6 smaller meals will keep your **energy up** and your metabolism revving, controlling your appetite, cravings, and regulate your blood sugar level.

11. Quit being so lazy.

Take the stairs. Park further out in the parking lot. Make your meals. Pack your lunches. **Stop looking for so darn many conveniences.** Get out of the rut!

12. Use Interval Training...

With your aerobic workouts to **maximize calorie burning.** Use the 1-minute on, 1 minute off cycle: 1 minute faster-than-normal pace for a minute, followed by a cool-down-pace for a minute. Increase your "on" time when you're ready, but keep your "off" time the same.

13. Curb your sweet tooth...

With a **piece of fruit.** Better yet, balance this little mini-meal with protein and a little fat.

14. Curb hunger with a large glass of water.

If you're not hungry after you drink it, then you were just thirsty. If you're still hungry, then eat a balanced snack or meal.

15. Drink at least 8 glasses of water daily.

Preferably 10.

16. Eat slowly.

Put your fork down between bites. Chew your food completely. **Eating slowly allows a signal to be sent to your brain to tell you when you're satisfied.** So you eat less and still feel like you've eaten enough.

17. Use the eyeball method...

For **determining portions**. 2-3 palmsful of fiber-rich carbohydrates for every 1 palmful of protein.

18. Bake, steam, or grill when cooking.

19. Measure success by inches, NOT WEIGHT.

You want to be healthy and fit, not a fatter "thin" person. Remember that muscle weighs more than fat, so while you may not have lost 25 lb., you'll look like you did. And you dropped 2-3 dress sizes, or pared off 4 inches from your waist.

20. Enjoy the pursuit of a younger, healthier, energized, better-looking you! Being healthy and fit is NOT an event. This is a lifetime thing, so program your mind to enjoy it. Since your body is an instrument of your mind, "you become what you think about."



Live Longer, Feel Younger

Remember John Glenn? 36 years ago he was the first American to orbit the earth. Now he's by far the oldest orbiter, evidenced by his recent mission last year. What a great mindset this guy had; he saw no reason to stop just because he was far past the age when people think you should retire. He felt fit. He believed he could do it.

He passed the same rigorous physical exam as the other younger astronauts did. And he played an important role in the mission, which was to see any similarity in physical changes between weightless astronauts and older civilian people.

Glenn's role is about how to make life on earth longer and better.

People are already living longer than before. Did you know that **people over the age of 85 are now the fastest growing segment** of the U.S. population? Neither did I. And these people are living these extra years to the fullest.

Here are some steps you can take to help you live longer and healthier - even if you're already older or ailing. And if you're younger, even lots younger, that's even better. You increase your chances of living longer, feeling healthier and younger that much more.

MYTH #1: Getting older means illness and disability

Truth: Several major diseases that often occur in older people – most common are coronary heart disease and stroke - have become less common over the last 20-30 years. The percentage of disabled people over age 65 has dropped significantly in the last 17 years. In fact, **75% of people age 75-84 report NO disability.**

The risk of disease does increase with age, partly because body weight, blood pressure, cholesterol, and blood-sugar levels tend to increase, and bone density and immune function tend to decline.

Listen to this: studies of twins indicate that only about 1/3 of the loss of physical function is attributed to heredity; **the rest is from POOR HEALTH HABITS.** If people practiced good habits, the average life span could soar from the current 76 years to 100 years.

Key step: regular exercise. Strength training (critically important), daily aerobics, and flexibility, not only keeps you free from disease, but fit, strong, limber, and looking great as you age. Like fine wine, right? Get this:

70-year old men who had done strength training since middle age were just as strong, on average, as 28 year olds who hadn't. Wow!

MYTH #2: Why bother trying to protect my health now? The damage is already done.

Truth: Even older people who take the steps NOW to protect their health can add years to their lives - and live those years with less disease and disability. Better late than never. Nature is very forgiving, so take advantage of it!

Older people who start aerobic exercise can boost their aerobic fitness by the same 10-30% as younger people can. People who start strength training in their 80's & 90's can double or TRIPLE their strength levels in just a few months. Reduce your cardiovascular disease risk in half.

Reduce your cholesterol. Reduce your cancer risk. Reduce diabetes risk. Lose weight. Lose fat. Keep your metabolism younger, longer. Control arthritis. Ward off osteoporosis. The list goes on.

Exercise, exercise, exercise. Appropriate medical intervention, like hearing aids, cataract surgery, surgery for arthritics - can fend off disability, and may even prolong life.

MYTH #3: Getting old means becoming the absent-minded professor.

Truth: Alzheimer's affects 20% of people by age 80; but that means 80% of 80-year olds don't have it. The normal mental decline is milder than what most people think. Processing information is modestly different, and there's little decline in recall.

Plus, the mental decline is preventable or reversible. If you don't use it, you lose it. Physically fit people react to mental challenges just as quickly as unfit people, even 20-30 years younger. This seems to be because exercise boosts blood flow, feeding your brain.

Mental exercise can keep you sharp for a long, long, long time. Learn a new language or skill. Play strategy games that make you think - chess, bridge. Keep those neurons firing to keep you sharp.

MYTH #4: I'm going to be sad, lonely, and unproductive when I'm older.

Truth: My 80-something grandma is working for Wendy's and works harder than the teenyboppers there. She's just a little fireball of energy. I don't know how she does it. But she does.

Studies have shown that older people are less likely to report negative feelings - depression, hopelessness, or anxiety - than middle-aged or younger people. The depression you hear about stems from nursing homes, and the number of residents is declining too.

Most older people are still active: 1/3 has a paying job, 1/3 volunteer, and most engage in a meaningful activity or hobby. Staying "connected" is very important; socially active people live longer.

The Bottom Line

People are living longer than ever, with less disease and disability.

It's never too late to improve your physical and mental health. NEVER.

Most people DO NOT suffer from dementia. Stay physically and mentally active. If you don't use it, you lose it.

Maintain strong social ties. Get active with a hobby, or volunteer.





More Stick-With-It Secrets To Keep You Exercising

Build Mental Muscle

Think about why you're exercising. Do you want to look good? Do you want to have a better self-image? **Attack a slump where it starts – right in your head.** If you find yourself talking negative, ERASE IT. Replace the negative with a positive. Re-affirm this often each day. You ARE healthy. You ARE energetic. You ARE looking good.

Get In Your "Zone"

When you're working out, **concentrate on living in the moment.** Instead of focusing on the clock, focus on deep breathing. Make every rep, every stride, and every stroke count. Just like exercise, your **concentration improves every time you use it.**

Work Hard, Take It Easy

Your body needs variety in order to improve. If you're doing the same thing all the time, your body will quit on you. Your metabolism slows down, strength decreases, your endurance slacks. Instead of biking all the time, work in a kickboxing class, or a step class. **Alternate** between light, medium, and heavy strength training workouts.

Double Up

Try one week of twice-a-day workouts. No kidding. Do your tougher workout in the morning, and then in the evening go at about 2/3 effort. This is a good way to **get over a hump and take yourself to the next level.** You'll definitely see an improvement in performance once you return to once-a-day workouts.

Hold A Daily Drawing

On slips of paper, write down every single workout you could do at home, at the gym, or outside. Throw them all in a jar, then **each day you pick the "winning routine," and do it.**

Exercise Your Mind - Awaken Your Mental Power

Your body is just an instrument of your mind. That being said, it behooves you to build a stronger mental and spiritual foundation. Do a search on amazon.com for a wealth of inspirational, motivational, and self-help books. Just go to http://www.amazon.com/exec/obidos/redirect-home/theworldpeakperf and do a search. Since exercise gets you best results if done daily, then it follows that mental and spiritual exercise does the same.

Be Flexible

Maybe you need to change your definition of what success is. You want to lose 20 lb. but you only lost 10. But, you LOOK like you lost 20. That is success. You're a ball of energy. Your confidence has soared. Look at the big picture.

Change Your Environment

Take different routes when you walk/run. Re-design your workout area in your home so you're looking at something else besides a TV. Play different music. Go to a different gym. Change workouts with the season. Awaken your senses and regenerate interest.





Personal Fulfillment Through Exercise

Do you:

- Suffer from a poor self-image?
- Want to challenge your ego with something new?
- Ride an emotional roller coaster?
- Want to manage your stress?

If you answered "yes" to ANY of these questions, read on - what you're about to read may be the key to your personal fulfillment through exercise.

Self-Esteem

What is self-esteem? Put simply, it's **how you feel about yourself**, positive or negative. It could be thought of as your attitude - your thoughts, feelings, and actions.

EVERY ONE OF US ALWAYS ACTS, FEELS, AND BEHAVES IN A WAY THAT IS CONSISTENT WITH OUR SELF-IMAGE - REGARDLESS OF THE REALITY OF THAT IMAGE.

What it comes down to is this... Whatever happens in your life IS UP TO YOU. Want to know what the 10 most powerful words in the English language are? **IF IT IS TO BE, IT IS UP TO ME.**

YOU are in charge. YOU make things happen. Nobody, but NOBODY, makes you do anything - you are responsible for your actions.

The problem with this is that when people are told they are responsible for their own success or failure, they're not likely to jump for joy at the task of making

themselves feel better. Many times, they'll feel overwhelmed and sink into depression.

A poor self-image is dangerous. It sabotages our efforts and each time we fail, it grows like cancer. Many personal and social problems result from the fact that people don't have enough self-esteem and try to compensate through actions that can hurt themselves and others.

Self-esteem isn't always fixed. Events in our lives and how we cope with them can send our egos on the emotional roller coaster, from unstoppable to despair. We may be able to rebound for the next encounter, but too many wounds to our egos is like licking a flesh wound with lemon juice. The trick is to strengthen your self-esteem.

Self-esteem comes from what we do, how well we do it, and our feelings about our bodies. What we do is basically the roles we play in everyday life - spouse, sibling, parent, manager, friend, and tennis player, for example. Having these multiple roles increases the chances that we will feel good about some parts we play in life.

How well we play these roles is another source of self-esteem. The more we learn about how to become the best at what we do and be consistent and skillful at it, the more satisfaction we get. There is a sense of pride and accomplishment.

In this day and age, **body esteem is a major slice of the overall self-esteem pie.** There are valid reasons why exercise will help build self-esteem - and they're not limited to making you feel better about your body.

If you're stuck in a career that seems stale to you, **exercise can help give you a new identity.** You can become a runner, walker, basketball player, softball player, and volleyball player. Compete in recreation leagues and races.

Exercise can boost all three sources of your self-esteem: your body feels better, and you can enjoy seeing the transformation your body is making. And now your self-image grows from being a one-dimensional person to a multi-dimensional person who has interests outside of work.

The Need To Achieve

Some people are driven. All of us at one point or another set our sights high and started after something we dreamed about. If we got what we went after, it motivated us to set more goals. **As we continue to achieve goals, goal setting became a habit.**

Or maybe we didn't get what we wanted - and gave up. We then developed a **fear of failure** that prevented us from reaching for more.

Society wants us to have a strong achievement motive. Achieving is good, trying hard builds character, and the lack of the will to succeed is your ticket to a lifetime of mediocrity.

However, like it or not, society has lost some of its ability to reinforce the achievement motive. So people turn to sport, recreation, and exercise for their rewards.

If your job gives you a promotion or raise only once a year, and if you only feel success when your child graduates from college, what do you do in the meantime to satisfy your need to achieve?

Check out the new technology fitness affords you. New exercise machines now provide computerized panels that tell you how hard you've worked out, how many calories burned, distance covered, weight lifted, etc. You'll even notice, especially at health clubs, people making notes in training journals.

Exercise isn't just for long-term health. Now fitness is seen as an ideal arena for testing and pushing your own personal limits.

Mood And Tension Levels

In the exercise context, when you think of mood and tension, you think of anxiety and depression. Millions of people suffer from one form or another of anxiety and depression.

The fitness boom has been boosted by advocates of the **mood-tranquilizing** benefits of regular exercise. More than 3/4 of primary physicians polled regularly prescribed exercise to depressed or anxious patients.

Personal (anecdotal) testimonials rave about how exercise helps you feel better emotionally afterwards, and now have been replaced by solid research that confirms this. The overwhelming consensus is that you get a mood lift when you exercise.

The actual mood lift you get from exercise may only last for a few hours, then tapers down to a more generalized feeling of well-being. By boosting your mood through exercise, you gain better self-control over your moods. You learn what you need to do to control your emotions. And the "high" you get is completely natural.

When you're stressed and anxious, your body produces chemicals in the "fight or flight" response, like adrenaline and cortisol. But stress hormones can also break down your body and burn you out when the "fight or flight" response is chronic. These chemicals have nowhere to dissipate, so they keep building up in your body, causing long-term damage. Exercise is another form of stress, which helps to burn up those chemicals.

Manage Your Stress

Stress is an epidemic today. It's a disease of extremes - you either have too much or too little. Psychologists say understimulation can stress us just as much as overstimulation. Just try unemployment for a year.

Stress is either the spice of life, or the wear and tear of life. That said, we should all be motivated to manage stress more effectively.

Now, what you perceive as stressful, I may not. There are many factors that determine our ability to cope with life's demands - health, money, relationships, personal development, and support systems.

In helping people with stress, psychologists work on different levels. One approach is **education** - helping people understand the stress reaction or helping them **change perspective** so situations appear less threatening.

Another approach is **lifestyle change.** Poor eating habits, lack of exercise, drugs, alcohol, and/or tobacco have been targeted as major contributors to stress.

Since stress wears many faces, the management of stress must be multi-faceted too. **Incorporating exercise into your life gives you physical, emotional, and social relief.** As I mentioned a moment ago, exercise is the best way to use up the rush of stress energy that is the "fight or flight" response. It helps your body handle stress effectively.

Exercise can work better than some commonly prescribed sedatives for calming you down. It also provides more positive release for emotional buildups, and more positive feelings replace negative emotions. Plus, exercise helps to build a stronger community, where you can "feed" off the energy of others.



Setting Up A Strong, Supportive Community For Your Health & Fitness Success

Experts firmly agree that you need a supportive structure to help you achieve your goals faster. In this case we're talking about losing weight, sticking with a healthy lifestyle, exercising regularly, etc.

One of these supportive structures experts suggest is a strong community of support. Family, friends, environment.

The notion of having and developing your own personal community is becoming more common. Basically, people with similar interests and relating/communicating styles get together and stay together and eventually bond together, almost as close - and sometimes even closer - than a traditional family. With the popularity of the Internet as it is today (with no evidence of slowing down), you've witnessed marriages forming and lifetime friendships.

It is more socially acceptable today that one has more than just family, friends, co-workers, and acquaintances. There's actually "something" called a community and Gen-X'ers and other sub-groups are forming them and are proud of being a part of these created communities.

Silver shoe clubs (senior citizen walkers), Baby Boomer clubs, weight loss support groups, walking/running clubs, etc.

• Key Point A: Communities Work Best When They Are Chosen

The whole point of this type of community is that folks come together because they **WANT** to, not because they have to. **You choose EXACTLY who you want to hang around with.**

Key Point B: Communities Bring Out Your Best

The real benefit of a chosen community is that you become someone even more special and successful because you're a part of the community. The best in them brings out the best in you, and vice versa. Choose to become part of a community because of who you'll be and become, not just what you'll "get out of it."

Key Point C: Tribes>Family>Community

There is a progression here towards high, high quality of relating, based on choice and pleasure. Here's how far we've come as a civilization:

- 1) Tribes were survival/protection-based; for food, clothing, shelter, protection from other tribes.
- 2) Families are rearing/societal-based; for love, having kids, approval.
- **3)** Communities are high-quality of life/choice-based; for enjoyment, intellectual/spiritual development, and for universal experience.

We need all three. Focusing on community building puts the other two structures in perspective.

Benefits Of Having A Chosen Community

- Makes you more well-rounded and well-connected; can be a reserve in case of trouble
- Expands your personal and professional horizons
- Moves you in new, more rewarding directions.

10 Steps To Upgrade Who You Know Now - True or False

- 1. I have a best friend who I adore and who adores me.
- 2. I have the perfect amount and type of friends.
- **3.** I have a strong professional network that I respect.
- **4.** I am respected by the people I know professionally and personally.
- **5.** I feel good enough about myself to be part of a community of choice.
- **6.** I am valued for who I am, not just for a role that I play for others.
- 7. I actively seek out people whose company I enjoy.
- **8.** I have let go of the 3 people in my life that drain me or that I am associated out of obligation.
- **9.** I say no to potential friendships or colleagueships that just aren't perfect for me.
- **10.**I am willing to be evoked, shaped, and touched by a community.

When you've answered "true" for ALL ten steps, reward yourself. Good job!

Now design your community. What's the purpose or focus of the community you wish to be a part? Weight loss? Motivation? Diabetes? Diet?

Who gets to "play"? What type of people, what qualities do they have that would make them a natural part of YOU (via the community).

Who will you become because of your community? Write down 5 qualities, accomplishments, ways of being, etc., that are natural for you out of being a part of your chosen community. Keep it personal.

Once you know this, you may even find a group in your locale, or, hey, why not start one yourself?



Seven Challenges For Physical Wellness

Physical wellness is a key "spoke" in your wheel in life. Good health is among the greatest blessings and will breed success in every other aspect of your life. Abraham Maslow placed the physical requirements of an individual at the base of his hierarchy of needs. Ideally, you want to strike an effective balance between attitude, exercise, nutrition, sleep, and life management.

Doctors and scientists around the world are discovering the **positive** relationship between a healthy attitude and a healthy body. It is difficult for one to exist without the other. Remember, the body is only an instrument of the mind. So when you feed your mind, "I feel fat," your body will act to keep you that way.

Winners concentrate on the benefits of good health habits (increased energy and production, greater self-esteem, less stress, for example). Losers, conversely, dwell on the limits of these habits (no more smoking, fewer sweets, early morning workouts, and self-discipline). As we learn to look at our physical well-being as a vital element of a balanced life, it becomes a positive focus in our daily lives.

A commitment to a physically active life is the most important component of good health. A well-defined physical training program that is based on your

personal needs and goals will naturally result in a healthy lifestyle. Be smart, though. **Consult your doctor** before beginning a new exercise/diet program. Many people go for the gusto right out of the starting gate, hurting themselves more than they're helping. That's why a **WELL-DESIGNED TRAINING PROGRAM** is essential.

Do you need to lose some weight? Want to increase your strength and stamina? Do you want to learn new skills and sports that will increase your enjoyment when you exercise? Are you trying to treat a medical condition, like high blood pressure or high cholesterol, or trying to prevent it?

Whatever your desire is, work with a coach or trainer to help you create a tailored program that will deliver the results you want.

One of our greatest challenges is that of **poor nutrition**. The hectic pace of modern life, the convenience of fast foods has created in many of us poor nutritional habits. Lack of accurate information has also made things difficult. Laziness is another **MAJOR** factor. Take the time to evaluate how you eat, and work with your coach or trainer to identify plans of action that lead to sound, balanced nutrition.

How do you feel when you wake up in the morning? Are you able to sleep restfully through the night? **Do you try to establish and stick to a regular sleep schedule,** so you wake up refreshed and ready to go? Are you able to sleep within 30 minutes of falling asleep? We all know **quality of sleep is a wonderful restorer.** Work with your coach or see a sleep expert if this is a concern for you.

One of the greatest obstacles to our good health and a fit body can be the disabling effects of **uncontrolled stress**. Ongoing high levels of stress have been associated with digestive problems, high blood pressure, slow healing, emotional fatigue, energy drain, and so on. **Your body is an instrument of your mind; it will reflect physically what you're distressed about.**

Seven Challenges For A Healthy Mind And Fit Body

1. Create and discuss with your "support community" - family, friends, coach, trainer - your physical development goals for the next 6 to 12 months.

Identify incremental steps, moving from long-term goals back through medium and short-term goals, and finally to weekly and daily tasks that support your goals, such as 10 Daily Habits.

2. Have a physical exam to define your state of health today.

How long has it been since you had your last comprehensive physical exam? How long since you last saw your doctor? Dentist? Chiropractor? Other health professional? When did you have your body composition measured last, if at all? When did you take your last cholesterol exam? Plan THIS MONTH to set an appointment with the right health pro(s), who can help you accurately evaluate where you are today, and if there are any specific needs, conditions, or concerns to be met as you create your plan.

3. Try a new sport or activity.

Get training and experience in some new activities. You may wish to take lessons, join a league, or get a group of friends together. Making a commitment to others to participate will increase you chances of being successful, and help you stick with it. Here are some possibilities:

- X-Country skiing
- Step aerobics
- Golf
- Running
- Soccer
- Hiking
- Gardening
- Dancing
- Mountain biking
- Yoga
- Marathoning
- Tennis
- Baseball
- Skiina
- Ultimate Frisbee
- Walking
- Surfing
- Canoeing
- Bicycle road racing
- Marital arts
- In-line skating
- Basketball
- Line dancing
- Rowing
- Bowling
- Swimming
- Football
- Volleyball
- Water skiing
- Ballroom dancing

4. Improve your nutritional choices.

Have you tried dieting before? Have you tried the "quick weight loss" scams or fad diets? What's been your "fat history?" How would you describe your current nutritional habits? Do you constantly crave sugar or fatty foods? Do you frequently eat on the run, eat lots of fast food, or eat convenience foods? How much water do you drink?

For three consecutive days, I want you to write down EVERYTHING you put into your mouth. Include measurements as accurately as possible, and divide them up into meals and snacks. Knowing where you are today will help you create a new (and drastically improved) nutritional plan.

5. If you feel cravings for one or more particular foods, go without them for one week.

This one's tough, but it can be done. Too much sugar, fat, caffeine, or alcohol can have serious negative effects on your energy levels, health, and fitness. You can eliminate all foods you crave, or you can eliminate one at a time. When you eliminate them for a week, this gives your body (and mind) time to "reestablish independence," then you decide if you REALLY need them in your diet.

6. Create a plan for "incidental exercise."

You've heard this before. Take the stairs. Learn some isometric and stretching exercises you can use at your desk. Park far away from the door. Take a walk during your lunch hour. Do some house- or yard work instead of watching TV. Walk when you play golf.

Evaluate your days to find where you can replace inactivity with activity. If you are already exercising and eating right, you can enhance and hasten the fatburning effects of your program.

7. Learn all you can about fitness and health.

You're doing it right here with this book. You can also subscribe to fitness magazines, join a health club, buy books from amazon.com, or check them out from the library. Become a sponge for health and fitness info. Develop your own library. Attend seminars. Knowledge, with action, is POWER.



Little Alterations That Make a World Of Difference

Vince Lombardi, arguably the greatest athletic coach in history, always started every football training camp by placing a football on the ground and saying to his team, "Gentlemen, this is a football."

Keep in mind, there are seasoned veteran players on the team. You would think they would be insulted by that remark.

Not so. They know that when the going gets tough, it's time to get back to the basics. What got them to where they are.

Same with fitness. Sometimes we get so **caught up** with the latest research about some fabulous nutritional supplement, weight loss book, or exercise fad, that **we tend to forget what's REALLY needed** to build a leaner, energized, dynamite body.

The basics. Exercise and eating right. From time to time we need a refresher course on just what basics make the biggest difference. Here are several.

- 1. You'll increase your lean muscle mass if you add resistance training into aerobics class. Similar muscle gains were not found in aerobics-only classes.
- 2. Pumping iron not just running and other types of aerobic work is good for your cardiovascular system. Some of the positive changes you can expect include lower blood pressure, lower heart rate, and increased heartwall and septum thickness.
- 3. Front and back squats are two very different exercises. To be more exact, in one study, the back squat resulted in much greater electrical activity of the vastus lateralis (on the outside of your thigh) and longissimus dorsi (the largest of your erectors) muscles than the front squat. Researchers suggest that these findings may be a result of the greater forward lean seen in the back squat and the heavier weights lifted.
- 4. Greater muscle mass doesn't explain the discrepancy between men's and women's strength. Researchers found significant differences when

testing for strength between men and women in the leg extension, but when controlling for rather noticeable muscle cross-sectional area, the difference remained the same. Hence, other variables must account for men's generally greater strength. Just when you thought you knew it all.

- 5. The best way to warm up before a task that will test your power output, such as explosive lifting, is jogging. Stretching before exercise could actually hurt your performance in this situation. (P. Doyle, University of Massachusetts)
- 6. If you wear a compressive sleeve around a sore area immediately after your first workout following a long layoff, you may experience an increased rate of muscle repair and reduced soreness from 48-72 hours after exercise. (W. Kraemer, Pennsylvania State University)
- 7. You'll use approximately 30% of your glycogen stores if you train at 60% of your one-rep max. If you train at higher intensities, you use more. Higher intensities, higher calorie burn. (G. Dudley, University of Georgia)



Stop Thinking Lack

Let's see a show of hands: How many of you have gone through a stretch of exercising and eating well, getting great results, feeling your best, and looking great?

I bet a lot of you have "been there, done that."

Whether it was for weeks, months, or years, you kept at it, and steadily the results came. Unstoppable energy. A sky-high self-esteem. Strength. Vitality. The whole nine yards of benefits and results.

Then something happened where the rug was pulled from underneath your feet...

A car accident. You got married. Had kids/have kids. Got a divorce. Experienced a death of someone close to you. Moved to a new location. Transferred/Found another job. Injury.

Whatever has happened, it threw you into a tizzy and your comfort zone took over, bringing you down to being sedentary and out of shape. That is REALLY comfortable for your body.

Then one day you realize you've let yourself go, and **you want to do something about it.** You want to get back into that "groove" you were in way back when you looked and felt your best.

Only **THIS** time, you're looking for some magic something-or-other to build this fantastic body, with little effort on your part. You just **don't have time** to do the whole diet and exercise thing, so something painless and quick will do just fine, thank you.

You buy the books, videos, weight-loss programs, club memberships, trainers, supplements, etc. Your attempts of getting into super shape are costing you an arm and a leg. And it seems like you have to spend more and more money to build this dynamic body. "What's the point?"

The good old comfort zone. Fear, guilt, hurt/anger, and discouragement rear their ugly heads and pull you back.

At this point, it seems almost impossible to keep going.

So, you have a private talk with yourself. And this talk is probably dripping with pessimism. Where am I going to find the answer to super health and vitality? Who can I talk to to build a strong, healthy body? How can I sift through all the information out there to determine who's right and who's wrong?

Complete discouragement fills your mind.

The IDEA

Now, I suppose you would like me to snap my fingers and all of you would look like supermodels and hunks. Or, at the very least, proclaim I have the ultimate solution that leaves everybody else in the dust.

Nope.

I'm going to give you something more valuable than that.

I'm going to give you an IDEA.

"Alright, Gar, how the heck is an IDEA going to help me build this leaner, energized, fantastic body you keep talking about?"

Ah, but this IDEA is just what will help you do that. You see, **every achievement** in this world was first projected as a creative idea. First the idea, then the **FAITH** in it, and then the means of implementing the idea.

THAT IS THE WAY SUCCESS PROCEEDS.

Now, here is the idea:

What is your present trouble? It is that you LACK everything. You LACK money. You LACK time. You LACK motivation. You LACK desire. You LACK direction. You LACK ability. You LACK access to equipment. You LACK courage. You LACK commitment.

Why do you **LACK** all these requirements?

Simply because you are THINKING LACK. If you think LACK, you create the conditions that produce a state of lack. By this constant mental emphasis upon what you LACK you have frustrated the creative side of you that has all the solutions for building the leaner, energized, dynamite body you want.

You have been working hard from the standpoint of doing many things to improve your body and health, but you have failed to do the one all-important thing that will give awesome power to all your other efforts: **you have not been thinking positively.** Instead, you think in terms of **LACK**.

Correcting The Situation

Reverse this mental process of LACK and starting thinking prosperity, health, leanness, vitality, energy, and success. Although not easy, it is simple, AND VERY POWERFUL.

This requires practice **BUT IT CAN BE DONE**. And it can be done quickly if you will demonstrate faith.

Visualize yourself with a leaner, energized, fantastic body. Really. Do it now. Create this mental picture on the screen of your marvelous mind of a healthy, younger, vital you. Create the image of your entire life changing for the better because of how healthy and strong you are.

Do not hold mental pictures of obstacles and failures. Remember where that leads you. Visualize power and achievement. **When you elevate your**

thoughts to seeing attainment, you look down on your problems instead of up. Then you can more easily eliminate the problems, because they're easier to handle. Never approach a problem looking up at it.

Can **YOU** see yourself with a leaner, energized, fantastic body? In your mind's eye, **CAN YOU SEE IT??!** Look harder! **CAN YOU SEE IT??!!**

Now, go and get it.



The Three Phases Of Change Toward A Lifetime of Fitness

We all know habits don't develop overnight. There are phases or stages we go through to becoming committed to anything, in this case a lifetime of health & fitness. Going from an inactive lifestyle to an active one is a significant life change that affects us not just physically, but emotionally, mentally, and socially. It's a complex process that takes time and effort to integrate into our lives.

There are **three phases** in developing the exercise habit that are characterized by specific emotional, social, and intellectual experiences. Plus, there are **transitions that help** us make the shift between stages. They are special, too.

Getting Out Of Your Comfort Zone

We don't change without reason. Sometimes there is a major upheaval in our lives that initiates the change process; other times there are subtle but steady hints that finally cause you to take action. A warning from your doctor, a progression of larger clothing sizes, or comments from friends does serve as factors. But in most cases it's our **SELF-IMAGE** that gets jolted.

People start getting healthy & fit for a number of reasons. Most often, it just seems it's the right thing to do and that this is the right time to do it.

Phase I - The Play-By-Play of Disorientation

Once you get started with your new healthy & fit lifestyle, you've made it over the first hurdle. You're "stepping out of the box," to a less comfortable place. But the point is, YOU MADE THE CHOICE TO BEGIN.

Now, you've got to figure out what needs to be done to stick with it.

Get clear on why you want to start.

Sometimes we jump the gun too quickly. What drives you? What are you dissatisfied with in your life? What would you like to change and why? Before you step on the treadmill, pick up a dumbbell, or eat your next vegetable, you need to take some mental inventory.

Realize you are shifting your identity.

When you're new to fitness, you're going to experience a sort of **identity shift**. You're now in unfamiliar territory - in a body that has been neglected. Exercising places you in a different environment, where many times comparisons are made and feelings of inadequacy arise.

"Everyone looks better than me," or "I feel like an uncoordinated, wanna be exerciser who doesn't know what s/he's doing (sound familiar?).

Whether or not these observations are true doesn't matter. You may just feel like you don't belong, maybe even strange to yourself.

Look to friends for support.

Get family and friends to support you. It's great to have people who are important to you to give you a high-five when you need it most, and a swift kick in the behind when you need it, too. If you don't have a support system in place, it's REALLY easy to just say, "Ah, forget it."

No pipedreams.

Many people fall into the trap of "lose 30 lbs. in 30 days!" ad campaigns. When you haven't exercised very much in your life, or have taken a long layoff, it's easy to believe that once you start, your body will snap right into shape with a slender, muscular physique. Hey, that's what the ad says, right?

If that's what motivates you to work out, then I'm going to tell you right now you're looking for a lifetime of failure, frustration, and disappointment. **Transforming your body takes time and intense commitment.** It's too bad that we STILL buy into these bogus weight loss ads. When reality strikes, that's when you start looking for exits.

You WILL react.

You may get angry, depressed, or have feelings of despair. You may beat yourself up or blame others for interfering, for not being supportive, or even causing you to be in this situation. You may lose self-confidence and even avoid the people related to your discomfort. Just be aware of how you're feeling. Realize that these emotions are a normal part of this major change process.

Exploring

Major roadblocks for the fitness novice are feelings of blame and self-directed anger. What you find out when you exercise will hit you like a brick wall. "The truth hurts," so to speak. These new physical and mental feelings you're experiencing can make you uncomfortable, so it's very easy to step back into safety.

Get beyond it, folks. **Stop making excuses.** Start connecting fitness into YOUR life. **This is not someone else's or some ideal version of yourself.** Continue exploring how fitness becomes YOU.

ATTITUDE.

Your thoughts, feelings, and actions. In the beginning, you're going to feel some insecurity. You're doing something that goes totally against what you've been doing for weeks, months, even years. You've opened up new (and better) options for your life - and you're in control.

The formula is simple: to change results, change your attitude.

Get with people who have "been there, done that," people who made it. They can show you how to appreciate your discomfort as a part of the process and not something that only happens to you.

Your efforts are validated when you talk to others who have gone through the whole process and appreciate the importance of this new "thing" you're integrating into your life.

Phase II - What Are The Possibilities?

If you choose to train at a health club, most of the advice comes in the first few sessions, then you're on your own, pal. It's unfortunate. It's hard to keep in mind the do's & don'ts of exercise when you're just starting out.

Keep it simple.

Finding out how to connect exercise with your life takes time. And it doesn't happen all at once, either. Your initial feelings can sometimes interfere with making the best decisions. So keep your plan simple.

- Start out slowly
- Do things you like
- Choose activities you're capable of
- Have a CLEAR plan
- Set goals you're confident you can reach
- Realize you won't feel like working out all the time, and
- Realize it's okay if your commitment falters JUST DON'T QUIT

Once you've started, open yourself up to options.

Once you've worked through the "growing pains" of starting your fitness program and are on a consistent schedule, now you can start the exploration stage. Now is the time for some decision-making about how to match what motivates you with physical activity. If you don't explore other fitness options, you commitment can go down the drain. Plus, you'll get bored with the routine you're doing every single day.

I'm talking about **athletics and sports programs.** This is your opportunity to discover what really turns you on, what challenges you want to tackle through various fitness activities. Soon you may be training for a 10K run (not walk), a biathlon or tri-athlon, a physique contest, a strength contest, volleyball, golf... **there are dozens of opportunities to add to your fitness arsenal.**

Join your mind with your exercising body.

Just wanting to lose a few pounds or even to live a little longer gets old on a routine of boredom and discomfort. You may initiate a fitness program because you HAVE TO do it. Like "Do it or else!"

If you're exercising and eating right because you have to, then you're going to fail. You're not a robot; you'll end up doing what you want to do. Fitness must connect on a deeper level, so that you WANT to exercise and eat right. If you want fitness to be YOU, you need to get emotionally involved with what you're doing.

Reorientation

Insight empowers you to be your own coach.

This is where you feel less dependent on others for support and advice. You may even associate less with your normal fitness friends as a way of "flying solo." Things are finally falling into place.

You start reading and doing your own research on various health, fitness, and training issues. You're experimenting with different training and nutrition methods. YOU ARE GETTING IN TOUCH WITH YOUR BODY.

Phase III - Making fitness as natural as taking a shower every day.

At this point, there's a lot of trial and error. In fact, you'll be trial-and-error-ing for the rest of your life. I'm still going through that. Work your plan, but you just have to make adjustments where necessary.

Your needs get more specific. Maybe it's finding an exercise class that works with your schedule. Maybe it's making a better babysitting arrangement. Once you get to this phase, you have the determination to work things out, the "where there's a will, there's a way" thinking.

By the time you get to this point, you've got about 6 months of training under your belt. But to continue challenging your body and getting the results you want means you need to keep educating yourself about things like footwear, the latest supplement research, alternative therapies, naturopathy, sports conditioning, etc.

Technical information is ESSENTIAL to progress.

In your struggle to become regular, you may not have been as concerned with the "right way" to exercise. Take running. It seems natural enough, doesn't it? But there are ways of doing it that are biomechanically better for you. Experienced runners are extremely aware of the equipment they use, namely, their shoes.

Experts can help analyze your routine, evaluate what you're doing, help put a structure in place, and give you feedback on what needs to be done to get the results you want.

Your New Comfort Zone

There will be times where you need specific kinds of input from specific people. Many times you need to reflect privately. Now that you're a "regular," you want to share your experience with others. You find a renewed interest in talking about

yourself in relation to exercise. You want to celebrate your wins! Maybe YOU can help someone else just starting out.

You are now committed to a lifetime of health and fitness, and there's stability in your day-to-day habits. We will stay in this new, better "zone" until it no longer suits us (which isn't very long). Then it's time to reach for more!

Who knows - perhaps there's a master athlete hiding underneath YOU.





The Price Of Fitness Success

Years of coaching and study (and some challenging personal experience) have convinced me that fear of the costs of success are among the reasons people resist changing their bodies, their health, and their lives. **There IS a price of success, and if you want it, you must pay.** The cost of success includes:

1. Taking responsibility for giving up bad habits and unfounded assumptions.

Give up trying to find the "magic" potion, pill, powder, formula, whatever. The "magic" is inside YOU. YOU must take responsibility for how you eat, how you exercise, and your attitude. Never assume that since you failed before that you're going to fail again, a "why bother?" attitude, you can't do it, you don't have time, etc.

Just get out there and do it.

2. Taking responsibility for setting an example in our own lives.

I get so many people telling me they want to get strong, healthy, and fit so that their families will also get healthy and fit. Only they let their families control THEM.

Time to turn the tables here.

Be the leader. YOU make the changes, but don't worry about the others. Why? Because they WILL begin to follow your example. Don't force it on them - just let it happen.

3. Avoiding people who aren't helping us succeed and tends or wants to hold us back.

This doesn't necessarily mean alienating your family and friends. This means if they are trying to deter your efforts to have a leaner, energized body, let them know what they're doing, and/or change the subject of conversation.

Remember, **YOU** are in control. Find a group of people who are as serious and committed as you for mutual support and motivation.

4. Leading ourselves, and others, down a new and unfamiliar path.

For many, altering their lives to lead a more productive, healthier, meaningful life is pretty scary and dramatic. And for these people, they are silently begging to be led. You may be one of them.

But you can help these people down this path as a person they can relate to, like a success story from a fitness magazine. Bill Phillips is so successful at this with his Body-for-Life program, because he shows pictures of everyday people who've led themselves down this path - and won. And these winners have shown other everyday people how they can win, too.

5. Working more to reach a goal and be willing to delay instant gratifications.

The people most successful at building a leaner, energized, fantastic body understand that to reach their fitness goals they need to do more than the 2-3, 30 minute workouts a week. They also understand they don't need to go overboard and be obsessive, either.

They have instilled in themselves a DAILY habit of invigorating exercise and healthy nutrition, and NOT to rely on gimmicky pills, lose-weight-quick formulas, and the like. They understand that strength and health is an enjoyable, lifetime process.

6. Being willing to face criticism and jealousy from people who would like to keep us stuck in place with them.

"Aw, you can't do it," is the common denominator with everything these people say to you. What they're REALLY saying is, "I don't want you to do it, because I can't do it."

That's THEIR problem.

Your job is to meet this challenge head-on, and **NEVER BREAK DOWN.** Then you're letting their weakness control your strength. You might say, "I'm sorry you feel that way. But, that's your problem. Well, got to go work out!" **You're not trying to make them happy; you're trying to make YOU happy.**





The Top 10 Phrases That Radiate Your Excellence In Fitness

Excellence is a commitment to completion. Your word is power. Results always hit the mark, and the words you use to yourself and those around you gives you perception and direction toward your ultimate success. You're not claiming to be this self-righteous, mistake-free human being; you're letting everybody know (including yourself) that when it comes to building a leaner, energized, unstoppable body, you mean business.

Use the power of language by using these phrases to showcase your greatest strengths...

1. I will do that.

Offering your accountability before it's requested tells everyone that you are a solid force of action, and grows your confidence naturally.

2. What is my objective?

Asking this question gives you the **psychology of leadership and control of your circumstances**. This question also gives you the space to creatively **solve problems**, **stay focused**, **and experience breakthroughs**.

3. No.

Being at anyone's beck and call is not half as attractive as a clearly understood boundary. Better to state clearly your unavailability than to sacrifice time for yourself and regret it later. The people most successful at permanently getting healthy and fit DO take extreme care of themselves FIRST, while the wanna-be's complain about not having time for themselves.

4. I need help.

Realizing this concept is a major step toward getting on the success fast track. You're not a bad person because you need assistance. Heck, I'm a coach, and I've worked with three coaches already. Trying to learn everything by yourself is VERY expensive. Working with someone who is experienced dramatically shortens the learning curve.

You know what else? I've had numerous people tell me, "I know what I have to do, it's just a matter of doing it." Well, then, WHAT ARE YOU WAITING FOR? Even if you think you have all the answers, partnering with an experienced pro helps put all the pieces of the puzzle in place.

5. I intend to make it happen.

And mean it, too. This is a sure sign of commitment, dedication, and unyielding determination. When people hear this, when YOU hear this, you're psyched into action. Your decisiveness rubs off on everyone around you; you're respected and accommodated to further your progress.

6. I'll record progress and results.

Forecasting results puts YOU into momentum and removes confusion about what you want. When you record what you're doing, all you see is progress. Yes, even your mistakes are stepping stones for progress. If there's no tracking system, how do you know how well you're doing?

7. This is what I'm going to do.

The required pieces needed to proceed must be made evident. Your training routine, sets, reps, rest periods, frequency, exercises, weight, aerobic activity, duration, intensity, target heart zone, supportive nutrition, meals per day, etc. must be dialed in. Then you go do it.

8. I AM, I HAVE...

Every one of us always acts, feels, and behaves in a way that is consistent with our self-image - regardless of the reality of that image. Successful people have a positive self-image that radiates confidence, energy, laser-like focus, and super health.

9. I am up to the challenge.

Saying this makes you look strong, not weak. The lazy say that what they do is easy, while champions consistently challenge themselves.

10. How can I get better?

As long as you acknowledge that things change, you are a visionary, and your ability to change the changeable is greatly enhanced. You become a troubleshooter, problem solver, whatever you want to call it. You become an action-oriented person, rather than a reactive person. Raise your standards, shoot for new goals, revise your daily habits, and make things interesting to keep getting the results you want.





The Top 10 Questions To Ask Yourself In Specific Situations When Your Health And Fitness Depend On It

As we encounter a situation, our mindset greatly affects our outcome. Asking ourselves the right question can help us to look in the right direction, and so find the right answer.

- 1. When doing something new like a new diet and/or exercise program What can I learn from them?
- 2. When a situation distresses me not working out, poor eating habits, self-image, etc. can I change it, or is it outside my control?
- 3. When a distressing situation can be changed What can I do to make it better?
- 4. When the situation can't be changed How can I change the way I see things/think about this (reframe the situation) so that I will be less upset?

- 5. When feeling called upon to make a choice between two things or situations - like losing weight, but being able to eat whatever I want without exercise - Is there a good reason why I can't have/do both?
- 6. When overwhelmed with anger or other strong feelings frustration with progress of fitness program, slow weight loss (by my standards) What is making me feel this way? Is it real or is it conjuring up feelings from the past that are actually irrelevant to what is happening right now?
- 7. When there are good reasons for the feelings I am working out faithfully, I really am watching what I eat How can I clearly channel and express my feelings by taking full responsibility for my actions?
- 8. When overwhelmed with anxiety the frustration, disappointment, and anger from lack of progress Is this something that will have a serious effect on my life in two weeks? Two months? Will the sky really fall?
- 9. When feeling pressured to make a quick decision buying into the latest diet and exercise fads Will I benefit from a quick decision? Will I benefit more by insisting on a little time before deciding?
- 10. When the quick decision really IS necessary How do the alternatives fit with what is TRULY of value to me over the long-term?

Isn't it amazing how this thought process only takes a fraction of a second? By expanding the gap between stimulus and response, you WILL end up making the right choice, because it just feels RIGHT. Go with that intuition.



"Today I'm Seriously Going To Start Getting In The Best Shape Of My Life, Once-And-For-All. But..."

Do you find yourself going through this internal dialogue at the end of the day when you miss a workout and/or a good day of healthy eating?

"Well, today **WAS** the day I was going to start my new fitness regimen. I was going to look the best I've ever looked, feel the best I've ever felt, eat the best I've ever eaten. I was going to go after my life's dreams, be a better person and everything, but so many things just got in the way."

"Really, I **WAS** going to start today, I was determined, willing, and able, but, well, you know how time goes!"

"I was going to do some **research** on health clubs in my area, home exercise equipment, interview personal trainers, even look up things on the Internet, **but I never got around to doing it.**"

"I was going to buy fitness magazines and books, get some videotapes, new shoes and exercise clothing so I would be **totally prepared** for my new, healthy, and fit lifestyle, **but I got distracted** when I saw someone I new at the store(s)/remembered I had to get something somewhere else/had more important things to do."

"I was sure I was going to start today; this was going to be the last time I was going to say, 'This is it! I'm going to eat well and exercise for life, and nothing will deter me from reaching my life goals!' I was **inspired and motivated** to just do it. But, well, once I got home from work, I was so wiped out, I didn't even want to THINK of working out or do anything for that matter. I'm not about to get up an hour earlier to work out, either."

"So I thought, 'I'm going to start fresh tomorrow. For definite sure.' But there was this great movie on TV, and I thought I would get a quick workout in before it started, but I just had to clean the house. I ended up having popcorn/ice cream, so I vowed (again) I would start fresh in the morning. Well, I was tired, and slept late. Went out for breakfast, and went to work. Was headed for the gym on the way home, but I was so hungry, I stopped at KFC to pick up a dinner. By the time I was done, it was too late to work out anyway, and we were

invited to a friend's house, and I don't want to be rude, and besides, I haven't seen them for a long time, and they make to-die-for food, and I thought, 'I'll work off these calories tomorrow,' so tomorrow is a new day."

(You miss yet another day to exercise, and your diet was again nutritionless.)

"Well, today **WAS** the day I was going to start my new fitness regimen. I was going to look the best I've ever looked, feel the best I've ever felt, eat the best I've ever eaten. I was going to go after my life's dreams, be a better person and everything, but so many things just got in the way."

"Really, I **WAS** going to start today, I was determined, willing, and able, but, well, **you know how time goes...**"

The "Yabbits"

As you already know, from this book and maybe from your own personal experience, a poor self-image can trap you in limited thinking. For the person with low self-esteem, goal setting is erased with self-talk like:

- "I can't."
- "I'd like to, but..."
- "If only I had..."
- "If only I hadn't..."
- "Yeah, but..." (Most common of all)

Know what a "yabbit" is? It's someone who wants to get out of a rut **BUT KEEPS MAKING EXCUSES NOT TO:** "Yeah, but I don't have time." "Yeah, but I'm too out of shape." "Yeah, but I've got work to do." "Yeah, but..." "Yabbit..."

Instead of setting goals, a yabbit sits around wondering when life is going to get better.

Well, when **IS** your life going to get better? **What are you doing about it?** ARE you doing something about it?

You have set and achieved goals, from getting your driver's license, your first job, your first love. But this is a dead end trap. It's not goal setting, it's stagnation.

The goals you've achieved my not have been particularly positive and fulfilling. **Everything you have done so far in your life has been the realization of goals,** whether or not you recognize them as such. But think how effective you could be if you turned goal achievement into a conscious, purposeful act.

There's no such thing as life-will-get-better-at-the-next-milestone. Life is going to get better NOW. Because NOW is all you have. And life gets better when you know you've MADE it better.

Reasons Or Results

We either have reasons or results - **experiences or excuses**, stories or successes.

We either have what we want, or we have ironclad reasons why it was not even **REMOTELY POSSIBLE** to get it.

We use **one of the most powerful tools at our disposal - the mind – FOR** our disposal. Rather than obliterate the obstacles keeping us from our dreams, the mind disposes of the **DREAMS**.

Put it this way: in the amount of time it takes for the mind to make up a dandy excuse, the mind could have created an alternative method for achieving the same result - so that making excuses is not an option.

"In the choice between changing one's mind and proving there's no need to do so, most people get busy on the proof." --John Kenneth Galbraith

We Live The Life We Choose

We are all, right now, living the life we choose.

The choice is not necessarily a monumental one, like moving to L.A. and working as a waiter/waitress for the next 5 years, getting 8x10's done to find an agent and become a star.

The choices I'm talking about are the ones made every day, every hour, every moment.

Do we try something new or different, or do we stick to the same old, same old? Do we take a risk, or be satisfied with the status quo? Do we follow our hearts, or do we wallow in fear?

In other words, **do we pursue WHAT WE WANT,** or do we do what's comfortable?

Most people most often choose the comfort, the familiar, the well-known and well-worn. After a lifetime of choosing between comfort and risk, we are left with the life we currently have.

AND IT WAS ALL OF OUR OWN CHOOSING.



M

The Top 9 Interruptions That Keep You Prisoner From Getting Healthy And Fit

I've heard them all...

"I can't workout because..."

Here is a cold, hard fact: there will ALWAYS be something to get in your way when you're getting healthy and fit. It's your comfort zone playing games with you. It has a powerful radar that zeros in on a particular obstacle to make you more aware of it, and then it tantalizes you and tries to coax you to "just forget it."

Let me ask you this: WHO'S IN CONTROL HERE? Doesn't sound like you are.

I KNOW that getting healthy and fit - and staying that way - is extremely important for you. And I know that you're willing to "do what it takes" to get there.

It's time to put your money where your mouth is. Here's what you can do to grab the reins and take control of YOUR body... and your LIFE.

1. The phone.

Who ever said you have to answer the phone every time it rings? NO ONE. Look, you're not working out for hours and hours, so even if you have a home business, you still don't need to be a prisoner to your phone. Your workouts are 30-60 minutes. Have the answering machine, voicemail, or another family member take a message. You'll return the call after the workout, right? Let them wait.

2. Housework.

"This house looks like a bomb fell on it," my parents used to say. Is it ABSOLUTELY necessary to clean the ENTIRE house every day? I'm not suggesting to turn your home into a pigsty, don't misunderstand. I am

suggesting that instead of the 5-6 chores you want to do, you pick 2-3 to do, and use the extra time for your workout. Your house is still taken care of AND SO ARE YOU. But now more effectively. How about this idea: do housework AFTER your workout when you feel more invigorated. You just may end up doing the 5-6 chores you wanted to do in the first place.

3. Kids.

This is a challenge. But where there's a will, there's a way, correct? **Single moms with 2-4 young kids manage to fit in daily workouts, so why can't you?** There are your parents, siblings, friends, and your gym's day-care to choose from for help. **Remember, your workout is only for about an hour; you're not dumping them off for a whole day.** If you can't find someone to sit for your child, work out during his or her naptime, or if they're old enough, get them involved in your workout with you. Teaches your kids great habits.

4. Bringing work home. (Or for home business owners, you never stop working.)

Yeah, I know, you've got this big project to finish and you're on a very tight deadline. Think about this: you've just finished a 10-12 hour workday, you're exhausted, you come home, and you just want to plop down on the couch for a few minutes to relax before you get back to work. (We all know what happens after a "few minutes.") Why not take just 10 minutes, JUST 10, to hit the treadmill hard, and rejuvenate yourself? Studies have shown that more blood flow to the brain increases mental performance. Who knows, the 10 minutes may end up being 30.

5. Outside commitments.

Committees, volunteer work, and the like. You are a very compassionate person to give so much of your free time for good causes. You're a "yes-man." "Yes, I'll help. Yes, I'll do that. Yes, I'll be there." How much longer do you think you're going to last by taking care of everybody and everything else BUT YOURSELF? Not very long. Set boundaries; let them know that you want to take care of yourself, too. And let them know that you'll be more effective and positive in performing your responsibilities. When you feel great, it shows to everyone else.

6. Unexpected guests.

You sister/brother decides to show up. A friend of yours drops by for a cup of coffee.

Right when you just started your workout. Worse, in the middle of it.

This one's easy: Just tell them, "I want to finish my workout. I'll be 5, 10, 15, etc. minutes, so have a seat and make yourself at home."

If they give you a hard time for this, draw the line. "This may not be important to you, but it is to me. I would appreciate some respect. You are free to wait here, or if you'd like we can set a date where we can get together."

It's THEIR problem if they can't accept your workouts. Hey, maybe they'll become an exercise partner.

7. Spouse/boyfriend/girlfriend.

Even though their hearts are in the right place, many times the person who is closest to you is a **terrible saboteur**.

"Oh, honey. You've had a rough day. Why don't we go get a bite to eat?"
"You're doing great, sweetheart. Why don't you treat yourself to a dessert?" "Do you have to work out now?" "Go lay down on the couch and get some rest."

(This is actually your comfort zone working through someone else. Follow Tip #6.)

8. YOU.

You can be your own worst enemy - or your best friend. Really, the only thing that separates between a lethargic, out-of-shape, pessimist and a leaner, energized, positive person is YOU. Your body will act in direct relation to your self-image, regardless of the reality of that image. So, what image do you want to see of yourself in your mind?

9. Time.

As in MAKING time. Want to hear a bold statement? Americans have more free time now than we had thirty years ago. We are NOT working longer hours on our jobs. Women's total work time is NOT significantly higher than men's. Parents are NOT spending less time with their children. We are NOT spending less time on sleep or meals. There are 168 hours in a week, so don't tell me you don't have enough time. Want more proof? The above statements are based on the Americans' Use of Time Project, headed by Dr. John P. Robinson, director of this project at the Survey Research Center at the University of Maryland.

Are YOU being held prisoner? Take a look at the list again, then think about what you're putting up with... then DO SOMETHING ABOUT IT.



The Top 10 Ways To Renew Your Commitment To Get Into The Best Shape Of Your Life – And Stay There

EVERYONE I talk to has, at some point, had a layoff from working out, eating healthy, and building a great body. They used to be in really good to awesome shape, but "things" happened that resulted in them neglecting themselves, and they've had a rude awakening. This may even be you.

And you know you have to do something - no, you WANT to do something about getting healthier and in better shape. But this time you want it PERMANENTLY. But since you've had such a long layoff, you wonder if that's even remotely possible. Age, occupation, family, etc. are all excuses that your comfort zone is nagging you with.

The question everybody has for me is, "How can I be sure this time I'm going to stick with it for the long haul?" Use the following tips:

1. Decide with conviction.

This isn't an "Okay, I'll try it again" decision. **This is the Decision of all Decisions.** No more yabbits. Remember those? "Yeah, I'm going to start working out and eating right again, BUT..." What this means is, "Ignore the B.S. that comes before the "but," here comes the REAL truth."

This is it. Do or die. No "gray area" here. You used to be in shape, worked out, ate well, looked and felt great, lived life with lots of energy. Now you're the polar opposite.

Do you really want to continue this **roller coaster ride**? Make the decision to have a healthy mind and body FOREVER. NOW.

Then make it happen.

(You didn't think I was going to leave THAT out, did you?);)

2. Realize that YOU'RE NOT A BAD PERSON for having a long layoff from working out/eating right.

So, you've had a long layoff. What's done is done. Is beating yourself up for having a long layoff going to get you in shape or give you a better life, as if through osmosis? Are you going to jail? Are you condemned to hell for all eternity for taking time off from mind/body fitness?

No, of course not.

You've had the layoff. Chalk it up as experience, something you've learned a very valuable lesson from, and never want to go through again.

Your focus is on NOW. What can you do NOW to get in your best-ever shape, or move forward toward your Big Life Goal? **No more coulda, shoulda, woulda, or what-ifs**.

3. Accept the fact that you'll have to "start over."

This can be tough for some people. But that's just the way it is. You can't just pick up where you left off 4 months ago, or 2 years ago. Okay, enough of the bad news.

The "silver lining" about starting over is that **you're not a rank beginner this time around.** You have exercise and nutrition experience under your belt. What you're starting over with is a **brand new** workout routine and nutrition regimen.

4. What did you learn about your layoff?

What did you find out about yourself during your layoff? How did you think, feel, and act? How did you eat? How was the rest of your life working out for you (personal, marital, job, family)? What can you "bring to the table" when restarting your body-shaping, life-enhancing program?

5. Start shooting for something.

Most people who work out are doing just that. Just working out. They're in a robotic state, like "Want to look better. Have to diet and exercise." **Going through the motions.** No objective. No plan. No tools or help to put the plan into action and succeed with it.

What is it you want from your fitness program? No, no. I don't want to hear, "I want to lose weight, get in shape, more definition, more tone, more muscle, etc." **EVERYBODY SAYS THAT.** And everybody means something **different** when they say that.

The point is, you must be clear on what you want out of this, specifically and concretely. If you have a lot of work ahead of you (like lose 50+ pounds, training for a competition, etc.), then you need to break up your ultimate goal into subgoals. Look at the next 90 days. What can you achieve (make sure you have to **REACH** for it) in this time period that **builds momentum and speed toward the ultimate goal?**

6. Strengthen your renewed commitment - what are you willing to do to make your goals reality?

This is not a to-do list, filled with unimportant, non-urgent tasks that mean nothing toward reaching your body-shaping goals. These are new approaches to health, fitness, and life you're adopting to make your goals real. What your new attitude is. Make a list of 25 things you're now willing to do; start EACH ONE with "I am SO willing to..." You have more power with this phrase.

7. Start living your life the way YOU want to get the results you want.

Many diet/exercise programs fail because they tell you these things:

- Do it OUR WAY.
- Don't argue with us.
- Live by our rules, and you'll get results.

Well, you're going to end up doing what you want to do anyway, right? And what do 95% of all of us do? We quit. Results aren't happening quickly enough, the program isn't what you expected, or you were given a great sales pitch. But all along you were living the way **SOMEONE ELSE** told you to live.

If you're going to have real, lasting, permanent results, **YOU'VE GOT TO DESIGN OR RE-DESIGN YOUR OWN LIFE - YOURSELF. Do it YOUR way.**Make your rules such that they keep you moving toward your goal.

8. List all people, ideas, and things that are holding you back from building the body and living the life you want.

There are a lot of things that hold people back from reaching goals. Especially when there's been a long layoff; there seems to be that many more **EXCUSES** for not starting, not continuing, not doing. **These excuses are obstacles.** It's time you recognize them so you can **handle them**, rather than throwing a bandaid on them.

What/Who is stopping you from getting started (and going, for good) with your mind/body-shaping program? List them. **ALL of them.** What's happening in this exercise is that it is increasing your awareness of them. Don't worry about

solving all of them all at once. **Because of your awareness, the solution will come to you.** Don't force it; let it happen.

9. Re-program yourself to take charge of your mind and body.
You act in direct relation to your self-image, WHETHER IT IS REAL OR
NOT. Your body is merely an instrument of your mind, so if you tell yourself you can't, your self-image says, "Okay, I'll arrange for that."

People who have trouble getting started again are operating in logical mode; your mind is telling you why you can't do this. **AND YOU'RE LETTING IT CONTROL YOU.**

Feed your mind daily with a healthy dose of positive self-growth statements like, "I work out daily, and I enjoy it. I love how exercise makes me feel. I look forward to working out. I enjoy eating healthy foods. I am a lean, mean, health machine." See what I mean? With regular practice, your body will automatically move in the direction you give it.

10.BFA.

Belief in yourself, Faith in yourself, and the Awareness of the power you have to put any idea into action AND BE SUCCESSFUL. This is the most important of all commitments. If you don't have BFA, you are going to continue struggling, yoyoing, and quitting. AND NEVER GET ANYWHERE.

If you didn't have BFA before, it's high time you start. **BFA helps you break** through barriers and experience more triumphs than ever before. You become SuperPerson, the Man/Woman of Mental And Physical "Steel"; you see setbacks as challenges, you "go with the flow" of everyday life, you display the creativity to solve your problems rather than play the victim, and you work in the here and now.

By renewing your commitments toward building the body and living the life you want, you're no longer "going through the motions." You're now living your life with a MISSION – for health and fitness.

The Road To Bodyshaping Success: Six Ways To Maximize Your Progress

You have an **internal guidance system** (your self-image in your subconscious mind) that IS a goal-striving mechanism. If you have a clear and specific image of where you want to go, how you want to look and feel, and follow your "action plan" for getting there, **you are in total control** of your thoughts, feelings, and actions.

There will be times, though, when progress won't be as quick as you like. You may feel at an impasse; you may find it hard to recognize that you're still moving ahead, getting healthy and strong even if you don't think you are. Follow these six strategies to create **roadmaps and a "compass" of milestones.**

1. Stay Focused On Your Plan Daily

One of the surest ways to stay motivated and confident about attaining your goals is to **do a little something** to keep you moving toward them every day. You're not giving up hope on getting that leaner, energized, fantastic body, but you're progress isn't up to your standards, either. So you feel like quitting (again).

That's where **journaling and scheduling** come in. When you keep track of what you're actually doing to achieve your goals, **you find that you really are doing many positive things** to speed the goal-attaining process.

Make appointments and check your calendar every day. "It's the little things that make a BIG difference." What are YOU doing tomorrow to get healthy and fit? Are you getting up 15 minutes early? Packing a lunch? Going to the health food store for more vitamins? Going grocery shopping to stock up on good food? Little activities like these make a HUGE difference.

Quick Tips:

- Take a few minutes each weekend (like a Sunday night) to list the things you
 could do to move you faster toward your goal during the coming week.
- Make appointments with yourself to spend 15 minutes each day to work on refining your plan. Plan meals for the next day, when you're going to work out, who's picking up the kids, set and reps for the workout, whatever is appropriate to your goal. Mark them in your daily planner and achieve

excellence each day - be committed to **completing these appointments.** Tremendous self-confidence booster.

• **Journal your progress.** Review it weekly to remind yourself that you are indeed making real progress toward your goal.

2. Set Up A Self-Monitoring System (SMS)

The people who have the leaner, energized, fantastic bodies **decided to do so,** then **set up an incremental plan and kept track** of their progress. Whether it's a graph, checklist, table, or whatever, you can assure yourself that you're moving forward even if you experience obstacles or minor setbacks. Your SMS will also serve as a "tell it like it is" **coach** that tells you to revise or refine your goals.

So which SMS is right for you? All depends on your personality and what your goal(s) is/are. While graphs work well for you, a checklist works better for another. Use these guidelines:

- Review your progress on a regular basis daily, weekly, monthly, whatever is appropriate to you and your goal. If you're trying to lose weight, a daily tracking of the food you eat, a monthly body fat reading, and a regular reading of the scale may be appropriate. If you're making excuses not to follow through, regular monitoring will keep you more aware of it.
- Set aside the SAME time each day, week, or month to review your progress.
 Habits are more easily remembered if practiced on a routine basis. If goal assessment is a normal part of your schedule, you integrate it much more easily than if you have to "work it in."
- Use your daily review as a 1-minute check-up, not a fault-finding exercise. You may not make dramatic progress seven days a week, but that's where the weekly and monthly checkups show it.
- Have a CONCRETE **measure for assessing your progress:** e.g., "I ate five servings of veggies today, compared to 3 yesterday."
- At the same time, ask yourself, "How did I do? What can I do better?" ANY progress is some progress, and is POSITIVE, even if it's not as great as you had hoped. If you answered in the positive, super! How can you reach a bit further next week? If you answered in the negative, it's time to rethink your goal, or the methods to get there. You might be procrastinating. But if you fall short of your goal, but still achieved some progress, YOU'RE STILL AHEAD OF THE GAME. Zig Ziglar said, "Shoot for the moon. Even if you don't get it, you'll still land among the stars."

3. Make A Contract With Others

This can be a little tricky. DON'T do this with an unsupportive family member or "friend." Find someone you can talk to, who will not be judgmental when you tell him/her about your plan to get the best shape of your life. Ask this person to keep your secrets, and the care to give you a kick in the butt when you need it, or to "throw you a rope" to get you back on track (a coach does this REALLY well). Tell your "success partner" to check up on you regularly for a progress report. Ask for advice and criticism if you're going off on a tangent.

Share your goals with someone who will champion your efforts and not be inclined to sabotage them (consciously or unconsciously). Tell people who believe in you, not those who tell you, "Yeah, whatever. You couldn't lose weight before, and you're not going to do it again." Be selective.

Follow these **guidelines** in your search for the right partner:

- Make sure you all want similar results.
- Share the reasons why you want your goals.
- Meet at the SAME TIME EVERY WEEK to discuss progress (by phone, face to face, e-mail).
- HONOR YOUR COMMITMENTS. If you have agreed to meet with your friend/group at 5 pm Wednesday, keep the appointment just as you would an important business meeting.
- Make a pact: there shall be no blame or guilt directed at other partners or members of the group, ONLY POSITIVE SUPPORT - even if they "fall off the wagon."

4. Stay On Target With Progressive Self-Discipline

As your assessments show you're making progress, your confidence is going to grow. Now is the time to **let success breed more success.** Time to commit yourself to greater self-discipline in pursuit of your goal. Upgrade your commitment by pre-planning your incremental goals in detail with these steps:

- Outline the task. Break it down into smaller tasks. How much time, money, and supplies are needed to complete each task? E.g., if you're going to join a health club, what is the drive time, what is the membership fee, and do you have to buy new clothes, shoes, and exercise apparel?
- Set aside specific dates and times for working on each small task. WHAT
 needs to be done WHEN? What do I need to make it happen? Mark it on
 your daily planner.

- Plan for mistakes. There's no getting around them. But the silver lining in mistakes is that you LEARN from them to get BETTER. We are perpetually LEARNING from our experiences.
- Minimize distractions. This means PLANNING AHEAD to make sure you
 won't be interrupted so you can work out, meditate, read, research, whatever.
 Request everyone that you not be disturbed during this time. Let your
 voicemail/answering machine pick up the calls. You're on a timeline here your job is to get the job DONE.

5. Design Your Motivational Reward System

Remember in the first grade, when you were learning to write, you had squiggly lines and scrawls all over the paper trying to learn your letters? Remember how satisfied you felt that you were passing a milestone - the alphabet, your name, the days of the week? And remember how your teacher rewarded you with a gold star or colorful sticker for a job well done? You felt pretty good, didn't you?

Okay, maybe we don't need gold stars as motivators now that we're adults. **But we do need a little reward now and then.** Keep yourself motivated with a series of little (non-eating) rewards along the way.

Here are some tips for developing your reward system:

- Review your plan for your long-range goal. Pick 3 or 4 milestones that you consider to be the most significant intermediate goals.
- Decide what would be the best reward you could reasonably give yourself when you achieve your ultimate goal.
- Choose a series of rewards to give yourself at each milestone. If possible, have them relate to your final reward. A massage, a full pampering at the day spa, new workout shoes, new clothes.
- Have discipline. Stick with the program until you have reached the particular milestone, THEN give yourself the reward. Don't be a "softie" to yourself.

6. Set Priorities, Narrow Your Focus, And Avoid Burnout

Many people believe that their best chance of reaching the goal is to do EVERYTHING POSSIBLE, and assign equal validity to everything. In other words, you put too much on your plate.

So you use this "shotgun" approach to losing weight: all the dietary supplements (credible and non-credible), work out two hours a day, sleep 5-6 hours, never go

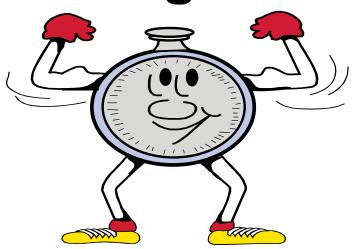
out to eat, don't go to family get-togethers because you'll have food forced down your throat. Well, give yourself about 6-8 weeks of this, and you'll be in the majority group of people who quit their fitness programs. And regain twice the amount of weight they lost.

Make your plan more efficient by prioritizing and narrowing your focus:

- MAKE time to prepare and review your plan. Scrap the approaches that are least likely to get results. See if you can combine a few tasks into one.
- Evaluate your mistakes (read: experience). If you're not losing weight one
 week, look back on your monitoring system to find out why. Did you only
 exercise 3 times this week, compared to 5 times last week, when you lost 2
 lb.? Why is your energy low this week? Why is it especially high this week?
- Don't expect immediate gratification at each step. If one path does not get results, you don't have to go back to square one and do everything differently. You may need to go further down the path, or maybe take right turn and keep going.



Chapter 10: Training Secrets And Time-Saving Strategies



Building Your Foundation: The Best Moves To Get Started Toward Your Best Body

Whenever I ask a client what they're doing to get in shape, I always ask them to detail their strength training routine.

It's no wonder they're not getting any results.

"Tell me what you do when you get to the gym," I begin.

"Well, I'll go warm up on the treadmill for 5-10 minutes, then I'll go do some weight lifting," they say, looking a little perplexed. "I'll start with some arm curls, then I'll do some bench pressing with the dumbbells or barbell. I'll take a break, then go do some leg extensions, maybe some leg curls, then go back to the treadmill or bike for 20 minutes."

Here's the kicker: "I'm so frustrated because I'm hardly seeing any changes. What am I doing wrong?"

It's not your fault you're not getting results from your strength training. You were promised a lot when you signed the dotted line for a membership, or given a sheet of paper with a list of exercises when you bought home exercise equipment. You were never educated properly, and you have every reason to feel abandoned. So release yourself from feeling inadequate or incompetent for not getting any results.

The way to get results from your strength training is to work your entire body. Once you have the knowledge of how to do it and what to do, your results will come faster than you think.

I want to give you that knowledge.

I'm going to speak to you as if you're just starting out with your strength training. You need to build a foundation of strength with some basic exercises. But **THESE** exercises are the best to build that foundation. They'll be divided up into individual body parts, and further divided into best basic exercises for men and women (where indicated).

Let's go!

The Best Exercise to Build Your Foundation Toward Your Best Body

We're going to start with "The Big 3." That's back, chest, and legs. These muscle groups are the largest in your body; therefore you can handle the most stress (weight). It doesn't make sense to work your itty muscles first, because you can't apply enough muscle-developing stress to get anything out of it.

Doing "The Big 3" also has **time-saving advantages.** If you're ever in a time crunch, if you ONLY did these three muscle groups, you would work your ENTIRE body. That's right, every bit of you. You can't get that from doing a set of arm curls or leg extensions.

"The Big 3"

BACK (a.k.a. "lats")

Women

Front Pulldown with Lat Bar - the trick to maximizing this exercise is to think of pulling down with your elbows, instead of just pulling the darn thing down. Your hands serve as "hooks," while your lats do the work. Once you engage the death grip, you work your biceps more than anything. Make sure the bar comes all the way back up, in control, to get a good stretch. Many women have poor posture; these help straighten you up.

Men

Pull-Ups (or Chin-ups) - King of back exercises. Use the same principle as the pulldown, thinking of your elbows pulling your body up. If you're not able to do enough pull-ups, have someone hold your ankles to give you a spot. But make sure **YOU** are doing the work, not the spotter. If done correctly, builds a **very powerful backside** - the "V."

CHEST

Men AND Women

Dumbbell Bench Press (flat or incline) - The best for your chest. Remember a while back I talked about how you develop muscle - by stimulating the nervous system? You have to work harder at controlling the db's so they're not going all over the place. That stimulates the nervous system more than holding a barbell, which distributes the weight across the bar. Good stimulation, but not quite enough.

Whether "uplifting" for the women, or muscular for the guys, the trick here is not to go straight up and down. Here's what you do: when you push the db's up from the lower position, raise them in an "arc." To demonstrate what this means, spread your arms out, and then bring them in so your hands clap straight in front of you. Feel what happens with your "pecs." See what I mean?

LEGS

Women

LUNGE - lots of 'em. The Queen of ALL exercises for the ladies. If you have time to do just ONE exercise, do this one. The trick here is to make your front leg do the work, stressing your muscles from your calves all the way to your butt cheek. Focus hard on all of those muscles. Now, for those with knee or hip problems, lower yourself only as far as you can tolerate. As your strength and flexibility improves, you can try going a little deeper. Use common sense.

Men

SQUAT - The King of all exercises - and the least liked. And for good reason. **THEY TAKE EFFORT, AND THEY WORK LIKE GANGBUSTERS!** Guys, if you want a more muscular body, SQUAT. Period. Quit your complaining and just do it! The results are well worth the effort.

The Rest

SHOULDERS

Men AND Women

Dumbbell Standing Overhead Press - By doing this standing, you'll train your body to stabilize the spine, improving your posture, and strengthening your back. As long as you push the db's up AND back, you'll work your entire shoulder girdle area. Most people push the db's up and FORWARD, only working the front of the shoulders. That can lead to over-development and poor posture.

CALVES

Men AND Women

Standing Calf Raise - actually, it's a heel raise; you're not raising your calves (how would you do that, anyway?). Trick here for best overall development is to make sure you're **pushing up with your big toes**, avoiding turning out to the other four toes as you go up. You'll end up on the balls of your feet. Be sure to go ALL the way down to get a full stretch.

BICEPS

Women

Db standing curl - trick here is to stand with a little forward tilt, sticking your butt backwards to do so. Place your elbows on your ribs and make sure they're glued to them - keep your arms stationary. All you're going to do is bend your elbows on the way up, straighten them on the way down. Simple as that.

Men

Bb curl - same rules apply here. Many guys (and some gals, too) like to rock their entire bodies, for some reason I haven't figured out yet. My guess is that it feeds the ego. If that's you, stop. You're only going to cause chronic problems in the future. So what if you have to use lighter weight. Big deal. You're going to get better results, because you're stressing the muscle that's **SUPPOSED** to get stressed – your biceps – not your back and shoulders.

TRICEPS

Men AND Women

Lying Tricep Extension with EZ curl bar - ladies, you'll love how your arms are going to shape up with this exercise. Guys, that "horseshoe" you've been looking for is finally coming with this move. Trick here is to make sure you're lowering the bar to ABOVE YOUR HEAD, not your forehead (not unless you want "made in China" permanently imprinted above your eyebrows). The bar should end up over your forehead at the top part of the movement. Make sure you have a spotter!

Now you have the best, basic exercises to build your foundation toward your best body. **Keep your workouts to 30-40 minutes max** so you're focused on getting the job done. No B.S.ing. Get in, bust your butt, and get out. Follow the structure of "The Big 3, and everything else" and you'll impress yourself.

Oh, and don't forget - **BALANCED nutrition plays a MAJOR role** in producing desired results, plus add in some aerobic activity for extra calorie-burning.



Your Body Becomes Its Function

While the knowledge that stress is necessary for muscle development is important, it is equally important to know **what kind of stress and how much you should be using** to get the results you want.

The human body has a great, but limited, ability to adapt to any stress it receives. The adaptation is specific to the original stress. The body never adapts to stress in a general way. **The body adapts specifically to each individual stress applied.**

For example, when a person first begins a job calling for heavy manual labor (like construction), he may find his hands beginning to blister in response to the stress caused by the tools he uses. This blister would be the results of too much stress being applied to the skin. The body was unable to adapt, and so caused damage.

However, if he was introduced to this level of work/stress by working an hour or so a day and building up as time progressed, calluses would form instead to handle the stress of work.

In this example, the laborer developed calluses, which were a **specific response**. The skin on the entire hand does not thicken. **Just the points of contact**.

In much the same way, you must **organize your time in the gym efficiently so it gets you the specific results you want.** You can't build muscle size by jogging. Similarly, you can't slenderize muscle by doing powerlifting routines. We have a limited amount of adaptive energies available to us at any time. **Concentrate on the results you want,** and do only what's necessary to get them.



To Use Or Not Use A Belt

Ever go into a gym and see people walking around with those thick leather, or stylish neon-colored Velcro belts? And do you notice that **they never take it off**, even when doing lighter exercises?

Let's talk about the function of the lifting belt. It's supposed to protect you from lower back injury and hernias. It does that by increasing pressure against the abdominal wall, stabilizing the spine.

But the problem is, too many people use the belt as a **crutch**.

The major reason? Many people don't like to work their midsections, strengthening their abs, and lower backs.

As a result, as they keep using the belt and keep neglecting their midsections, their abs and back get **weaker and weaker.**

When you **DON'T** use a belt, **your body has to work BY ITSELF to stabilize the midsection. Over time your midsection strengthens**, your abs flatten, you prevent low back injury, and your posture improves.

My advice to you: **NEVER use a belt, UNLESS** you've had a back injury or have been recommended one by a **doctor or chiropractor** because of some structural problem.





Walk in to a gym, and you'll find people who don't know what the heck they're doing.

I'm talking about **form and technique**, the art of executing exercises properly. Proper technique is important for two reasons:

- 1. It reduces risk of injury by putting stress only on muscles, bones and tendons that can take the "punishment," and
- **2.** It **promotes efficient movement,** accelerating strength gains, endurance, speed, etc.

Rules de Resistance'

What we're trying to do here with strength training is **target specific muscles**. There are three basic principles to follow:

1. Don't Lock Out The Joint

Locking out elbows or knees during pushing movements such as shoulder presses and leg presses takes some weight off the muscles and puts it on the bones. That gives muscles a rest, which takes the stress off them necessary for maximum results. When you lock out a joint, you produce bone-against-bone contact, leading to irritation and damage to the joint. Use rhythmic, controlled movement without sacrificing form.

2. Control Your Breathing

Ever notice how some people tighten their lips, hold their breath, and make their veins pop out like they're about to explode?

BREATHE!

Breathe out when you're lifting the weight, and breathe in when returning to the start position.

3. Proper Grip

Take undue stress off your wrist by wrapping your thumbs around the bar.





Let's first get into how your body uses energy sources during exercise and muscle contraction.

There are three basic energy systems:

- 1. The ATP-PC,
- 2. Lactic Acid, and
- 3. Aerobic Energy systems.

We won't worry about the ATP-PC, since that is the main focus of power lifters; heavy, heavy weight, low, low reps, long, long rest periods for the purposes of obtaining pure strength.

The **burn** you feel after a long, hard set is caused, in part by the buildup of a waste product called Lactic Acid (LA). **Moving from set to set more quickly,** with less time for rest in between, with moderate to high reps, **activates the LA system.** It has been found that 15 minutes after a workout that taxes the LA system produces a higher concentration of Human Growth Hormone, or HGH (a hormone that **burns fat and develops muscle - at the same time!**) in your blood.

The Aerobic Energy system (AE) is pretty self-explanatory. But it does have an important role in recovery between sets. While you train one muscle using the LA system, the AE is helping in the recovery of muscle groups previously worked. The AE uses your carbohydrate and fat stores and does not produce the toxic waste products found in the LA system, so it provides a greater amount of energy over longer periods of time.

For **optimum muscle development**, rest periods need to be **strategically varied** in your strength training program, giving your muscles the full spectrum of stress. Typical rest periods are **1 minute**, **90 seconds**, **and 2 minutes**.





Recover Quickly Between Workouts

Remember when tennis pro Jimmy Connors won the U.S. Open at age 41? Everyone in the stands was watching his every move, just waiting for a bone to break, or a ligament snap in his body. The young-uns were ripe and ready for the next match, while Connors was wolfing down handfuls of Nuprin (which he was a spokesperson for) to alleviate sore muscles.

No matter what your age, the greatest improvements in a fitness program depend on your knowledge and application of recovery techniques. Here are some of the best.

• Reload Fuel Stores Immediately After Working Out Right after a workout there is a small opportunity that can have a significant effect on your recovery time. This narrow time allows you to replenish empty

energy stores better than any other time. There are two ways you can do this:

- 1) About 45-60 minutes following a workout, eat a balanced meal with just a slight more protein than usual, or
- 2) Have a carbohydrate snack, like a piece of fruit as soon as your workout is done.

Experiment with both to find out which one works best for you.

Quit While You're Ahead

You should feel rejuvenated after a workout, not feel like you got run over by a Mack truck. You'll still have some fuel left. If you beat yourself up day in and day out, you're doing some serious nutritional and energy drainage.

H₂O

Experts agree that **poor hydration leads to poor performance and recovery.** Very diluted sports drinks are also a good way to keep your fluids up at altitude, hot weather, or during long bouts (60 min. or more) of exercise.

Take Antioxidants

Vigorous exercise can damage your body by producing **free radicals**, slowing recovery time by **attacking muscles**, **heart and lung tissues**. It makes sense, then, to take them after your workouts. Antioxidants include Vitamin E and C, Zinc, Selenium, Beta-carotene, and co-enzyme Q-10.

Build More Muscle

Put simply, the more muscle you have, the better you're going to recover. You're stronger. Your muscles can take more. And you can at least maintain muscle over time.

• Go For A Massage

If you're too sore, massage is arguably the fastest, most effective way back into action. Advocates say massage removes lactic acid and other metabolic waste products from exercise.

Flexibility

If your **muscles are too stiff** when you begin your next workout, that's your cue to incorporate **more stretching** into your exercise routine.

Quality Sleep

Treat sleep as importantly as you would eating right and living well, and you'll be a new person. Chronic lack of sleep reduces your life expectancy. Plus it leads to colds, flu, and sore throats by suppressing your immune system. It makes you old, fast. Have a set routine each day; wake up at the same time every day, 7 days a week.



Pushing or Punishing?

Everyone has off days.

But how can you tell if you're **overtraining** or just going through the motions?

Check Your Habits

Have you recently made a significant change in your program? Are you constantly trying to keep up with someone who's doing better than you are? Do you always do the same thing all the time, never changing up your workload? If you answered yes to any of these, you're likely pushing yourself way beyond your physical limitations.

Monitor Your Mood

The single best indicator of overtraining is an otherwise inexplicable emotional nosedive. Mood often deteriorates before physical performance does.

Take Your Pulse

Overtraining typically makes your resting heart rate go up over time. To keep track of it, take your pulse in the morning before you get out of bed, counting

the number of beats for 1 minute. A persistent rise of the same amount over a period of weeks may indicate a problem.

What To Do If You're Overtraining

First, lighten your load for the next 2-3 workouts. Go about "half-speed," light weights, less sets, but keep a good pace. After about 48-72 hours you should be back to normal.

If that doesn't work, then you need to back off your training for several days. When you come back, don't pick off where you left off. You need an active recovery routine that's light, yet stimulating. Here are some guidelines:

- Circuit-like training
- Higher reps (15-18)
- Work all muscle groups
- Train only 3 times a week
- Workout should only take about 30 minutes

Do this for about a week, all the while monitoring your resting heart rate. Continue your active recovery training until your resting heart rate stabilizes at your normal level.





You might think fitness involves just working out and eating right. But there is an important factor that's critical to productive workouts and an efficient-running body.

Sleep.

If you think you only need 6 hours of sleep a night, you need to be aware of the following hazards you could face over the long term of sleep deprivation.

 Impaired Psychological Performance - attention, memory, concentration, judgment, motivation, mood

- Impaired Psychomotor Functioning reaction time, reduced capacity for performing strenuous activity
- Impaired Physiological Functioning Loss of oxygen (hypoxia), heart rate changes, altered hormone levels (which hurts your ability to burn fat and develop muscle, and keep you young), suppression of immune system

Go to http://www.rxforsleep.com for more sleep-enhancing tips:

- Sleep as much as needed for you to feel refreshed the next day (usually about 8 hrs). Too much sleep, though, is as bad as too little.
- Get up at the same time each day. Establish a routine so your body works efficiently every day. Don't try to "make up" for lost sleep during the weekend.
- Hunger may disturb sleep. Have a **LIGHT**, **balanced** snack before bedtime.
- Avoid alcohol before bedtime. It may help you sleep right away, but you'll end up waking up in the middle of the night and have a hard time getting back to sleep.
- Avoid liquids about 2 hrs before bed to avoid making nightly trips to the bathroom.
- Chronic use of tobacco disturbs sleep.
- Avoid caffeine after 6 p.m.
- A steady amount of activity during the day helps promote better sleep at night. If you can help it, do not exercise 4 hrs or less before bed.





The Real Definition Of Instinctive Training

Instinctive training does NOT mean to train according to how you feel. Instinctive training is based upon intuition, and intuition can only be gained

through **experience**. This will give you the tools to make instinctive training work. There is a big myth out there that if you are sore, you are not recovered, and you must back off from your training. In fact, **soreness is not an efficient indicator of recovery**.

Training is like eating. You do not wait until you are starving, and all the food has been digested and assimilated into your system before you eat in a few hours. Similarly, there is no reason to wait until you are totally without soreness to continue training. Many times you'll find yourself coming into the gym feeling like you got run over by a Mack truck. But, if you are in tune with instinctive training, you'll know it is a day to push yourself out of your comfort zone, to keep you moving forward to your fitness goals.



Effects Of Duration And Intensity On Fat Loss

To be sure you're clear on the interaction between fuel burned and calories used, take a look at a few comparisons:

- Given a low-intensity, 40-minute workout that burns 120 calories and a high-intensity, 40-minute workout that burns 250, the high-intensity workout will make a greater contribution to weight loss because of the amount of calories burned.
- Given a high-intensity, 20-minute workout that burns 200 calories and a low-intensity, 40-minute workout that burns 150, the short, high-intensity workout will make a greater contribution to losing weight again, because of the amount of calories burned.

Longer, low-intensity workouts burn less glycogen (storage form of carbs in the body), resulting in **higher energy after your workout,** and lower appetite. They also **burn more fat.**



M

Avoiding The Point Of Diminishing Returns

One of the questions I ask my fitness clients before they get started with their fitness program is, "What are you willing to do to achieve your goals?"

Typical response: "Whatever it takes."

^{*} Given a high-intensity, 20-minute workout that burns 200 calories and a low-intensity, 40-minute workout that **ALSO** burns 200 calories, **the longer workout is better.** Since the most important factor – **calories burned** - is the same on both counts, we look to other variables to determine the better choice. In this case, it's **workout intensity.**

"What do you mean by that? Give me concrete ideas, things you're going to do right now."

"I'm going to make sure I exercise regularly, for one."

"Okay, that's great. Now let's make it even more concrete. How often are you going to exercise?"

"3, maybe 4 days a week. That should be enough, right?"

This is where most people run into trouble, experience stagnation, get frustrated, work harder and longer, still get no results, and then quit.

Many people seem to think that three or four days a week will get them the results they're looking for. And when things don't work out, they write it off that they worked hard at it, but they're just going to have to live with their out-of-shape bodies.

I'm here to tell **you don't have to live with your out-of-shape bodies**, and why doing 3 days a week of exercise is not going to get you to your goals.

I call it...

The Point Of Diminishing Returns

If you think the solution to your fitness problems is working out 3 times a week, I have news for you.

Your body is an amazing machine. But it is also very, very lazy.

How's that? Because it'll do WHATEVER IS NECESSARY to make things easier, so it doesn't have to work very hard.

Why do you think so many diet and exercise programs fail?

Because your body "gets the picture"; it notices you're only doing enough exercise to get a little benefit, then it starts to shut down.

Here's what happens: you work out for a month, 3 times a week, doing a particular routine. At the end of the month your body says, "Okay, I know what's going on. Now I don't have to work hard anymore."

So, you start to plateau. You stop losing weight. Your strength increases halt.

But you still keep your routine at three days a week. Maybe four.

Then your strength starts to decline. You start regaining weight, even though you stick to your 3-days-per-week exercise schedule. Your muscles don't look as sharp. And you start to notice your body fat rising.

Anger, frustration, disappointment, and irritation sets in.

And you STILL stick with your 3 times a week schedule, thinking, "Oh, the results must come sooner or later. Maybe my body is just being stubborn about it."

Darn right, it is! Your body has effectively reached its "comfort zone," where it has wanted to be all along.

YOUR job is to keep your body out of the comfort zone, forcing it to RESPOND to your training (with lower weight, less body fat, more muscle, greater endurance, more energy, etc.).

Which is why it's necessary to workout more often, like 4-6 days a week.

Hard to believe, but **your body is designed to move**, not sit around. You have arms, legs, shoulders, etc. that do you no good doing zippo. Get 'em going!

One key point I want you to keep in mind: you are going to work out smarter, not longer.

Let's summarize what's going on here. You've been working out 3 days a week for a while. You get a little benefit out of it. Then progress stagnates. You keep at it, but results don't show. Then they NEVER show, no matter how much effort you put into your 3 workouts a week. And then you start looking out of shape again.

The point of diminishing returns.

You may not have reached this point. But I can guarantee you, if you continue working out only 3 days a week, you'll get there pretty fast.

Now you might be thinking, "So what? What's the difference if I work out 3 times a week or 6 times? Won't I reach the "point" faster with 6 times?"

Not at all.

Here's what's happening with your 3-workout-week. Day 1, you work out. Hike your metabolism for a while, burn a few calories. Feeling pretty good. Day 2, rest. Go to work. No workout. Day 3, work out, hike your metabolism a little,

feel pretty good. Day 4, rest. Day 5, work out, hike your metabolism, burn cals. See the pattern?

Here's your new, 6-workout-week. Day 1, work out, hike your metabolism, burn calories, feeling pretty good. Day 2, same. Day 3, same. Day 4, same. Day 5, same. Day 6, same.

You're constantly keeping your metabolism in high gear (especially with proper nutrition and supplementation), burning more calories (especially at rest), allowing you to have more energy, more endurance, more power, more strength, less fat, lower body weight, a great looking body with attractive muscle definition, nice abs, etc.

Trick: keep your strength training workouts between 20-40 minutes, and aerobic training to 15-20 minutes. If you don't have time for both strength and aerobic, DO THE STRENGTH TRAINING. Better muscle means less fat, less weight, and a dynamite body. No need for the 90-minute workouts.

Change the exercises in your routine every few weeks. Never give your body the chance to plateau, or "get the picture." Do something different each workout. Change the order of exercises, change the reps, change the rest period. Even if you change just ONE thing, your body is forced to respond to your training (which is what you want).

Guys, split your body in half; do half three days a week, and the other half the other three days. Or, you can lift 4 days a week, and do your aerobics the other two. Gals, do abs and lower body **EVERY DAY**. Do your upper body 2-3 times a week. For the most part, your workouts will be about 30 minutes.

"But Gar, I don't have time to work out 6 days a week." If being in shape, looking great, and feeling like a million bucks is important to you, you'll MAKE the time. In fact, you'll make all the necessary adjustments to your lifestyle to get your 6 days in - IF it's important to you.





Your workouts, that is. Isn't that a wonderful thing to hear?

But why are shorter workouts better?

You're more likely to do it if you keep it short or break up your workouts into shorter, more intense sessions. A 20-30 minute strength training workout is a lot easier than trying to find 60-75 minutes. New studies show keeping it short can have big results:

More Minutes.

Overweight women who did quickies (three 10-minute workouts a day) totaled an extra 35 minutes of exercise per week compared to a similar group who exercised 30 min a day.

More Miles.

In a University of Nebraska-Kearney study, overweight walkers who did two 15-min bouts, 5x/wk, nearly doubled their weekly mileage compared with walkers who walked 30 min, 3x/wk.

Less Dropout.

Twice as many people stuck with more, short workouts as those who stuck with fewer long ones. Interesting, considering that the short workout group put in more days (5 vs. 3) and committed more time weekly to exercise (150 min. vs. 90 min).

More Calorie Burn

Whether you do your workouts all in one shot or break them up, you burn about the same amount of calories. **But what happens AFTER is a different story.** The calories you burn after a workout may be **slightly higher** if you break up your workouts.

Better Recovery

A long, tedious, 60-90 minute workout will burn you out physically and mentally fast. Concentrating your workouts into 30-35 minutes allows your muscles to recover between workouts, and to work your body more frequently, as shown in "Less Dropout."



N

Better Focus For Your Workout

If you don't want to waste any precious time going to the gym or to your basement you need to **get focused** for your workout.

First, NEVER lift weights for more than 45 minutes. Ideally keep it between 30-40 minutes. Your body's chemicals necessary for muscle development just aren't there after 45 minutes. That way you don't have to worry about a mind-numbing 60-90 (some people even work out for TWO HOURS) minute workout that will most certainly lead to overtraining and under-recovery.

Second, for even better concentration, stay in the area you're doing your exercises, even during your rest periods. It's easy to take a stroll down to the drinking fountain or gaze at the bulletin board or observe other people's technique. All of a sudden... "Holy cow! I was supposed to do a set a few minutes ago! Man, I'm supposed to take only a minute rest! Now my workout is shot (which, I'm afraid, it is)."

Resist the temptation for wandering aimlessly during your rest periods. **Invest in a stopwatch**, a critical piece of equipment in anyone's regimen. Bring your water along in a bottle, so you don't have to go to the fountain. Keep track of your workouts in a training log, to keep you even more tuned in to your mind and body for maximum workout performance.





Slash Your Workout Time In Half With Modified Compound Sets

The modified compound set (MCS) allows for **training two different muscle groups simultaneously and quickly.** If you're pressed for time, you can squeeze your entire workout in about **half the time.** Nice!

MCS's consist of the combination of two different exercises, each training a different body part, moving from one set to the next with a prescribed rest period.

For example, let's say you're starting your workout with legs, and the next body part is chest. Let's further say that your exercise for legs is squat and your exercise for chest is bench press.

Normally you'd do your three sets of squats before you moved on to chest.

But today your time is extremely limited, so you're going to use the MCS. Here's how:

Let's say your rest period is 2 minutes between sets. A **stopwatch** works best for this. You can also look at a second-hand clock, but watch it closely - it's easy to lose track.

Here's how an MCS looks:

Squat, Set 1, 15 reps. Hit the stopwatch (or clock), then...
Bench Press, Set 1, 15 reps. You'll have about a minute or so left to go back to...

Squat, Set 2. Hit the stopwatch. Go to Bench Press, Set 2. And so on.

It's like you're only doing Squats. Only in this case, during your "rest" period you're working another body part. Make sense?

Now you have NO excuse NOT to do your strength training workout!





Doing The Same Workouts - Differently

I don't blame you for getting bored out of your skull when you're doing the same darn workout, **EVERY SINGLE DAY.**

Your body's the same way; it gets bored when you keep doing the same workout, **EVERY SINGLE DAY.**

Pretty soon, your body stops responding to your training - that means NO RESULTS.

So you have to play games with your body to keep it responding. You've been putting your body through the same sets, reps, rest periods, weights. **Keep your body "guessing" to keep responding.** Here are some principles to follow:

- Start with a warm-up
- ALWAYS work your largest muscle groups first back, chest, legs
- Finish your workouts with shoulders, calves, biceps, triceps
- Use High-Med-Low for number of reps per set of each exercise during the course of a week. For example, Monday you'll do 15 reps for each exercise, Wednesday you do 12 reps, Friday you do 10 reps.
- Alternate your first three muscle groups each workout. For example, Monday is back, chest, legs; Wednesday is legs, chest, back; Friday is chest, back, legs. Then finish with the other muscle groups.
- You can even change rest periods each workout; 2 min. between sets Monday, 90 seconds Wednesday, 60 seconds Friday.

Use these principles to keep your body guessing - and responding with results. Plus, the boredom factor is all but eliminated.





Haphazardous, Disastrous Workouts

Let me see a show of hands: How many of you, when you go to work out, find yourself flipping a coin to decide what exercise to do next?

"Hmmm... I think I'll do curls. Now, let's see... I'll... go... to... ummm... leg press. Yeah, leg press. Okay... how about... oh, what should I do next... bench press..."

These are the kind of workouts that have "failure" written all over them.

EVERY time you work out, you must have a strategy with an objective.

The strategy? **Your routine.** You're trying to reduce body fat and developing lean muscle mass. So, your strategy is put the most stress on your muscles in the shortest amount of time. So you work the major muscle groups first: Chest, back, legs, and shoulders.

Secondary muscle groups are calves, biceps, and triceps. In other words, structure your workouts from big groups to small groups. Keep your workouts short, like 30-45 minutes max.

You also must have an objective for your workouts. How many reps are you going to do for each exercise? How many sets? How long are you going to rest

between sets? How much weight are you going to use? How long are you going to do aerobics?

Having a structure in place allows you to focus on reaching your objective of building lean muscle and decreasing body fat - much faster. You've done your thinking, your preparing before the workout. Now you just go do it. No confusion. No long, tedious workouts. Just great results.



Time-Saving Stretching

Did you know that **stretching could actually improve your strength by 20%?** So not only is it great for flexibility and relaxation, but you can build some muscle in the process, too.

The good news is, it won't take up any extra time!

How do you do it? After you finish a set of, say, bench press, stretch your shoulders, chest, and triceps for 20 seconds. In other words, use your rest periods to do your stretching! Something better to do (and better for you) other than B.S.-ing or screwing around. Get faster results - 20% faster! Who DOESN'T want that?

(You also don't have to worry about "not having enough time" to stretch after your workout!)



Burn Off Indulgence With Aerobic Variety

No doubt many of us do our share of indulging, whether it's the holidays, family get-togethers, or just the weekend. That is why this article is devoted to getting you back on track toward your fitness goals **IMMEDIATELY.**

But first, let's get back to the basics of effective aerobic conditioning.

- Move continuously
- Use large muscle groups
- Get your heart rate up
- Strengthen your heart and lungs
- Burn more calories in conjunction with your strength training program
- Speed the weight loss/fat loss process

However, not all aerobic activities are the same. Some programs are better than others, especially for weight control. The general recommendation for aerobic fitness (**NOT** weight loss) is 20-40 minutes of moderate activity 3-5 times a week.

If you're talking weight loss, you're looking at a different picture. People who have lost weight - and kept it off - exercise more than that. To burn off one pound of fat, you need to have a 3500 calorie deficit between exercise and diet (MOST of the expended calories are to come from exercise) during the course of a week. So you're looking at reducing your calorie intake by a little over a hundred calories a day, and the rest from exercise.

Whoa!!!

"That's a lot of calories burned from exercise, Gar. That means I'm going to have to practically **LIVE** in the gym! Who has time for that?"

Effective, calorie-burning aerobic programs **blend a variety of intensity levels with a variety of activities.** Not only do they burn extra calories, but the variety helps you to stick with it.

So you're going to divide your aerobic workout into 15 minutes spent on 3-4 different exercises for a great alternative to doing the same darn thing on ONE machine every time you work out.

I've taken the four most popular machines and mixed and matched them and created 45-60 minute, **no-boredom-allowed**, **serious-calorie-burning**

workouts. BUT, you'll be the creative person you are and mix and match to come up with YOUR favorite combinations.

How To Mix And Match

Each time you work out you should change the kind of workout you do with each exercise. In other words, if you are doing intervals one day, the next day see how much distance you can cover in the same 15 minutes. Also, start each workout with a different activity, like treadmill one day, stair stepper the next.

Choose 3 activities and intensities for a great 45-minute workout, or do all four for a real calorie-busting aerobic session.

Activities

- 1. Stair stepper (or climbing your own stairs)
- 2. Treadmill
- 3. Recumbent/Upright Stationary Bike
- 4. Elliptical Trainer (or X-Country Skier)

Intensity Types

1. Up And Down The Ladder

Do a moderate pace for 1 minute, then 15 seconds hard/15 seconds moderate. Increase each hard segment by 15 seconds with 15 seconds of moderate in between until you are working hard for 60 seconds. Then start working your way back down until you're back at 15 seconds of hard work. Go up-and-down 3 times total.

2. Intervals

You can either walk at different speeds or combine walking with running. Enter a 15-minute manual program on your treadmill's display panel. You're going to walk easy for 1 minute, then fast walk/run for 1 minute, and alternate for the whole 15 minutes.

3. Same Pace

This intensity emphasizes endurance. Warm up first, then during the workout, keep your pace **CONSTANT**, even when you're climbing hills, elevating inclines, or increasing resistance levels. If you have the capability on your machine, program a 15-minute "Hill" workout. The point here is to never break your pace.

4. More Distance, Same Time

If you can, program a 15-minute manual workout on the machine set at a moderate to low-intensity level - one that you can stay at for the majority of the 15 minutes. How much distance did you walk/run, bike, or climb? Record the miles you ran/walked/biked and the stairs you climbed for each workout. Check back on your notes to see how much you're improving for each activity.

Sample Combos

- Day One
 - 1. Treadmill Up And Down The Ladder
 - 2. Bike Interval
 - 3. Elliptical Trainer Same Pace
 - 4. Stair Stepper More Distance, Same Time
- Day Two
 - 1. Stair Stepper Interval
 - 2. Treadmill More Distance, Same Time
 - 3. Bike Same Pace
 - 4. Elliptical Up And Down The Ladder

Again, use your creativity to come up with your own combinations to design your calorie-blasting workout.

Intense workouts like these should be limited to 3 times a week, supplemented with your normal aerobic activity on the other days. DON'T FORGET ABOUT METABOLISM-BOOSTING STRENGTH TRAINING!

Just to give you some numbers, you could burn over 2500 calories a week just from exercise alone, and, when combined with reducing your calorie intake by about 800 calories a week, that's a **PERMANENT** weight loss of 1 lb. a week.



Get The Most From Every Drop Of Sweat

We all want results - **yesterday** - from our workouts. But it's more than just going to the gym and going through the motions every day. Fortunately, there are smart ways to hit paydirt faster.

A major key for working out efficiently is **knowing exactly what you're shooting for.** This goal-oriented strategy can reap **serious benefits** for you, and keep your **motivation sky-high.**

It may sound simple, but a lot of people don't know how to exercise for the goals they're after.

If endurance tickles your fancy, you need to elevate your heart rate to 60-85% of your maximum heart rate (220 minus age for men, 227 minus age for women), and use as much of your body as possible. The more muscles you involve, the higher the energy and oxygen demands on the body - resulting in increased calorie burn.

If you want to get stronger, you simply need to make your muscles work harder against a resistance. Compound movements, exercises that work more than one muscle group at a time (like lunges, squats, bench press, pull-ups) work best, helping you get more done in less time. Lifting weights will stimulate muscle development, tone, and definition.

Here are some creative ways to **get better returns on your workout investments**.

Stationary Bike

For Endurance - Stationary Cycling:

Set the resistance at moderate intensity (your breathing should be noticeably labored, yet not gasping for air). After a 5-10 minute warm-up, pedal at a constant pace of about 70-85 rpm, depending on your level of fitness. Put a little twist into your strength training; use your rest periods between sets to cycle for 3 minutes. You'll end up doing 20-30 minutes of total aerobic time.

For Strength - Single Leg Cycle Squat:

Set the resistance on high intensity - the resistance should be so great that you have to work very hard even to pedal slowly. You should also be breathing heavily. Pedal with one leg only for 30 seconds. Repeat with other leg.

The Medicine Ball

If you belong to a gym, ask the front desk if the club has a medicine ball. They'll know what you mean. It's a ball shaped like a slightly oversized basketball that weighs anywhere from 3 lb. to 9 lb. You can also purchase a medicine ball at your local sporting goods store. Add variety to your workouts, right?

For Endurance - Medicine Ball Toss:

Stand with knees bent, holding a 3-5 lb. medicine ball in front of chest, elbows pointing out to the sides. Push the ball away from chest as quickly as possible, like a forward basketball pass, and then run to retrieve it. Do this for two minutes. **Great shoulder, chest, and triceps workout.**

For Strength - Ball Push Up:

Place your hands on the ball and extend legs straight behind you. Lower chest, then push back up, just like a standard pushup. Do as many as you can for 1 minute. Also great for your chest, shoulders, and triceps.

• Legs, Hips, Butt, And Thighs

For Endurance - Step-Overs:

Stand to left of aerobic step or 6-12 inch bench. Step onto it with right foot. Hop up and land on left foot (on step); then step down to the right. Go back the other way, starting with left foot. Repeat back and forth for 2 minutes.

For Strength - Side Lunge:

Using your own bodyweight or holding 3-5 lb. dumbbells in each hand, step forward with left foot and slightly left so left thigh is almost parallel to floor (got that?). Push back up, repeat with right leg. Do 15 reps for each leg.

Jump Rope

For Endurance:

Shoot for 100 skips per minute (please don't attempt this right away if you're not conditioned enough!). Awesome calorie-burner, cardio workout, agility and coordination enhancer. Rope for 2 minutes. If you can't do even a minute, use the following interval schedule: 30 seconds rope, 30 second rest; do this four

times. Add a few seconds every workout or every other workout. You'll eventually be able to rope for 2 minutes.

More Legs!

For Strength - The Infamous Lunge:

Using your bodyweight or holding 3-5 lb. db's, lunge forward with a big step with one foot, drop your hips straight down to the ground with your upper body erect, then push back into starting position. Repeat with other leg. Do this for 2 minutes straight.

For Endurance - Stairs:

Run up a flight of stairs (preferably with 25 steps), taking two steps at a time, if you can. Lift knees high and pump arms to accelerate. Land on the balls of your feet to spring upward. Walk down the stairs. Repeat for 2 minutes (this one's a killer - for you brave souls!).

The Workout

For Endurance:

Warm up for 5 minutes on the bike, treadmill, etc. Perform the first exercise (stationary bike), finish that set, then MOVE to the next exercise without rest, and the next, until you complete all exercises for endurance. Rest for 30 seconds, the repeat the circuit up to three total circuits. Throw this into your normal workout 3-5 days a week.

For Strength:

Same warm up. Do the first strength exercise, finish it, then MOVE to the next strength exercise, until you've done all exercises. Repeat this circuit twice, 3 times if you're advanced. Work this one in 2, 3 times a week.



7 Ways Your Body Takes The Path Of Least Resistance

Your body is an amazing machine. How your brain works. How the various systems work: endocrine, cardiovascular, nervous, digestive. How your body replaces cells. How it repairs and maintains tissue. It really is amazing.

At the same time, if your body had its way, **it would love to do... nothing.** Even though your body can do some incredible things, it would just as soon just sit like a bump on a log - "the path of least resistance." Here are the most common "paths."

1. Dieting

We all know that **diets fail.** Why is that? Well, first of all, diets are short term. When you deprive your body of calories and nutrients, ANYBODY is going to lose weight. Then your body **gets used to the little calories you're feeding it,** and the weight loss stops. However, the body realizes that the little calories it gets is not enough to sustain energy, **so it must go to its second source of energy - MUSCLE.** So, your body gets used to 800 calories (or less!), you don't lose weight, and you get flabbier.

Wait, it gets better. There's only so long anyone can keep their sanity with so few calories a day. We all know the end result: **overeating or bingeing**, the lost weight comes back (and invites, without your permission, even MORE pounds of fatty friends), you're still **bankrupt of energy**, and no muscle tone to speak of.

2. Strength Training

You're going strong with your weight training routine. You're getting stronger, you're feeling tighter, and you don't fatigue doing vigorous tasks. **But then, after about several weeks, your body says, "I'm bored."** The stimulus for muscle development just isn't there. But you keep working hard at your routine, even though there's no progress.

You may think **increasing the weight** is the answer. Nope.

You may think **training longer** is the answer. Nope.

You may think **trying something new every time you step into the gym** is the answer. Nope.

You may think just working through the staleness is the answer. Nope.

You may get some results, but nothing to sneeze at. But then you begin to lose whatever you've worked hard to get. **That's why it's important to change up your routine every 3 weeks.** Change up rest periods, sets, reps, weight, and length of workout.

3. Aerobic Conditioning

You've been walking faithfully, 30 minutes a day, 3 days a week. Your pace makes you sweat. You're losing weight right out of the starting gate, and you're feeling pretty good. Then, after several weeks (of doing the same broken-record routine) progress halts. You're still watching what you put in your mouth. But the needle on the scale isn't budging. Your clothes aren't getting any looser.

Your body's bored again.

You go on another, determined 30 minute walk. "Ho hum," your body's telling you. It knows what's coming, there's no stimulus. So your body burns only so many calories, and no more. Doing just enough to get by.

Got to challenge that body. Bump it up to **four, five, six times a week** for 30 minutes. When that gets too easy, **add a few minutes** each workout. If you're short on time, work in **interval training** a couple of times a week to get more calorie-bang for your buck.

4. Skipping Meals

There are still too many people that do this. **Breakfast especially.** Balanced meals fuel your body. Give you energy. Provide vital nutrients. Keep your metabolism up.

When you eat, your metabolism increases. It takes energy to digest your food. Heat, if you will. Heat in the form of calories. Your "thermostat" gets jacked up when you eat. But when you skip a meal, you turn your thermostat is turned way down, so you're burning little.

Your body says, "Hey, this is cool. I don't have to work at digesting this food. I can slow down, thank goodness." So you have a slow metabolism and sapped energy.

Then you end up so hungry, you're beside yourself. Your computer screen looks appetizing. You end up overeating, and because your metabolism is stuck in first gear, more of your food is going to get stored as FAT.

And then your body gets used to this routine. Most people who eat 1-3 times a day are also overweight. **See #1.**

That's why eating 4-6 times a day is so effective in helping you lose weight, burn fat, have more energy, boost metabolism, build muscle, etc.

5. Energy

"I have no energy." "I'm so tired." "I just can't get myself to do it." "I want to, but my body's telling me 'No!" "I wish I had more energy."

I've said this before: you are not going to be handed energy on a silver platter. **The only way you're going to HAVE energy is to MAKE energy.** Do you really believe that having more energy will just "happen?" (I KNOW you don't.)

Your body works hard at trying to do nothing. It just shuts down. Try to budge it, it's going to yell at you, "I DON'T FEEL LIKE IT!"

Start moving. Even if you've been a couch potato for 30 years. **You want energy, so get the lead out!** Even if your aerobic capacity is poor, you can still make energy. In fact, you would experience the most dramatic improvements in your cardiovascular health over someone in better condition.

Walk for a block. Then gradually add more time and/or distance. Want even MORE energy, to do the things you really love to do? Lift weights. You'll do MORE with less fatigue. Hire a trainer for a few sessions to make sure you're doing everything safely and effectively. Keep your energy high by eating often during the day and keep your metabolism sky-high. Add a vitamin formula and anti-oxidants (to help you use the food you eat more effectively instead of storing it).

But just get MOVING!

6. "Comfort Zone"

This is where many of us find ourselves today. I've been there, too. I've had times where I would be stuck in a rut. Going nowhere. Business was slow. Workouts were stale. Eating was boring. Get home, play with the kids, talk to LeeAnn (my wife), go to sleep. Wake up, same thing.

You body LOVES this. You don't have to think much, you don't do much. Not much energy expended to do anything. You're living inside a tiny box. **Do you want to be cooped up in this box for the rest of your life?**

I can't think of one person who doesn't want to get better. **But that means taking some risks.** Finding out what you REALLY want in life.

What ONE THING can you do every day to step outside this box? Make it challenging; if one thing is too easy to do, then what 2, 3, or more things can you do that will keep you out of this comfort zone and keep you moving toward dynamic health, a great body, and a rewarding life?

7. The "Terror Barrier"

Let's say you have "X" idea. That idea generates a like "X" feeling. This leads to "X" action, which gives you "X" results. This is the "Comfort Zone," talked about in #6.

Then you **get sick of this boring routine**, and you start thinking about how you're going to get out of it. This generates the "Y" idea.

But it's just a thought. You still have "X" feeling, "X" action, and "X" results.

But you keep thinking about "Y". Now you're feeling "X" and "Y". Doubt and fear come in to play. You start to act upon the "Y", but your anxiety is so great that you revert back to the "X" action. This is the "terror barrier."

It's also called "Rationalize." You're trying to justify staying in your comfort zone. I call it "Rational Lies."

"I don't have time." "I have a slow metabolism." "I'm too old." "I have no energy." "I'm not ambitious enough." "I'm too embarrassed." "I don't have that kind of potential." "I can't lose weight."

See my point? You're lying to yourself just so you can stay where it's "safe." But it's really not. You either create or disintegrate. No gray area here.

Once you break through your "terror barrier," your "Y" idea turns into understanding. Your "Y" feeling becomes faith, and your "Y" action results in the health, body, wealth, and freedom that is yours for the taking.



Make Your Time In The Gym Pay Off

Too many gyms these days are jammed. My wife got back from Desert Fitness, a gym here in nearby Tucson, AZ. It has 25,000 square feet of space (that's big), and it was **STILL** packed. Everybody's trying to shape up (and that's good).

But who wants to wait for equipment, waste time, and a ruined workout?

You need traffic control. I'm your guy in the helicopter with the traffic report to red-flag the **time wasters**, and to help you get to the best equipment and use it for the best results quickly.

Build ALL Your Muscles - Your 3-Speed Workout

To see faster, better results means you need to give some thought to **how you work your muscles.** The weight trainers - who may not have given that thought - fall into three categories:

- Power Lifters lift heavy, heavy weight with few reps as fast as they can, and rest 3-5 minutes between sets.
- Bodybuilders use moderate weights, moderate reps, and rest 90 sec 3 minutes between sets.
- "Toners" lift very light weight, lots of reps, and rest little from no rest to 60 seconds between sets.

It's safe to assume that 2 out of the 3 groups are wrong, correct? Actually, for the purposes of building a dynamite body, all 3 are partially right. If you just work at one level, your body ends up doing only as much as it needs to get the job done.

That means a plateau in the very near future for you.

If you combine all 3 styles of strength training, your results will be more thorough. That's because each style targets different muscle fibers.

- Explosive, power movements target white, fast-twitch fiber, fiber that is almost exclusively for strength and speed.
- Rhythmic movement with moderate weights builds another type of fiber, responsible for both strength and endurance.
- Lifting **light weights** with high reps works your slow-twitch fibers, which have lots of **endurance with a little potential for strength.**

You have all these fibers, you need these fibers, so why not build them all?

Try this training technique (remember to warm-up for 5-10 min):

- As a guideline, you'll do 3 sets for each muscle group.
- Your first set, use heavier weight than usual, and perform your set explosively without sacrificing proper form. Shoot for 6-8 reps.
- **Second set,** use moderate weights, and 10-15 reps. Get in a **rhythm**, like 2 sec up, 2 sec down.
- Third set, use high reps (20-25) and light weight. Again, get in a rhythm, and keep it for the whole set.

NOTE: Remember, your set is completed when you know you won't be able to do another rep with good form.

Dos And Don'ts

Not every piece of equipment in a gym is worth using. In fact, some pieces can be downright dangerous for most people.

DON'T...

Do crunches on a slant board. When you lock your ankles under the pads, you engage your hip flexors to take the brunt of the strain. This tilts your pelvis forward, arching your back, causing excess strain.

Do squats on the Smith machine. Many beginners are taught to squat with this machine. What it does is **NOT** teach your body to use the muscles properly to balance the bar with real squats, plus you never develop the coordination to do real squats. The machine is balancing for you. Fewer muscles stressed means less benefit.

Start your training with machines if you're a beginner. Most gyms give orientations by taking new members on the dang machines, claiming that you need to build a base of strength first before moving on to free weights. What

B.S.! The focus of your strength training **MUST** be with free weights for best results; machines are decent as a **SUPPLEMENT**, something you do here and there. Machines take a lot of muscle out of the picture, which means less benefit. Just like Smith machine squats.

Use the leg-extension if you have bad knees. Full range of motion leg extension places shearing forces on the knee, potentially tearing cartilage around the kneecap. If your knees are okay, only go halfway down, then all the way up to avoid those shearing forces.

DO...

Crunches, and their variations. Hip flexors are virtually eliminated if done properly. Remember to keep your low back glued to the floor, raise only your shoulder blades, keep your chin up, and your elbows back.

REAL squats. Guys, do you want a powerful, muscular body - fast? Squat. Squat like you mean it. You must feel nervous when you squat – that means you're lifting challenging weight. Ladies, this is an excellent supplement to your normal lunge-focus training. No need for serious weight here; use light to moderate dumbbells when it gets too easy.

Free weights FIRST. If you're not sure what to do, how to do it, or if what you're doing is effective and safe, hire a competent trainer for a few sessions. Best investment you can make for your body. And when you need to change your routine, hire him/her back to show you new exercises.

Stick to a set, rep, and rest period scheme. Get a stopwatch, or a watch that has a built-in stopwatch. If you're taking 90 sec. Rest between sets, then STICK WITH IT FOR THE ENTIRE WORKOUT. Your focus is better, you're working more effectively, and you get more done in less time. Plus you finish your workout faster. Get in, bust your butt, and then get out.



Get Fit Faster With This Foolproof Method

I'm sure most of you know that half of all Americans who start an exercise program are still working out regularly six months later. Actually, that's better than a few years ago, where the dropout rate was twice as fast.

Survey after survey, and study after study shows that **one of the most effective** ways to get fit is the buddy system. But whom are you going to do it with? Here are some ways for you to pair up to get in shape. But it's up to you to make the first move.

A Personal Trainer

Why this works: you're paying him/her to be your partner.

Proof: How can you argue with a trained professional who designs a workout plan, guides you nutritionally, and keeps you motivated and striving on a regular basis? **Everything is structured with an objective in mind.**

Making a good match: Get a **free consultation** with your trainer to discuss your goals. Find out what you're in for. **What's in it for you.** If the trainer talks about him/herself, you know immediately you're not exactly top priority. Even ask for a trial period, to find out if you both click. Expect to pay \$100 - 500 a month depending on how often you meet each week.

Suggestion: try going **once a week.** Or if you're really strapped for cash, invest in 3 or 4 sessions then meet again in 8 or 12 weeks for a check-up. Just like your dental visits, **regular check-ins** with your trainer will keep you sweating.

Your Spouse or Significant Other

Why this works: s/he knows you, when you wake up, what your schedule is like, what makes you tick. So flimsy excuses that work well on others just won't cut it here. S/he will always be there.

Making it work: If you're the one not exercising and your spouse/s.o. is, **make it** a point to express how important it is for you to get fit and healthy. Enlist his/her support. But if you're the one working out and s/he is the slug, keep from putting him/her on the defensive about being out of shape and not working out. **Support and motivate each other.** Focus on the fun and enjoy each other's company.

Your New Pet Dog

Why this works: You can't say no to a dog that has to go.

Making it work: Talk to a vet or animal shelter and tell them what you plan on doing, and the appropriate breed to optimize your walks or runs. You know it's working when you get slobbered on at 6 am and before you know it, you're enjoying the sunrise and a brisk walk.

Friends (aka Clones Of You)

Why this works: they want to achieve the same things you want and you enjoy being with them and they you.

Making it work: One of you may say, "I don't feel like it." But before you know it, the both of you meet on the corner or at the gym, so **you won't get away with skipping.** Think about whom you don't see as much but would like to, then ask to join you for a walk once a week. Or scope your neighborhood to find someone else who walks.

Teammates

Why this works: They'll kick your butt if you don't show up.

Making it work: It takes some hunting to find a volleyball, softball, bowling, basketball, etc. team you gel with - they must also have your determination and skill. **Recreation leagues benefit you socially and physically.** Things are clicking when your calendar is filled with exercise for the next year.

E-Mail

Why this works: You don't really "exercise" with them.

Making it work: Do a search engine search on the Internet for major health and fitness websites. Many of them will have a bulletin board section where visitors can exchange messages. Some will have a "chat room." Some even have "Find a workout buddy" page. http://www.global-fitness, http://www.global-fitness, http://www.efit.com are a few example websites that have these features.



Insider Training Secrets

You know when you need food - your stomach sounds like it's digesting a sick cow. But do you know when you need a more strenuous workout? Your body doesn't have exercise "pangs" the way it has food cravings.

There is, however, an unofficial "law of exercise science": **Keep doing what you're doing, and keep getting what you're getting.** In this case, congratulate yourself for keeping to a regular workout schedule.

But don't you wonder if you couldn't work just a bit harder? If you couldn't have a better body and get more of a health payoff by **exercising a little more efficiently?**

No more wondering. Yes and yes. All the things you want from exercise but don't yet have - a better body, lower cholesterol, low blood pressure, more people showering you with compliments of how wonderful you look – will come only from **pushing yourself just a little harder.**

No, that doesn't mean you ask your health club's manager if you can use the storage room as your new residence. You just need to know how to **get the most bang for your buck** with your workouts.

Aerobics

It's time to work a little harder when...

- You've been running, cycling, or skating the same dang route for more than a month.
- You never try to finish your route any faster.
- You don't monitor your heart rate.
- You choose walking/running/cycling partners for conversation, not training.
- You are a collector of local race entry forms, but you never compete.

Why work harder?

Research has found that there's a direct relation between distance covered in a week and health benefits. The farther the distance, the greater supply of HDL (good cholesterol), and lower risk of heart disease. Those who ran distances faster had lower blood pressure and smaller waistlines than those who covered the same distance in more time.

How to do it:

Start with a goal. A challenging goal. A goal you can't just go and achieve it tomorrow. Enter a local race. Find a **TRAINING** partner (not conversationalist) that'll make you both work hard.

COVER MORE DISTANCE. Get on a program. A steady program, increasing your workload gradually so that it's challenging, yet doable. Let's say you run for 30 minutes, but you spend time at a good, brisk pace for you for 5 minutes. Push up the time you spend at your brisk pace by 2 minutes a week for 8 weeks, without increasing your total time running. **You'll run faster and farther in the same amount of time.** Use for any aerobic activity where you can measure distance.

SPEED KILLS. If you're going to **get serious about speed,** you'll have to set aside training days to do just that. Here are a few techniques:

Interval Training

Using running as an example (any aerobic exercise applies), set your pace at about 60% of your max heart rate. It would be an **EXCELLENT** idea for you to invest in a heart rate monitor for accurate readings.

After about 5 minutes, increase your effort for 1 minute. Slow down to the initial pace for 1 minute. Repeat 2-3 times for your first interval workout. Each subsequent workout add 1 interval, using the 1 on, 1 off schedule. If you've

never done intervals before, start with 1 interval training day for a few weeks. Never do more than 3 interval training days per week.

Once you're doing 15, 1 min on 1 min off intervals, start adding more "on" time. Now you'll be doing 2 min on, 1 min off. Continue adding more "on" time steadily until you're doing a single 15 min "on" interval with 1 minute off.

HILLS. Using hills in your aerobic training calls for the muscles in your legs to work harder, **making them stronger and more durable.** Once a week run a hill up and down several times. Use the interval training principle so you're not killing yourself, and your body won't punish you days later.

INTERVAL SPRINTS. I used this sprint training program to get in the best shape ever for my senior year of college football. Here's how it works: you're going to do a 10 yd sprint, 20 yd, 40 yd, and 60 yd sprints. Sprint 10 yds, jog 10 yds, sprint 20 yd, jog 20 yd, sprint 40 yd, jog 40 yd, sprint 60 yd, jog 60 yd. Do this only once for your first workout, once a week. After 3 weeks, do the drill a second time, and add another training day. Work your way up to 5 drills.

Muscle

It's time to work a little harder when...

- You've been doing the same routine for more than a month same reps, same weight, same rest, same exercises, same order. ZZZzzzzzzzz....
- You haven't increased your weight for a month.
- You can carry on a conversation when bench pressing (or any lift).
- You never ask for a spotter, because you don't need one.
- You never feel anxious before a set, because you no you'll have no problem finishing it.

Why do it?

Pushing your muscles past their comfort zone, by manipulating weight, rest, reps, and sets is what causes it to **develop**, **build**, **and tone**.

How to do it:

STRIVE FOR EXCELLENCE. Excellence is the commitment to completion.

Every single set of every single exercise must be done until you cannot lift the weight again with good technique. Use a repetition range, like 13-15 reps, ONLY as a guideline. If you can do more than 15 reps, GO TILL YOU CAN'T GO NO MORE! You'll know next time to start a little heavier.

LIFT WEIGHTS LIKE YOU MEAN IT. Rinky-dink dumbbells or barbells won't get you anywhere. Lift as much weight as you can for the amount of reps you're shooting for. Adjust for the next set(s) so that you can do your reps. Tax those muscles!

HI-MED-LO. At the beginning of the week, do high reps, like 13-15. Your weight will be lighter. Then go 10-12 reps in the middle of the week with moderate weight. Finally, do 8-10 reps with heavier weight at the end of the week. Use any rep scheme you like; you can go 20-25, 18-20, 13-15 if you want.

Put On A Variety Show

When you get to the gym, it's time to **get creative. Stop being prisoner to a specific routine – the same routine.** Instead of ending your workout with aerobics, start with it. Or vice versa.

Instead of doing back, chest, legs, shoulders, arms, do chest, legs, back, shoulders, arms. Then switch to a different order next workout. Keep the same exercises for a few weeks, but switch the order each workout. After a few weeks, create a different routine with different exercises.





Can't Jump Rope Because It's Too Hard? Not Anymore, If You Do It Like This – And Burn Serious Calories To Boot

Want a great cardiovascular workout, but don't have even 15 minutes to walk on the treadmill?

Enter jump roping.

"WHAT!! I'll die! It's too hard, I can't do that!"

Baloney.

Unless you're seriously disabled, or your doctor doesn't recommend it, **you CAN jump rope.**

Yes, even if you're out of shape, you still can jump rope (provided you have your doctor's OK.)

If you want a **serious calorie-burning workout, and you're short on time,** grab a jump rope and go!

Here's the trick: **use intervals.** Periods of high-intensity activity followed by a period of rest.

If you're pretty out of shape start with 15 seconds of jump roping ("on time"), and 30 seconds of rest ("off time). Do this for 5 minutes (so that's 7-8 on-time sets, 7-8 off-time sets). Each week increase your on-time by 5 seconds until you're doing 30 seconds on, 30 seconds off.

If you're in decent shape, start with 30 seconds on, 30 seconds off. 7-8 minutes total.

So whenever you're time-crunched, grab that rope, and you'll be done in less than 10 minutes - and burn as many (even more) calories than a 30 minute walk!

Now go get your water - and start jumping!



How To Mix & Match Cross Training

Cross training means different things to different people. Those of us who are just looking for a little variety in our pursuit of overall fitness are better off choosing activities that are NOT similar. Here are some ideas to **put a spark back into your workout routine**:

Combine Upper And Lower Body Activities

If all you do is bike and Stairmaster, your legs only do the work, and your upper body lags behind. **Balanced fitness means paying attention to all parts of your body.** Mix and match with: walking, running, rowing, tennis.

Emphasize Skill And Movement

Some sports are no-brainers. You've done them for a long time, and no special skills are involved - walking and biking, for example. Some sports require a higher level of skill: Even if you are a beginner, you'll always be improving. Mix and match with: skiing, racquetball, golf (no cart, please), basketball, and softball - these use your brain and body in ways the repetitive stuff doesn't do.

Match Stressful With Less-Stressful

If you add one joint-pounding sport with another joint-pounder, you'll end up having to quit both because of injury. If you already play basketball or tennis, mix and match with **more forgiving sports** such as walking or biking.





In one of Dan Aykroyd's best movies, **Trading Places**, he portrays a buttondown business type who's yanked from the money and luxury and dumped on the street to make way for a hustler played by Eddie Murphy. But Aykroyd adapted to his new surroundings and came out on top.

Now, imagine a similar situation at your gym - your once comfortable and familiar surroundings now too crowded to allow you to follow your routine in order.

Rather than skip your workout, you can avoid the masses by simply **trading exercises and equipment.** You'll **save time**, and incorporating different movements will be **refreshing physically** (for your muscles) **and mentally** (no boredom). Consider the most effective alternatives:

If you can't do barbell bench presses...

Do dumbbell bench press

If you can't do incline barbell bench press...

Do dumbbell incline bench press, bar dips

If you can't do barbell bent-over rowing...

Do seated cable rows, one-arm dumbbell rows, and close-grip pulldowns

If you can't do front lat pulldowns...

Do pull-ups, chin-ups

If you can't do overhead triceps extensions...

Do triceps kickbacks, overhead dumbbell extensions, cable pushdowns, and dips

If you can't do barbell curls...

Do incline dumbbell seated curls, e-z bar curls

If you can't do barbell overhead shoulder press...

Do seated or standing dumbbell overhead press

If you can't do Squats (you shouldn't have a problem with these, since most people neglect training their legs properly, and therefore the leg machines and squat racks will be most likely vacant)...

Do Lunges, step-ups, leg presses, hack squats





Minor Tweaks, Major Results – Taking Five Of The Best Strength Training Moves And Making Them Even More Effective To Get You Faster Results

Back

Back exercises include any of the following: pulldowns (front and behind-theneck), pull-ups, and rowing exercises (db, barbell, or cable). Whenever you're working your back muscles ("lats," as they're commonly called), **you are always pulling.** One of the functions of your back muscles is to bring your elbows behind you.

If you're doing a back exercise, and you're feeling it in your biceps, then you need to read today's tweak to make those back muscles work.

TWEAK: This is actually a 3-part movement. **Begin any back exercise with a full stretch** - i.e. arms are fully straight, and you feel the stretch up and down your sides. That's part one.

Two, begin the movement by **pinching your shoulder blades together,** while KEEPING YOUR ARMS STRAIGHT, so that you work your upper back.

Try this with the front pulldown; start the movement with the stretch, then pinch your shoulder blades together. You'll feel your upper back tighten, which is good (be careful of cramping - you'll know the difference!).

Three, after you've pinched your shoulder blades together, **finish the movement by pulling down with your elbows** (remember, your back muscles bring your elbows behind you), so you feel the entire group of muscles in your back doing the work - NOT your biceps. This takes practice to focus on these three parts, so don't worry if you're not a pro at it just yet.

- 1. Stretch
- 2. Pinch shoulder blades
- 3. Pull down with elbows

Return to starting position in control, and repeat. If you have to, **deliberately talk yourself through the movement** until it becomes fluid - "Stretch, pinch, pull" for instance.

Abs

This exercise is the standard **abdominal crunch.** Now most people think it's just lying down with your feet on the floor, hands behind head, and raising up toward the knees.

TWEAK: Instead of hands behind the head, put them behind your **EARS.** Then you won't be able to pull on anything, taking stress of your neck. Also, to get a better feeling (like you're actually doing something) in your abs, push your low back into the ground FIRST. In other words, **do a pelvic tilt.** Maintain that tilt while you raise your shoulder blades as high as you possibly can toward your knees. Hold the crunch for a second, lower and repeat. **It's the pelvic tilt that maximizes the use of your abs.**

Chest

The exercise we're talking about here is the **Db Bench Press.** Most people take a pair of dumbbells, lie down on the bench, then start mindlessly pumping out repetitions - up, down, up, down.

And then they wonder why they're not feeling the target muscle working, the pectorals (or pecs in "gym rat" lingo). They'll feel it in their triceps.

TWEAK: Once you're in the starting position, arms straight and db's over your chest, tip the db's so that your **pinkies are higher than your thumbs.** Lower the db's until the bells are directly outside your chest, always keeping the pinkies higher than your thumbs.

When you push up, push the db's **UP AND IN**, as if you're traveling in an arc. **Key point: DO NOT** straighten your arms, and **avoid touching** the db's together at the top. This will maintain constant tension in your pecs, and you'll definitely feel it, even during the set.

Legs (emphasis for women)

This exercise is the Lunge. The queen of all exercises for women (although men can use it for shaping their legs, too).

Begin this exercise without using any weight. Traditionally, the lunge is done by taking a large step forward, keeping your torso erect, head up, shoulders back, abs nice and tight. Lower your hips so that the knee of your trailing leg barely touches the ground. Never make actual contact with the ground. Then push back to the starting position, standing straight up, both feet together. Repeat with same leg until you do all repetitions, then do your other leg.

TWEAK: Instead of pushing back to the starting position, just push up, so that your legs are still spread apart, with a front leg, and a trail leg. And when you push up, push up only about 3/4 of the way up. This maintains **constant tension** on the whole "enchilada" - butt, hips, quadriceps, hamstrings, calves, inner & outer thigh. Do all your reps for one leg, then switch to the other.

Shoot for at least 3 sets of 12-15 reps each leg to start. By all means, when this gets too easy, grab a pair of dumbbells. **Always challenge yourself** for greatest results!

• Legs (emphasis for men)

Now we're talking about the Squat. The king of all exercises for men (although women can use it for shaping their legs, too).

A lot of people complain about low back pain and/or fatigue when squatting. **Here's why:** you're either bending over too much or you're trying to keep your upper body perpendicular to the ground. Both cause undue stress on your lower back. You don't want to work your back, **you want to work your legs.** That's what the exercise was designed to do.

TWEAK: Tighten your abs by doing a **pelvic tilt.** If you're unsure if you're tilting correctly, stand up against a wall, making sure your lower back is pushed against it. Then arch your back, creating a small tunnel your hands can slide through. Your middle and upper back should still be in contact with the wall. When you're arched, push your lower back into the wall again. You've just done a pelvic tilt.

Once you take the bar off the rack, do your pelvic tilt, and **MAINTAIN IT THROUGHOUT THE MOVEMENT.** This takes a lot of concentration, especially if you're wearing a belt. Many people let the belt do the work your torso is supposed to do, which is supporting your spine. Lighten up the weight, if you have to, to get the feel for this technique. All the stress will be put on your lower body - thighs, hamstrings, hips, buttocks, everywhere downstairs- **where it should be.**

Shoot for at least 3 sets of 12-15 reps to start. Remember: **CHALLENGE** your body.



Sprint To Shape Your Legs

Want another high-intensity exercise to shape your legs?

Try running sprints. You might think this exercise is only for track and field athletes, but actually anyone can do them. And they're great for muscle tone. Ever see the legs of a sprinter? They look pretty darn good, don't they? Plus, they're not overly huge, either. They're tight, hard, and strong.

If you're a **beginner** and have never sprinted before, start **sprinting at about 50% full effort.** It's really easy to pull a quadriceps muscle or hamstring by going all out when you're not ready.

If you're **intermediate**, have had some experience with running or jogging, start at about **75% effort**. If you're **advanced**, jog regularly or are a track and field athlete, **full speed ahead**.

Try this sprint workout on a high school/college track (about 20 minutes):

- > Sprint 10 yards
- ➤ Walk 10 yards
- > Sprint 20 yards

- ➤ Walk 20 yards
- > Sprint 40 yards
- ➤ Walk 40 yards
- > Rest 2-3 minutes

Beginners, do this circuit once. Intermediates, 2-3 times. Advanced trainers, 4-5 times.

Make sure you warm up for 10 minutes with a brisk lap around the track, either walking or jogging.

How often should you do workout of this intensity? **Once, maybe twice a week.** Because of the intensity, you'll burn some serious calories. You don't have to be an Olympic athlete. This is just another way to enhance your workouts and results.





The Best Moves For Stronger Bones

Your bones work in the same concept as your muscles. When you stress them properly, they have to respond by getting stronger. In the case of your bones, they also increase density.

You're all familiar with the advice that weight-bearing exercises will increase bone density, like walking and jogging.

Current research shows that strength training is even more effective in increasing bone density.

All free weight exercises are excellent, but these are the best bone-builders:

- Lunges
- Squats
- Leg Press
- Standing Overhead Shoulder Press

All of these exercises stress your bones from your spine to the limb. Think about it: you've got a bar on your back and the pull of gravity working against

you. You lower yourself, then have to push up against those factors from a compromising position.

The first three exercises are best because they allow you to stress your bones with the **most weight in the least amount of time**. The standing press is effective because you have to support your whole body by keeping it in the proper position.





Most of us see exercise as a way of preventing heart disease. But there is mounting evidence that **it helps to prevent cancer**, too, like colon cancer, and prostate cancer.

Studies show that even moderate exercise is linked with **enhanced immune function**. Exercise also **regulates insulin**. **Research** suggests that **high insulin levels may stimulate cancerous growth**.

Here's what you can do to cut your cancer risk:

NEVER miss a workout.

Though exercise boosts your immune system, the effect only lasts for a few hours. But when exercise is **repeated on a daily basis**, there is a cumulative effect. The result is **increased protection** from disease.

- Make sure your workouts are around 30 minutes, but no more than 45. Studies show that 3-4 hours of vigorous exercise a week can reduce your cancer risk.
- Trim your waist and keep it trim.

Research shows that people who are overweight are at a greater risk for cancer. The excess abdominal fat associated with being overweight can be a particular cancer risk, because it has been linked to increased insulin levels.

Lift weights.

Build muscle to lose weight, melt off fat, and increase your metabolism – especially when it slows down with age. Pumping iron is the closest thing you'll get to a "fountain of youth."

Feed your body well.

Support your training and anti-cancer efforts (or **ANY** fitness objective for that matter) by giving your body what it needs - **sound, balanced nutrition.** This is especially important with your workouts. Lots of fruits and veggies, protein, and some fat will **boost your energy, your immune system, your metabolism, and muscle development.** Don't forget the water!



Anti-Aging Fitness: Feel Great Forever

We all need strength, energy, and grace to thrive, but as we age this combination changes. New research shows that tweaking your fitness focus according to your life's demands makes all the difference.

With exercise as your fountain-of-youth potion, you can have it all – **confidence**, a better self-image, and a body to match.

Read on for how to get through each decade, so you can enjoy vibrant health and energy in your 30's, 40's, 50's, 60's, and beyond.

30's: Reduce Stress, Build Stronger Bones Now

Remember in your 20's how you could try on the different hats of adulthood, only to find out that in your 30's you're anchored down by "grown-up" demands? Meeting OTHER people's needs before your own?

Exercise is an amazing stress-buster and awesome self-image enhancer. It can rescue women from PMS. Weight-bearing exercise, especially strength training with free weights, are excellent in producing denser bones that **ward off osteoporosis.**

Strategy: Your body has never been stronger, so work on your heart and lungs NOW while you can to get closer to your potential. This will carry through

into your later years as you stick with it. **Daily aerobics, strength training 4-6 days a week.** Explore other outdoor sports for fun (and fitness, but more fun); join a recreation league, try a new sport.

40's: Sculpting Your Body Is Key

Once you reach this decade, your body demands careful attention. Once you hit middle age, you start to lose about 1/3 to 1 lb. of muscle per year and gain that much - or more - in fat. Feel like you're starting to slide?

Don't worry. **Just keep doing your strength training.** If you're just starting now, **GOOD FOR YOU. If you don't use it, you lose it.** You'll start seeing attractive muscle appearing in just a few weeks. Plus, you know how important muscle is in increasing your metabolism. And aerobics helps to burn even more calories.

Working out is much healthier than dieting alone, since you lose water, fat, bone, AND precious muscle with just dieting.

Joints on fire? Most experts believe **exercise** is one of the most effective antidotes for aching joints. Sound nutrition and supplementation become imperative for a healthy skeletal system, mind, and body.

Strategy: Strength training IS KEY. If you only have time to do one thing, pump iron. If you're not sure what you're doing is correct, safe, and effective, hire a personal trainer for a few sessions.

50's: Take Control With Limber Muscles & A Healthy Heart

This is the time where you're closing some chapters and opening others. However, you're noticing something that's rather alarming: you wake up in the morning stiffer, a sign that muscles, tendons, ligaments, and cartilage are losing elasticity.

Implement more flexibility sessions into your workout. A word of caution: warm up with 5-10 minutes of aerobic activity, then get down to business with your workout. Stretch AFTERWARDS. Why? Stretching cold muscles is like taking a cold ruler out of the freezer, bending it just a little, and it SNAPS almost immediately. When you're done working out, blood is flowing, your muscles are extremely warm, and joints are lubricated.

Consider joining a yoga, tai chi, or similar class. You'll learn not just about flexibility, but how to relax on the spot, what exercises to do, and more self-control.

Aerobics become a **little more important** now, for your heart's sake. Continue doing your daily aerobics; just add 10-15 minutes to each session. **Stay active** with gardening, bicycling, swimming, and dancing.

60's: Confidence and Power

Look what you've done in the last 20-30 years to keep your body younger, healthier, energetic, and looking fantastic. **You've acquired much wisdom over the years,** and you know when you're doing too much or too little. Keep it up!

Even if you're just starting out now, again I say, **GOOD FOR YOU.** Study after study continually show a dramatic improvement in strength, loss of fat, development of muscle, better balance and coordination, and reduction of fractures (especially hip) in subjects 60 years and older.

Mental sharpness and getting sick less frequently is attributed to aerobic activity and proper nutrition. You can be as sharp now as you were 20, 30 years ago with regular exercise. IF YOU DON'T USE IT, YOU LOSE IT.



Chapter 11: Weight Loss Tactics



12 Things You Can Do Now To Start Losing Weight

Want to drop pounds but can't face another dang diet? Here are some slimdown tactics you can fit into your lifestyle.

You've wrestled with the same 10-20 pounds for years. You weighed and measured foods like a chemist, tried everything from low fat to high-protein. And here you are again, struggling to zip up your favorite pair of jeans. You know it's time to get serious about slimming down, but at this point, you just can't make a major dieting effort.

Good news, folks. You don't have to! The new trend in weight loss is toward focusing on stuff you can do RIGHT NOW - things you can incorporate into your lifestyle, or carry around in your head, and hardly know they're there.

(Keep in mind: you don't have to try all of these tips at once.)

1. Rethink Your Motivation

Because permanent **weight-loss success begins** not with the measuring cup but the **mind**, take a minute to explore your reasons for wanting to lose. Just fitting into a smaller dress size is not enough. What then? That's when the weight creeps back.

WHY do you want to lose weight? Can you zero in on a better reason than a smaller dress size? Sure, you want to look good, but you want to **feel good**, too, yes? That is what will keep you motivated for a lifetime.

2. Keep A Journal

Write down what you eat, and check it against a calorie counter every night for the next two weeks. For many people, this is all it takes to wake up and reverse a lifetime of bad habits. Hey, this may sound corny, but it works. If you think you're doing a good thing by having a Caesar salad for lunch, you're in for a shocker when you find out the dressing adds several hundred calories. Once you start seeing how many calories there are in what you're eating, you'll know which foods to cut back on or eliminate.

3. GET MOVING

This is my favorite tip. Exercise is the single strongest predictor of you ability to lose weight - and keep it off. Yes, exercise burns calories, increases your metabolism and energy, and develops lean muscle mass. But just as important, exercise catapults your self-esteem, which makes you more likely to do other things to take care of yourself, like eat less. Get moving means strength training AND aerobic conditioning.

4. Don't Take That First Bite

You've heard it before: everything is okay in moderation. But face it: **there are certain foods you simply can't eat moderately.** If one cookie or a handful of chips is never enough, it's best just to avoid these foods altogether. If you've spent your entire adult life trying to eat a little of certain foods and failing, that is your signal to **just forget it and don't even take a bite.**

5. Water

Yeah, I know. "I hate water." "It's soooo boring. There's no taste!" "I can't drink too much or I'll waste my day in the bathroom." "I know I have to drink more water. I just keep forgetting about it." Whatever.

You know you need at least **8-10 glasses of water a day.** You need to understand why water is so important. Yes, it fills you up. It controls your appetite. Blah, blah, blah.

But it also aids in metabolizing fat. Your liver is busy metabolizing fat and ridding your body of toxins. Water helps to get rid of toxins. If you're not drinking enough water, you have more toxins in your body, compromising the liver's ability to metabolize fat. You need water on hand for fat metabolism.

6. Target 100

Make a commitment to **cut 100 calories a day from your diet and replace it with an activity that burns 100 calories.** It's easier to pinpoint the 100 with the **journal** I talked about earlier. If you did nothing else, you'd lose 10 lb. at the end of a year. A few activities that burn 100 cals are 1/2 hr. of walking, 20 minutes of swimming, or even dancing around your living room.

7. Eat Your Veggies Every Day

Especially leafy greens - spinach, kale, broccoli, collard greens. Veggies may have a powerful effect on sugar cravings. Plus, they're low in calories, fill you up with fiber, and pack a powerful nutritional punch.

8. Brush Your Teeth

If eating between meals is a problem, brush your teeth immediately after eating. You've got a fresh taste in your mouth, one you may not want to mess with by eating again. Or you can chew on sugarless gum, or keep a mini-size bottle of mouthwash with you.

9. Pump Iron

More muscle means more calories burned, even at rest. **The key to permanent weight loss.** You know me by now, don't you?

10. Fill Up With Fiber

Fiber-rich fruits and veggies are great nutritional fare, since they fill you up without adding too much fat or too many calories. But increasing fiber intake could actually reduce the amount of calories absorbed by the body, too.

11. Spread Your Calories

The typical American eats light during the day, and heavier at night. Yikes! By the time you get to dinner, your metabolism has gotten sluggish, which means a greater number of calories will be stored as fat. It's even worse if you're not active after dinner. Eat larger meals during the day, and have a light dinner.

12. Change Your Shopping Style

Thin starts at the grocery store. Before you hit the checkout lane, review your selections and **dump any sugary, fatty treats and snacks.** Your family may moan, but, hey, tough teepees. Establish a **boundary** - they may eat the junk OUTSIDE the house, but not inside. Period.





Conquer These Six Weight Loss Obstacles To Lose More

You're energized, and the pounds are coming off. But real, lasting results means you need to stay focused on what you're trying to do and why you're doing it. Here are my tips for conquering the most common weight loss barriers.

CAUTION: I may say some things that might upset you; look instead at the point I'm trying to make, and how I stand for you and believe in you.

1. "Got to have my Ben & Jerry's!"

Depriving yourself will set you up for bingeing and overeating later. Promising not to eat any more peanut M&M's may drop a few pounds now, but later Hershey's can't keep up with your demand. If you fall off your nutritional horse, acknowledge you made the mistake, then move on. But I trust there won't be many of those mistakes, correct?

Another form of deprivation is eating the same dang thing day in and day out. You're not only setting yourself up for a binge-fest later, but you're also depriving your body of sound, balanced nutrition. You won't stick with a boring diet, face it. It's not healthy anyway.

• Since you're in this for the long run, you don't need to abandon your favorite foods.

Heck, I even have a Ben & Jerry's here and there. The trick is to **CONTROL** how much you eat of it. And don't tell me, "It tastes so good, I just can't help myself!")

Feed your body regularly.

Think of filling up your gas tank with hi-octane fuel. Would you fill a Ferrari with 87-octane? Didn't think so. Do you think your body is a Yugo? Treat it like a Ferrari, and your body will reward you with a great body and great health.

• Learn how to cook healthy.

Makes you appreciate it more. Exchange healthy recipes with friends, or better, on the Internet. http://www.recipexchange.com is a great site chock full of delicious recipes.

Get out of your taste "comfort zone."

Just **TRY** it. Get a food you've never really eaten before, and work it into your nutritional plan. What's the worst that could happen? If you don't like it, DON'T EAT IT ANYMORE. Try something else. Make it a game, like how many foods you can work into your diet that weren't there before in a month.

Make it as easy as you can.

Get the kitchen tools and gadgets that'll help you prepare your good foods faster - steamer, nonstick pots & pans, mini-processor, blender. I know for some of you the "time factor" is a big deal. So, get the things that'll save you time.

2. "I'm not seeing any results... Why am I not seeing any results??!!!"

You're doing everything (you sincerely believe) right. Eating, exercising, the whole bit. So why are you stuck?

Your body has reached its "comfort zone." VERY BAD. If you've been stuck for a couple of weeks, it's time to up the ante. Here's how:

Alternate activities every other week.

Keep your body guessing. Play tennis for a couple of weeks. Then in-line skate. Then bicycle. Then walking. Get the drift? This challenges your body to stay out of the comfort zone.

Keep a food diary.

Effective in pinpointing eating and exercise habits. Sure, you say you're eating right, except the things you "forget" to write down that are the culprits of your plateau. Or you're working out, but they're too easy; you're just at the gym to say you were at the gym. This tip may be all you need to get back on track.

Ditch the scale.

Would you **PLEASE** stop fussing over how much you weigh? I have a 41-year old client who weighs MORE than she EVER did, but she wears the SMALLEST clothes she EVER did. **Muscle is MORE IMPORTANT THAN FAT.** Muscle weighs more than fat. Hmmm... Then wouldn't it make sense to **focus on how GREAT you look, how healthy you feel, and how much energy you have,** rather than the stupid number on the dial????

• Tune in to what your body needs every day.

You will falter at times. I won't lie to you about that. That's why your diet and exercise habits are crucial to having a lean, energetic, dynamite body. If something's not working anymore, CHANGE IT, AND DON'T WASTE ANOTHER MINUTE. Keep your body out of its comfort zone. If you need to adjust how much you eat or work out - DO IT. You're an experimental subject, and you will learn a priceless education about how YOUR body works.

3. "I can't stick to this routine... I HATE exercise." THEN STOP COMPLAINING ABOUT HOW MUCH YOU WEIGH, HOW LITTLE ENERGY YOU HAVE, AND HOW TERRIBLE YOU LOOK.

You want to improve your body and health, I know that. And, yes, it takes a decision of conviction and commitment to be successful. But there's no gray area here. You either want to do it, or you don't. If you keep griping about how you can't, well, then, it isn't going to happen. Simple as that. You have preprogrammed your mind into hating exercise. So you need to un-program it.

Why do you want to eat right and exercise? No, don't give me "I want to lose weight and get in shape." WHY DO YOU WANT TO LOSE WEIGHT AND GET IN SHAPE? And why do you want to do THAT? Why? (See where I'm getting at?) Get to the Truth.

You have to re-program your mind with **positive self-talk.** See yourself already with a leaner, energized, fantastic body. See yourself walking tall. Unstoppable. Think of how exercise **makes you feel GREAT**, the high you get when you're really into it. Think of how less stressed you feel after busting your butt.

The magic is in your MIND. No pill, powder, or formula is going to do the trick. IT IS TOTALLY, COMPLETELY, ABSOLUTELY UP TO YOU. If someone else can lose 100 lb. permanently, WHY THE H*** CAN'T YOU?

Get off your duff and get to it!

4. "Might as well forget the rest of the day. I'll start up again tomorrow (bad)/Monday (worse)."

Big pitfall. We can be our own worst enemy, can't we? If we are trying to lose weight, and we have a couple of pop-tarts, we beat ourselves up. "What the heck, I might as well eat the whole box. Might as well eat junk the rest of the day, too. I'll start fresh again tomorrow/Monday. Promise. And this time no more mistakes."

Yeah, right. I tell you from experience, beating yourself up is the ABSOLUTE WORST thing you can do; deflates your confidence and self-esteem. Okay, you had the pop-tarts. Move on, for pete's sake.

Why did you have the pop-tarts? No good food stocked in the fridge or pantry? On the run and forgot to pack a lunch? This is what I mean about **learning from mistakes**. Then you can prepare for this situation (because it WILL come up again) and **conquer this barrier**.

You were meant to be successful. God put us on this earth to be successful. Remind yourself of this. YOU ARE SUCCESSFUL. You hit a speed bump, that's all. But you drive over it, right? You're the car. You're not going to let an itty-bitty speed bump stop you from having great health and a great body, are you?

5. "My husband/family/friends/relatives make me eat stuff I know I'm not supposed to."

QUIT POINTING THE FINGER. Nobody, but NOBODY **makes** you do ANYTHING. **You have the power to choose.** You choose to eat the junk. Point blank. You choose to harbor guilt feelings because you don't want to

disappoint Grandma. **YOU CHOOSE YOUR FEELINGS.** You choose to let other (jealous) people's snide remarks get to you and ruin your efforts.

Take control of your own body, your own health, and your own results politely, but **firmly.** You'll find out fast who supports you and who doesn't. Obviously, stick with the ones who support you.

6. "I don't have time."

Sorry, I'm not buying this one, either. I've heard of single moms with 2-3 kids run marathons, and they manage to cram in workouts. If you want a leaner, energized, dynamite body, diet and exercise **MUST BE AT THE TOP OF YOUR TO-DO LIST.** Period.

You keep your doctor and dentist appointments, correct? You make sure you attend your business or community meetings, yes? They're all **commitments**. And **so is exercise**. Put it in your schedule **NOW**.

Create a **reserve of good food** in your fridge, pantry, and office fridge. Cook up large batches of chicken and veggies. Nutrition bars. Whip up protein shakes. Pack your lunches (so you can eat at your desk instead of wasting time to go out to lunch or the cafeteria).

Exercise first thing in the morning. Studies have shown people who exercise earlier in the day are **more likely to stick with** a fitness program.

Keep a **time-management journal** for a week. My personal coach taught me this tip. There are 168 hours in a week. Keep track of what you do each day and for how long. Be detailed. You'll find there are **PLENTY** of opportunities to fit in 30-60 minutes a day to exercise, and **PLENTY** of time to fix good food.



The Top Ten Ways To Get The Scale To Budge

You're exercising, eating well, and steadily losing pounds.

Then all of a sudden...

BAM!

The scale seems stuck, week after week.

Yes, the dreaded plateau.

Don't think you're the only person this happens to (although most people DO believe this only happens to them) - nearly everyone trying to lose weight experiences a phase when the scale won't budge and there's still 5, 10, 15 pounds to go.

So, when this happens, you've got a choice to make.

You can either call your diet a success, or keep plugging away. If you've lost quite a bit of weight - even though you still have that last 10 pounds to go - and you're sleeping better, feeling good about yourself, have lots more energy, feeling good about how you look, then maybe you've already achieved your goal.

But, if you REALLY have some more pounds to go, here are ten strategies you can use - try one or any combination - to melt the last 10 pounds.

1. ADD Calories

This is not a typo. Adding calories may be just what your body needs to take OFF those last stubborn pounds. When you drastically reduce the amount of food you consume (like when you're on a very restricted diet), your body goes into **starvation mode.**

Your body doesn't know it's trying to lose weight, so it starts burning the calories you're taking in more efficiently to **MINIMIZE** weight loss. If you're eating 1,000 - 1,200 calories a day, you're asking for low energy, deprivation followed by overeating, and a weight-gain rebound, most of it fat. Try **increasing your caloric intake by 200 calories a day**, and see what happens.

2. Lift Pounds To Drop Pounds

Too many people are cardio-happy, and they skip strength training – the absolute KEY for long-term weight loss, vibrant health, and a great looking body. I can't stress this enough: muscle is your most metabolically active tissue, so it uses more calories to sustain itself. So for every pound of muscle you put on, you automatically burn an extra 40-50 calories a day.

If you're too pooped to stay on the treadmill, **strength training allows you to continue working out. Compound movements** - moves that involve more than one joint, such as squats, lunges, and bench presses - with free weights

(dumbbells & barbells) is best. And since compound exercises use so much muscle to perform the exercise, you **burn more calories** than if you were to do, say, machines. Get stronger, faster too.

3. Take A Walk Before Dinner

Or lunch, or breakfast. A **pre-meal workout is a great appetite suppressor.** Even a brisk walk around the block can do the trick. It's hard to be hungry when your metabolism is up.

4. Go Back To The Drawing Board

Many weight-losers, when they get closest to their goal weight, **start slacking off.** If you want to get those **last 10 lb. off for good**, now would be a good time to **record everything** you put in your mouth over the course of a few days. Let me ask you this: WHY WOULD YOU WANT TO BLOW YOUR HARD-EARNED EFFORTS ANYWAY?

5. ADD Fat

This isn't a typo, either. This may fly against everything you've ever read, heard, or seen, but **fat is a NECESSITY.** It's a concentrated source of energy, and it helps you feel fuller longer. A slice or two of avocado on your sandwich or a small handful of nuts may **keep you from overeating** at your next meal - and keep the weight coming off.

CAUTION: Don't fall for the "fat-free" processed food **fraud.** Most products are actually **higher in calories** than their full-fat counterparts – they replace the fat with **gobs of sugars** - and you might wolf down 2-3 times the serving size to be satisfied.

6. Go For The Calorie Burn

Have you been heeding the advice that longer, lower-intensity exercise sessions burn more fat? That may be why the scale isn't moving for you. When you're trying to lose weight, YOU'RE TRYING TO BURN CALORIES, AND THE MOST YOU POSSIBLY CAN AT THAT. If you double your exercise intensity, you double the rate at which you burn calories. Add an incline to your treadmill workouts, and make it a point to pump iron.

7. Eat Smaller Meals More Often

Eating at **regular intervals** keeps your blood sugar levels stable, energy is high, and it's easier to stick to a lower-calorie diet. And, it's a great way to **shrink your stomach**. Eating 1-3 large meals a day stretches out your stomach, which means the same amount of food soon won't be as satisfying - and then you eat more. Scale won't budge, and may even start to creep up.

8. Become A Calorie Nibbler

Burning calories goes beyond what you do in athletic shoes and sweats. New research shows that **people who fidget**, **move around**, **and change position more often burn hundreds of extra calories a day.** You've heard it before: take the stairs, park far away, etc.

9. Quit Sabotaging Yourself

Arguably the **biggest obstacle** to losing those last few pounds is **YOU**. People blame all kinds of things for their excess weight. **Truth is, they wouldn't know what to do if that excuse wasn't there.** I challenge you to see yourself already at your goal weight, happy, confident, energetic, and beautiful. As if you're there **RIGHT NOW**. Always keep this mental picture in your mind, and you **will** achieve your goal.

10. Don't Cut Calories, Re-Distribute Them

When do you eat the most calories? Most people eat them at dinnertime. But why do you want to fuel up when you're slowing down for the day? Eat the same amount of calories, but take in more calories earlier in the day and taper off at night. Chances are, by eating more calories early on, you'll feel more energetic and you'll move more – burning more calories - during the day.



M

Nine Weight Loss Strategies You Can Use

1. Start keeping a food diary - now.

Even though you may dread doing this, research consistently shows that people who keep track of what they eat lose more weight and keep it off longer than those who don't. You get a better handle of what's keeping you from losing weight with careful records.

2. Pick ONE behavior that's keeping you at your current weight - and eliminate it.

Do you use margarine at every meal? Do you drink sugar-laden juice drinks throughout the day? Do you eat a particular snack food too much? Whatever that one thing is, if you just eliminate that, it will make a big difference.

3. On Sunday, plan your meals for the entire week, and then go grocery shopping.

Planning menus means you're telling yourself what you're going to eat for breakfast, lunch, dinner, and snacks every day. Write it all down, and post it on the fridge. You eliminate guesswork, ordering out, or going out to eat. This saves money, your self-confidence, and your self-esteem.

4. Put a basket of fresh fruit on your desk, counter, or tabletop. For some people, out of sight is out of mind. So keep the fruit where you can see it. Nutrient-dense, low in calories, and high in fiber, fruit (and veggies, too) will keep you on the fat-loss, lean muscle track.

5. Drink more water.

You know why by now. No magic here. **Lots of water WORKS, period.** 8-10 glasses MINIMUM every day.

6. Get your bodyfat percentage measured.

This isn't necessarily a WEIGHT-loss strategy. But really, it's not how much you weigh, but how you carry your weight. If you're very active, chances are you have more muscle. Muscle weighs more than fat, so you're going to be heavier than a "normal" person.

For example, I'm 5'6" and about 205 lb. Now, most doctors would write me off as good as dead looking at this. But, my body fat is around 13-15%, which is ideal for males.

For males, 13-18% is optimal, for women, 18-26% is ideal.

You'll be able to see if the weight you lost was in fat or, heaven forbid, muscle. If you weigh the same now as you did 10 years ago, but your body fat % is higher, you lost muscle, my friend.

Even scarier is if you weigh LESS and your body fat INCREASED. Yikes! MORE muscle lost.

Here's the ideal situation you want: to increase your lean muscle and decrease body fat. Now you may only lose 10 pounds, but you'll look like you lost 15-20 lb. Plus, your new, lean muscle makes you look fantastic!

7. Get Enough Protein

Of the "big 3" - protein, carbs, and fat - **protein is best at making us feel full.** When you eat high-protein foods, and especially before eating your carbs, you'll stop eating sooner than if you eat carbs first, or carbs only.

8. Exercise Portion Control

This is about "eyeballing" how much you eat. That's portion control. But what's a portion? Use the palm of your hand. One palmful is about 3 oz. of protein. 2 palmsful is about a cup of fiber rich carbs. And that round palm line around your thumb? Use that for you fat portion. EVERY SINGLE MEAL must be balanced like this.

9. Practice Asking Yourself, "Am I REALLY Hungry?"

This might sound ridiculous, but many people eat for reasons OTHER than hunger. Depression, boredom, fatigue or frustration can make the best of us head for the fridge. Food serves as an escape. Keep asking yourself this question, and figure out what's triggering your appetite. Try gulping down a 16 oz. glass of water to curb your craving. If you're still hungry then eat a healthy, balanced snack.

Even using one or two of these strategies will make your weight-loss efforts **easier, more effective, and mentally rewarding.** Just get started NOW.





Answers To The Top 20 Weight Loss Questions

FAT. Some people can't get enough of it. **Information, that is.** There are SO many questions about health, nutrition, and weight loss, so what I have done is rounded up the most popular ones to share the answers with you.

Diet Dilemmas

1. Is watching fat grams better than counting calories?

No. You may still eat 20-30 grams of fat a day, but you may be consuming WAY too many calories a day, and gaining weight - and getting angry, upset, irritated, frustrated, discouraged, etc. in the process. **If you want to burn more calories, either increase your activity and exercise, or eat less.**

2. I need to lose 30 lb. How fast can I do it?

Would you like me to say "In one month"? Sorry, can't do that. And don't let those **lose-weight-fast scams** persuade you. You want sustained, **PERMANENT** weight loss. The guideline is 1-2 lb. per week, so a 30 lb. weight loss will take 15-30 weeks. **Remember: the tortoise beat the hare.**

3. When I'm dieting, how bad is an occasional candy bar or bagful of chips?

Hmmm... Depends what you mean by "occasional." Once a day? A week? A month? How will you feel after indulging? Do you really want to put yourself through the agonizing guilt? **As long as you stay on track toward your weight loss goal, an occasional indulgence most likely won't hurt.** You have to decide how it'll affect you, and act accordingly.

4. Am I always going to be fat? I've been overweight all my life.

No. You CAN slim down and stay that way. In fact, a national weight-loss study that surveyed 2,000 people who lost at least 30 lb. and kept it off for at least a year found that nearly 1/2 of them were overweight before age 11 and another 25% were overweight before age 18. If you want to be slimmer - then go out and get it!

Myths About Metabolism

5. I've lost AND gained 20 lb. over and over... Have I screwed up my metabolism permanently so I'll NEVER take the weight off?
Nope. There is no convincing evidence that yo-yoing reduces your chances of future weight loss success. About the only thing holding you back is the fear of failure. THAT'S how you'll never take the weight off. Don't give up!

6. I've got the "middle age spread." But I haven't changed my eating or exercise habits. What's going on?

Your best bet to combat this situation is to continue **exercising daily and eating as healthy as possible. Strength training** is the best for metabolism-boosting, lean muscle. Aerobics will burn extra calories and promote healthy lungs and heart. A little spread is inevitable, but you can make it **virtually unnoticeable.**

7. What can I do to boost my metabolism?

MUSCLE! Muscle is the most metabolically active tissue in the body, so the more you have, the higher your metabolism will be. Challenge that body every time you work out to continue building and toning. **Eat small, frequent meals** to keep it in high gear. Take your **nutritional supplements** to help maximize your metabolism. Supplement your strength training with **aerobics**.

8. Does eating at night pack on pounds?

There's no real scientific confirmation about this. What it comes to is from dinner 'till bedtime, many people eat most of their daily calorie intake. Plus, they're less active. **Overeating + less activity = excess weight gain.** No rocket science here.

- **9.** I've seen and heard small, frequent meals will help me lose weight. Every time you eat, your body generates heat to digest the food. The "heat" is calories. In other words, your body burns calories to digest your food. Higher metabolism generates more heat. **Frequent meals means more opportunities for your metabolism to fire up.** That's what helps keep the fat off and muscle on.
- **10.** Is there a body weight "set point" that your body strives for? There is a point at which your body will adjust to remain which makes it tougher to lose weight. That's why daily exercise and proper nutrition is so crucial to break past that barrier. Yes, the barrier CAN BE BROKEN.

The Truth About Fads

11.I hear a lot about fasting and "detoxifying" your body. Any benefits? I've never done it myself, so I cannot say with integrity if it's harmful or if it's good. What I HAVE heard is a lot more good things about it than bad. Your best bet is to talk with a naturopathic doctor, herbalist, or other alternative health practitioner to get the low-down.

12. What about these "food combining" diets?

Just a different twist on the same old, same old. All foods are a combination of protein, carbs, and fat. Your body has no trouble digesting all 3 at the same time. The weight you're losing from this plan is because **you're now more conscious about what you're eating,** and most likely less of it.

13. How about these high-protein diets?

Depends if you mean protein-only, protein and fat, protein/carbs/low fat. If it's protein only, I'd be **VERY** careful. You'd want to take full-blown blood tests before, during, and after. The potential of liver and kidney damage is much, much higher if you don't take the necessary precautions. If you're talking about The Zone, 40-30-30, etc., I'm a big fan of them. **The focus is on lean proteins, fiber-rich fruits and veggies, and unsaturated fats in BALANCE.**

Exercise - Or Else!

14.I want to get rid of my gut! How can I do it NOW?

Forget spot reducing. Train abs daily, lift weights, supplement with aerobics, and above all else... YOU MUST EAT PROPERLY TO REDUCE YOUR BODY FAT.

15. Which indoor exercise machine is the best calorie-burner?

There's conflicting schools of thought all over the place; treadmills, x-country skiers, elliptical trainers, stairsteppers, bikes, etc. **Do them all.** Prevents boredom and burnout, and trains your muscles from all kinds of angles.

16. What's the best time of the day to exercise?

Morning. Get your butt out of bed and get moving. Jack your metabolism up, put yourself in a great state of mind, and improve your focus and performance - all before you eat breakfast. If you can't do it in the morning, try to exercise when your energy is high. For example, I can't work out between 3-4 p.m. My energy is highest around 11:30 am.

17. Can I wear plastic pants or body-wraps to lose weight faster?

Not if you want to risk heat exhaustion or stroke. Besides, the weight lost is water, and you'll gain it back as soon as you put your lips to your next glass of water.

18. Will regular exercise increase my appetite?

No. Lean individuals who work out vigorously take in more calories to support their training efforts. But most **studies suggest that overweight people do not eat more to compensate for spent calories.** The increased appetite you may experience is probably to feed your muscle.

Pregnancy & Weight Gain

19. Is it okay to lose weight before I get pregnant?

Yes. Most doctors recommend losing excess weight before conceiving, because the heavier you are, the greater your chances of developing complications, like gestational diabetes and high blood pressure. And, if you start a fitness program now, and with your doctor's permission, you can exercise through your pregnancy and prevent from putting on too many pounds.

20. Does having children leave you fatter forever?

NO. Most weight gain is due to **poor eating habits and never doing anything to fix them after delivering.** So no more excuses! Get to work!





Need a break in your workday?

Need **more energy** to just make it through the day?

Want some time to clear your mind, relieve some stress?

Do you have **commitments** in the evening that prevent you from working out, reducing you to the "Oh, **I'll work out tomorrow**" way of thinking that snowballs into quitting altogether?

Do you just like to work out during the day?

Here's the deal: you're an achiever with goals, like getting fit and sticking with the program. Skipping workouts or meals is unacceptable to you (and me!).

"But I can't work out in the morning, and I can't at night, how can I **stay on track** to feel and look better?"

YOU CAN keep to your commitment to yourself and keep getting better results with this calorie-incinerating workout that you can do in about **45 minutes** - and that includes warm up, strength training, aerobics, cool down & stretching.

Cap it off with a nutritious, your-body-will-reward-you-for-it **post-workout meal** and you'll feel so glad that you're able to stick with it, rather than playing hooky and going out to lunch or bolting for the vending machine.

• Warm Up (about 5 min.)

Walk, jog, treadmill, stairstepper, cycle, etc. until you feel a warm sensation all over your body, a sign that you're primed to take on the workout ahead.

• Strength Training (about 20 min., with no horsing around)

Here's where you use **Circuit Training**, where you do one set of an exercise, then move on to the next exercise that works a different body part, and so on, until you've completed all the exercises in the "circuit." Most generally a circuit consists of 6-10 exercises.

- To make sure you waste NO time, employ the use of dumbbells. You won't have to worry about changing weights on a bar. Just pick up the 'bells and go.
- No machines, I don't care how easy they are. You're to challenge your body, not dilly-dally. Make your body work, not a machine.
 - 13-15 repetitions per exercise. Use as heavy a load as possible to stay in that range. If it's too easy, USE MORE WEIGHT. You're wasting your time if you're not challenging yourself. Get out of your comfort zone!
 - You'll do a whole body workout. Here's a sample dumbbell workout that stresses every muscle in that body (primary body part worked in parentheses):
 - 1. Db Bent Over Row (back)
 - 2. Db Flat Bench Press (chest)
 - 3. Db Squat hold db's at your sides (legs)
 - 4. Db Standing Overhead Shoulder Press (shoulders)
 - 5. Db Standing Heel Raise on step (calves)
 - 6. Db Arm Curl (biceps front of arms)
 - 7. Db Bent Over Kickbacks (triceps back of arms)
 - 8. Crunches

NOTE: ask a **competent trainer** about how to do these exercises, if you're not sure.

• **KEEP MOVING!** Get to work, focus on getting done - no distractions allowed.

• Aerobic Conditioning

You will use **interval training** here. Interval training burns calories because of the increased intensity. The trick to effective intervals is to do your walking, jogging, cycling, etc. hard enough so that you have difficulty even completing a sentence. **CAUTION:** IF YOU ARE **DECONDITIONED**, PLEASE USE **COMMON SENSE** AND REFRAIN FROM INTERVALS UNTIL YOU ARE READY. Better yet, **get your doctor's okay before you begin a new fitness program.**

- Use a 1:1 ratio of "on" time and "off" time. Start with 30 seconds on, 30 seconds off. During your off time, you keep moving, albeit at a slightly faster than leisurely pace. But when those 30 seconds are up, MOVE IT!
- Progress 5 seconds each workout until you're able to do 5 minutes on, 5 minutes off. So you'll end up doing two 5-minute high intensity intervals in a 15-minute period.
- During your off time, get your butt over to a drinking fountain or have a
 water bottle handy and DRINK UP! Got to replenish your fluids to
 fend off dehydration.

Cool Down/Stretching

At this point, your muscles are most receptive and loose to get a nice, therapeutic-like stretch. Ahhhhhh...

 General body stretches, hold the stretch for 15-30 seconds. NO BOUNCING!

Post Workout Meal

PACK YOUR LUNCH!!!! It'll save you money, it's healthier, and your body will thank you for it! You'll keep your metabolism humming, which is important for melting away ugly fat - especially when you're sleeping.

Wait about 30 minutes after your workout, like when you get back to the office to eat. Your body will have stabilized its ph level, so it'll be ready to digest and assimilate your nutrient-dense meal. Make sure you include a balance of proteins, carbs, and fat.

Words do not give justice to **how fantastic you'll feel** after a mid-day routine like this and doing it regularly. **More energy, better health, strength, a better body, and tremendous self-esteem.**





People have a variety of reasons to lose weight.

Most often it's to **look and feel more attractive.** Maybe for a wedding or exotic trip. For the summer "bikini" season. Maybe it's fear of losing a job.

When starting anything, you're going to think about the **pros** for **doing it** and the **cons** of **not doing it**.

But since many people are in the "instant gratification" mode - the "I WANT IT YESTERDAY!" group - it's easy for them to lose sight of the pros of sticking with it.

If you've failed at the weight loss game in the past, try this idea on for size: write out a pros/cons "balance sheet" for losing weight.

Take a sheet of paper and divide it into 4 squares. The first two squares going across will have "Pros of Losing Weight" in one and "Cons of Losing Weight." The bottom two squares will have "Pros of NOT Losing Weight" and "Cons of NOT Losing Weight."

Then ask yourself these questions:

- What do you expect to get or avoid when you lose weight? (Pros of losing)
- What do you have to do or give up to lose weight? (Cons of losing)
- What do you avoid having to do if you don't lose weight (pros of NOT losing)
- What's going to happen to you if you don't lose weight (costs of NOT losing)

Once you see the pros of losing and how much stronger they are than the cons, your **tendency is to focus harder on the pros of losing.** Review this regularly, as **new pros or cons** may pop up that you weren't aware of initially. Keep this posted where you can see it easily, even make a few copies. If that's what it'll take to keep you motivated and on track, so be it.

If your past experiences didn't give you results, why not try this?



12 Ways To Lose Weight And Like It

So, you want to lose weight?

Good, because there's good news, and **BETTER** news.

The good news, which I'm sure you've already heard, is that you don't have to go on a Spartan-like, specific, time-restricted, weight-loss diet. These are obsolete. And they don't work, either, since you'll re-gain the weight (and then some).

The better news is that the **sound**, **balanced eating-for-the-rest-of-your-life plan** that you must follow helps you build the **leaner**, **energized**, **great looking body and ward off disease**.

And there's no downside here. Read on for valuable tips.

1. Go Back To Pre-Historic Times To Understand Why We're Overweight We still carry the fat-forming ability of our ancestors, the Neanderthals, and that ability was a pretty handy thing to have - for that time. At that time, we didn't have grocery stores, three meals a day, and snacks anytime we felt like it. You only had food when you hunted successfully, or when you came across a dead animal or berries.

So whenever you came across something edible, you considered yourself lucky, and you stuffed your face. Well, there weren't refrigerators or anything else for storage. So you ate until you couldn't move... lay around for a few days to conserve calories. Of course, you had to exercise again, to start searching for more food. That's when you'd shed the extra fat.

Today, we're really good at following this pattern of our ancestors - okay, at least 3/4 of it. We're great at stuffing our faces 'till we can't move. We're great at being lazy. And putting on extra fat. The problem lies in eventually exercising to get more food. We don't have to do that anymore. All we have to do is hop in the car and go to the store. So we don't get rid of the fat.

It is clearly obvious what the solution is...

GET OFF YOUR BUTT AND EXERCISE!

2. How Did You Get To Where You Are Today?

Think about how you were brought up, and how it shaped your health and eating habits. For example, were you raised eating meat and potatoes, peanut butter and jelly sandwiches, and a bowl of cereal every day? You're most likely going to eat that way as an adult.

Did you eat sweets to help you feel comfortable? Were you taught that "cleaning your plate" was a good thing? Unfortunately, many of the eating habits we learned as children are not the best to help control your weight, not to mention lifelong health.

I admit, it's hard to break away from these patterns you learned in childhood, because **there's more involved** than just food. There's underlying emotional issues, and let's not forget relatives that take offense if you don't eat their food or desserts because they don't understand the changes you're making.

If you're serious about beginning a new approach to optimum nutrition that results in great health and a great body, **what matters most is YOUR OWN ATTITUDE ABOUT IT.** Not your spouse, lover, family, or friends; it's **THEIR** problem if they have a problem with your changes.

3. Keep A Diet Journal

A great way to start your new healthy eating plan is **taking a close look at how you eat now.** And keeping a journal is the best way to do it. Let's see, ummm... "Dear Diary: Today I ate a whole box of doughnuts..."

Well, okay, that's not **EXACTLY** how you do it. What you do is simply keep a meal-by-meal, snack-by-snack record of everything you eat and drink over a period of a week or two. Include amounts, too. By keeping a written record of what goes in your system, you're taking the first step in genuinely analyzing how you can improve your eating habits.

It's important that your journal be actually written, not just a list you keep in your head. **Mental food journals are notorious for incompletion**; it's easy to "forget" large amounts of your daily intake.

Once you have a week or two recorded, it's time to ask yourself some questions. Is your diet high in fat? What kind of carbohydrates do I eat? Am I eating as much fruits and veggies like I say I do? Am I eating lots of refined foods? Where's the protein? How many times do I eat in a day? Do I eat breakfast? Your journal reveals all.

4. Start Rebuilding Your Body Using Only The Best Materials

It's as simple as **putting in the good stuff** - only what you need, right now - and **let your body do the rest. Your body craves good nutrition**, so if that's what you give it, it will naturally seek a thinner, healthier you. As a result, you look, feel, think, and act better.

Balance is the key. Trying to eliminate all fat or focusing your entire diet on carbohydrates will only lead to frustration. Balance your portions between low-fat protein, fiber-rich carbs (mainly fruits and veggies), and some fat. Balance also means spreading your meals throughout the day into 4-6 mini-meals.

Now, when you eat this way, you don't have to "diet" diet, the kind where you need to carry measuring cups, measuring spoons, a scale, and maybe a handheld computer to keep track of what little you end up getting wherever you go.

This ridiculous style of dieting works initially (at the price of a very bad mood!) but then fails you big time when you go off it, and the pounds zoom up like they're going out of style.

Your new eating plan is for LIFE. Weight loss may come more slowly, but it is permanent, and you feel better mentally and physically, both now and in the long run.

5. If You Shouldn't Eat It, DON'T KEEP IT!

If you're serious about losing weight, eating healthy, having more energy and looking great, it's time for **out-with-the-old**, **in-with-the-new**.

If cookies, pastries, baked goods, ice cream, et al are downfalls for you, get them the heck out of the house! Take an inventory of your kitchen. Clean them out, and put back only the foods that have a positive impact on your health and physique. Everything else can be given or thrown away. Donate canned foods to a food drive, for instance. Doing this clean sweep will help you feel better (and healthier) immediately.

Also, check out the **cooking section** of booksellers. It's constantly expanding with new editions of low-fat cooking, vegetarian cooking, and especially ethnic cooking.

6. NO EXCUSES.

Excuses are for children. Sometimes they're even cute. "The dog ate my homework." But for adults on a fitness program? "The dog ate my salad, so I had to scarf down three candy bars instead?" Not buying it, pal.

Yet as adults, we come up with some real doozies:

"I know I should exercise, but there are too many OTHER things to do."

"I had to order that dessert so that my friends wouldn't feel bad about ordering theirs."

"I DO usually walk 3 miles a day - unless it's cold, hot, windy, or wet out, or I get involved in a long phone call.

Sure, you can make excuses. **Or you can get fit and energized. BUT YOU CAN'T DO BOTH.**

7. Look At HOW You Eat

Yes, it's important to look at **WHAT** you eat. But it is also important to look at **THE WAY** you eat. For example, do you chew once or twice and then chase the food down with water? Or do you take the time to aid digestion by chewing properly? Are you relaxed when you eat, or are you anxious? Do you eat with the TV or radio on? These factors all set the stage for **how your body handles what you put in it.**

If you have a weight problem, pay particular attention to how you eat; record it in your food journal. Your **portion control may be out of whack** if you eat while watching TV or listen to the radio. Do you forget to chew? You're hindering digestion and you're eating too quickly for your body to register a feeling of fullness before it's too late.

Be **MINDFUL** of how you eat. **Plan** out your meals and snacks, not just as food selections, but also in terms of **the experience** of each. Makes a BIG difference in how you feel and look.

8. Know That Exercise Is MORE Important Than Dieting For Weight Control Think about it. If dieting alone were the answer, then why is the market always so crowded with so many new diet programs?

What it comes down to is this: study after study clearly show that people who lose weight, keep it off longer when they incorporate diet AND exercise in their daily regimens.

9. Build Muscle and a Healthy Heart and Lungs

Many people still believe that to lose weight you need to focus on daily aerobics. That's old school. The key to permanent, long-term fat loss and weight control is with strength training.

Muscle requires more calories (energy) to sustain itself, so the more muscle you have, the more calories you're going to burn. Even while you're sleeping! Aerobics does little if any muscle building. But it's a great supplement to your strength training, to aid in more calorie burning.

Over time, your body's chemistry changes so that your metabolism improves, and you burn more calories more effectively. If the scale seems to be stuck, add more minutes to your workout routine. Or join an exercise group, like a running, biking, walking, or hiking club. You'll be around people who'll keep encouraging you to do better.

10. Eat Less

You would think this is a no-brainer. Still, it's worth asking yourself whether the reason you've still got those "last 10 pounds" is that you're eating too much. Granted, when you're close to your desired weight, you can be less motivated to cross the finish line. Hey, a few pounds over aren't so bad after all, you may think. A piece of cake won't hurt. **Quit fooling yourself, would ya?** Wouldn't it be nice to actually hit the target weight **right on the bull's eye?**

YOU CAN DO IT. Cut your portions. Don't go for seconds. Drink your water. Eat less (or no) desserts. All of these little things make a **BIG** difference in your weight.

11. Love Yourself More

Do you use food as a way of punishing yourself? It's possible that, secretly, you may be eating because you do not feel you deserve to be healthy, happy, popular, or pretty. You may be afraid of losing friends once your self-image changes. But this overeating is keeping you from not only transforming your body, but also transforming your life.

Think about what's bothering you; record it in your food journal. Then handle the source of the problem. Get professional help, if you need it.

If you have a "tape" in your head filled with negative data, you need to erase it and **re-record with positive data**. Some examples:

- "I'm allowed to look great."
- "I can attract admiring looks without feeling guilty about it."
- "It's my right to feel fantastic."

- "Eating well will help me make the most of my life, so I'M GOING TO DO IT!"
- "I deserve to be at my target weight."
- "I've learned how to do it; now I'm GOING to."
- "If it is to be, it is up to me."

12. Think Before You Eat - And Before You Don't

This does **NOT** mean becoming obsessed. What it means is, **think about what your body really needs at several points during the day.** That way, you'll be less likely to eat beyond what you need to satisfy your hunger.

You'll also be less likely to ignore hunger, which is important, too, because if you neglect the urge to eat, your appetite will overpower you and you'll binge.

By **paying attention to your hunger**, you may find that you need to eat several small meals a day, or that there are certain stresses that overwhelm your body as to how much to eat. Getting "in tune" with your need for food will keep you on the right track.

Just stick with your fitness program of balanced nutrition and daily exercise and **you'll look and feel like a new person.** The results will come; once they appear, **they're here to stay.**





What You Need To Know About Those Incredible Weight Loss Claims

- Lose 7 pounds in your first week!
- Lose 10 pounds in two weeks!
- Lose 5 pounds in 5 days!
- Lose 14 pounds in 14 days!
- Lose 3 pounds overnight!

And so on.

I get so miffed when I see these ads on popular weight loss advertisements.

Why?

They're toying with your mind. They're slicksters waiting to pounce on you, robbing you of your money, never teaching you a thing, and leaving you even more frustrated.

Many of these weight loss marketing campaigns have narrowed their advertising on the short-term results.

And that's where you're suckered in.

But they're banking on your lack of information about what really happens during this one or two week dramatic change in your dietary habits.

The REAL Truth

Whenever you make such a significant change in the way you eat and exercise, your body is going to wave a huge red flag. "WHOA!!! What's going on here?" **You've sent your body into a panic,** so it's forced to respond to the situation.

Result? **Pounds come off fast.** Especially in the first.... two weeks. Gee, there's a thought! **And that's what the slick weight loss marketers capitalize on.**

Frankly, if you went from a typical American diet - high in fat and simple carbs and low in protein - to a healthy, nutrient-packed nutritional plan, **you're going to drop pounds**, without any fancy powders or "scientifically" formulated "Fat-Be-Gone" pills.

NOTE: Supplements do play an important role in helping you utilize the healthy food you eat more effectively. Don't misunderstand. My point is, **CHANGE THE WAY YOU EAT - DRAMATICALLY - FIRST.** There's no gray area here. **You either do, or do not.** If you want to experiment with nutritional supplements, hey, be my guest. I do so myself from time to time.

Weight loss varies from person to person, of course. But you can realistically lose 5-14 pounds in your first two weeks.

The **trick** is to **live** a healthy and active lifestyle to continue losing weight at the rate of UP TO two pounds a week. The weight loss is permanent, your skin stays "light" (not hanging off your bones because of the shock of super-fast

weight loss) and more elastic, and your energy is higher. You keep more muscle while losing ugly fat.

The only magic here is to change how you eat and how active you are forever.

So, do you want to continue yo-yoing, or do you want to feel healthy, energetic, and look fantastic - all the time?



Are You Losing Only ½ lb. – Or Nothing – A Week? Here's How To Keep Things In Perspective

I bet dollars to doughnuts (bad choice of words?) you can relate to this feeling: you've been watching what you eat and exercising regularly, and you can't wait to step on that scale to find out how you're doing. You are certain that you're going to see that elusive number go down.

But elusive it stays.

You maybe lost 1/2 of a pound - or worse yet, nothing at all!

"How could this be?!!!!!!! I'm faithful to my diet, I work out, and I drink water like there's no tomorrow... What the heck is going on here? I ONLY lost 1/2 pound?!!!"

What usually happens?

The premature end of healthy eating. "If I can't lose ANYTHING with such a dramatic change in my diet and my LIFE, what's the use? Why bother?"

Result: old eating habits, little or no exercise, **faster weight (FAT) regained.**

How about taking a different, more productive look at this situation by asking yourself these questions:

"Have I Made The Right Food Choices?"

It's easy to think you've made all the right choices, because you've made such a significant lifestyle change.

But HAVE you made the right choices?

For example, you serve yourself up a healthy salad, with romaine lettuce, cherry tomatoes, carrot strips, slice up some cooked chicken breast, etc. Only you've drowned the salad with oil and/or dressing. Oops!

Or maybe you had a breakfast bar, multi-grain bar or candy bar, figuring if you walked for 20 minutes you'd burn it all up.

Little things add up to BIG calories.

You know the drill; BALANCE your meals with the right foods.

"Were My Portions In Control?"

Eating healthy is not rocket science. You really don't need to carry measuring cups and spoons, scales, and a hand-held computer to monitor calories. Use the "eyeball" method of measuring - the palm of your hand.

Yes, it takes effort AT THE **BEGINNING** to get the hang of this. But stick with it, and you'll be a pro before you know it.

How much does being healthy and fit mean to you?

Now, if you're the kind of person that has very specific goals to reach, such as a competition or just lowering your body fat by 5%, then I suggest you consider the weighing and measuring.

Otherwise, keep it simple!

"Did I REALLY Drink Enough Water?"

We all know how important water is in losing weight and fat. It also **fights fatigue**, **cleanses your system**, **metabolizes fat**, **and controls your appetite**.

If you're not drinking 8-10 glasses of water MINIMUM, get with the program! And don't whine about having to go to the bathroom!

If you don't like tap water, get the bottled stuff, or get a water filter. By a sports bottle or 16 oz. tumbler, and sip throughout the day.

Then watch the weight come off.

"Am I Retaining Water?"

Chances are you are eating too many salty foods or using salt, period, or (ladies) it's that time of the month (or both).

See what happens when you flavor your foods with no-sodium herbs and spices. I have a hunch you'll like the result.

"Am I REALLY Exercising The Way I Should?"

What are your health and fitness goals? If you're walking three times a week for 15-30 minutes, well, then, you'll have a healthy heart.

If you want to build a better body on top of that, well, then, it's time to up the ante.

Body fat comes off **MUCH FASTER** when you incorporate strength training into your routine. And maybe your walking (or other aerobic activity) is too leisurely. Pick it up! Challenge yourself!

Stick with these "Big 3" of strength training, aerobics, and healthy eating - even for **ONE** week - and you'll definitely **FEEL** tons better.

"Do I Need To Change My Attitude About Weight Loss?"

YES! If you get hung up on that darn number on the scale, your main focus will be on decreasing it. And that leads to poor eating habits, obsession (with the number), and either extreme exercise (or NO exercise!).

Lose the fat. Do your strength training. Keep up with your aerobics. Balance and spread out your meals. Muscle tone is MUCH more attractive than low body weight with flab. Focus on how wonderful being healthy and strong FEELS, the things you're able to do now that you weren't able to do before because you were out of shape, the more you're getting out of life.



12 Ways To Think Yourself Thin

Have you tried **"every diet ever published"** only to wind up gaining it all back, and then some?

Well, maybe it's NOT your body but rather **your BRAIN that's to blame.** The brain is the big Kahuna, head honcho, CEO, commander-in-chief when it comes to not just what we eat, but also how much we exercise, and the emotional states that can affect the burning of fat.

In other words, we must be in the **right frame of mind BEFORE GETTING STARTED** with a fitness program.

To paraphrase Napoleon Hill's famous quote from his book, "Think And Grow Rich":

"What the mind can conceive, the body can achieve."

Why Do You Want To Lose Weight?

If you're like most people, you whine and moan about how you feel, and when you look at yourself in the mirror. Ironically, this may be **PRECISELY** why you've had **repeated weight-loss failures**.

Seems as though the more dissatisfied with your body you are, the LESS successful you'll be in doing something about it. New research proves this.

Researchers at the Stanford University of Medicine found that people who started a weight loss program feeling reasonably good about their bodies were more than twice as likely to succeed than people who despise their bodies.

"But Gar, how do you do this 'positive self-image' thingy you constantly talk about when the mirror makes me feel absolutely horrible?"

1. Accept The Fact You're Out Of Shape - For Now

Okay, so you don't like what you see.

But what you see **IS ONLY TEMPORARY.** And it's okay to be frustrated and complain, **AS LONG AS YOU'RE DOING SOMETHING ABOUT IT.** Do you think whining and crying about it is going to get you in shape? I didn't think so.

I didn't say this would be easy, but it is simple. When you feel better about your body, you're going to WANT to take care of it, because now you know how it feels and what the costs are of NOT taking care of it. But if you keep hating it, you're going to keep doing things that are destructive to it. It all goes back to your attitude - your actions are in direct relation to your self-image.

2. Face Your Fears, Live Your Dreams

(I actually got that from my No Fear T-shirt.) It's natural to avoid situations that make you feel worse about yourself, such as shopping for clothes or gettogethers.

But if you want to feel better about your body, it's time to face the music. "Feel the fear, then do it anyway," someone said. But this kind of thing is not all-ornothing; you're likely to be more successful if you take it one step at a time. You build momentum, boost your self-esteem, and raise your confidence.

Pick one thing you avoid, then **use "what next?" thinking.** What is the FIRST thing you'll do to conquer this fear? What next? And so on.

3. Quit Beating Yourself Up

If you had a friend who said, "You've got one BIG butt/gut on you!" every time you saw him/her, you wouldn't remain friends very long. **Don't tolerate that kind of self-talk, either.**

Put simply, if you keep telling yourself you're a fat pig, that's exactly how you're going to act. Conversely, **tell yourself you're healthy and fit, THAT'S** exactly how you're going to act.

We need to **give ourselves a pat on the back**, and often. Too many of us focus on what we **DON'T** accomplish, like you're supposed to be this perfect person. That is self-destructive.

We are achievement MACHINES. To prove it to yourself, keep an "accomplishment journal" for 3 days. At the end of each day, write down what you accomplished that day. FORGET WHAT YOU DIDN'T ACCOMPLISH. That doesn't matter.

Feel better now?

4. Ditch The Magic Number

Many of us get too wrapped up in the number on the scale. "I did all this work, and I only lost 2 lb. And I still feel horrible!"

Since our body weight fluctuates from day to day from 1 to 5 lb. (sometimes more for some women), you need to account for those fluctuations to get a more accurate measure of weight loss. Here's what you do:

Weigh yourself every day and record it in a journal or handy dandy notebook. Now, I know this flies against the face of what you've been reading and learning, but humor me here. What you're going to do at the end of the week is add each day's weight over seven days. Then divide by 7 to get your average bodyweight for that week.

Do this for each week and compare to the previous week. You'll get your average weight loss for the week. While it is recommended to weigh yourself on the same day each week, you're still going to have the fluctuation problem. But by using the average body weight method, you'll have a better indication if you're on track toward your weight loss goal.

5. Radiate Confidence

While you're busy thinking your waist and thighs are huge, you tend to assume everyone else is thinking that, too. You become more self-conscious.

We are our own worst enemy, aren't we?

People do not judge us as harshly as we judge ourselves. So stop putting thoughts into other peoples' heads that most likely weren't there in the first place.

It's the "Fake It 'Till You Make It" exercise - hold your head high, pull your shoulders back, tighten your butt and gut, smile (lots), project a confident, healthy person, and that's what people will see.

And that's how you're ultimately going to feel.

6. Talk Back

Most people walk around putting themselves down without even realizing it. "I can't believe I ate THAT," "I'm such a lazy slob," "I can't lose weight," "Oh, I'm so fat," "I don't have the skill to do that," etc.

PAY ATTENTION TO THIS SELF-DESTRUCTIVE SELF-TALK.

When you hear yourself talking like this, say OUT LOUD, "No!" "Cancel!" "Stop!" or "Enough!" Then turn it into a positive statement. Know, believe, and have faith that YOU CAN DO WHATEVER YOU PUT YOUR MIND TO.

7. Use Your Strengths

I want you to think about something for a moment. Every one of us is really, really good at something(s). Why? Because we like doing them. These are your strengths, like managing time, getting the job done, or detail-oriented. So it makes sense to continue doing them, and getting better at them.

Weaknesses, well, it's not that we're bad at them. We just choose not to be good at them. Really. We could be good at ANYTHING we want; it's a matter of choice.

Write down your strengths. Then use those skills to succeed at your fitness program.

8. Build A Strong Community

A weight-loss buddy can be key to building self-confidence and reaching your goals faster. It makes sense; the more like-minded people you have to support you, the more confidence you have, the more you can "feed" off of each other, and the more likely you are to succeed.

Take advantage of bulletin boards at the gym. Find a fitness buddy online. One place you can find one is at http://www.Prevention.com. Click on "weight loss & fitness" to register under "finding support" in the "weight loss" section.

9. Make Your Focus Laser-Like

A common mistake exercisers make is to set expectations too high, or be overwhelmed at the time it's going to take to reach their ultimate goals. The predictable result? Discouragement... and you quit.

Focus on the next 90 days. Why 90 days? First of all, the time frame is shorter. It sure beats thinking, "Aw man, it's going to take a YEAR to achieve my goals?" 90-day goals are achievable, the **build momentum, and boost your self-confidence.** You want to reach for more; you become **UNSTOPPABLE.**

10. There's More To It Than Your Clothing Size

Fitness's benefits go way beyond your physical appearance. In fact, there are more than TWO DOZEN benefits of being healthy and fit, with more being discovered every year.

When you establish a goal such as lowering your cholesterol by 20 points, stabilizing your blood sugar level, or lowering your blood pressure, you have something besides clothing size to measure your progress - and you'll feel better about your body at a deeper level. There's nothing more empowering than feeling healthy and fit.

11. Make Every Second Count

Just because you don't have an hour to work out doesn't mean you should skip your workout entirely. (BTW, if you don't have an hour to exercise, you need to work on time management.) If "push comes to shove" doing something is better than doing nothing. If you're only able to walk around the block, then chalk it up as a day of exercise. Being consistent with your workouts helps you feel better about yourself and gives you motivation to forge ahead.

12. Support A Cause

Get involved in a run, walk, bike to support something that's important to you - breast cancer, AIDS, multiple sclerosis, Make-A-Wish, March Of Dimes, etc. It makes you feel good; your hard work now has more meaning and purpose. It also makes you feel grateful that you have a healthy body.



N

Lose All The Weight You Want – 10, 20, 30, 50 Pounds Or More – With A Simple Little Diet Secret

For many of you, this simple little secret means the greatest weight loss success you ever imagined.

You walk every day. Do your aerobics. Do your strength training. Eat right. Seldom drink. Don't smoke.

So why are you still struggling to lose weight?

The answer may all be in your head: you just downright hate your body.

But hating your body, the very reason for dieting and exercising in the first place, may be the very reason you're failing. It's your saboteur.

Good news, everybody: by **learning to like your body**, you more than **double your chances** of slimming down.

Now, **the challenge** is to learn to like your body **BEFORE** you begin your slimdown fitness program.

Your Body Is Perfect Today, Even If You Think It's Not

Just try this idea on, difficult as it may be to agree with.

The lesson here is that **life has given you what life has given you.** No one says what you have today is what you'll have tomorrow. And no one says you should keep what you've been given, either.

Who really knows why life has given you what it has? The key point is you got what you did, and what you have probably won't leave or stay, whichever is better for you, until you accept that the Universe was right for giving it to you in the first place. In the moment you do accept this, you free whatever it is you've been given to either stick around or leave, whichever is better for you. It's that simple.

So why do we resist or even deny what we've been given? No one has all of the answers, but **just knowing** that you are resistant to accepting what you've been given is a first step.

Without a doubt, you've been trying to do something about your excess poundage, right? You might have even said to yourself, "It's not right that I have to lose those 25 pounds!"

What if, instead, you **just accepted your present situation** and declared the universe right for giving you what it has given you? Does that mean you should just give up and eat sugar cookies for breakfast?

Not at all.

You still go to the gym, eat right and everything, but go with an accepting and perhaps even grateful attitude towards your body, rather than bitterness and resentment towards those thighs you inherited from Aunt Edna. Then, your workout plans will work out, and life is more likely to ring you what you really want.

The point here is to **STOP resisting** what the universe has given you. You don't have to like what you've been given in order to accept what you've given. Because by accepting what you've been given, **what you've been given no longer controls you.**

Stop Putting Thoughts Into Other People's Heads That Aren't Even There

We are either are best friend, or our worst enemy. Most of us tend to lean toward the latter, unfortunately. We think because we feel so terribly about ourselves, that other people do, too.

Not so.

Project yourself as a confident, self-respecting individual; others will SEE that, and you're definitely going to feel it.

Give Your Negative Self-Talk A Good Slap In The Face

Whenever you hear yourself saying, "I'm so fat," or "I'll never lose weight," or similar quotes, **give it a good slap** (or two, or as many as you want) in the face with, "Enough! I AM thin, I AM losing weight, I AM successful, I AM healthy, I eat healthy, I AM energetic," etc.

This is exactly what I do when I catch myself talking trash to myself. It's actually quite motivating and empowering.



Match Yourself With One Of These Exercise Scenarios to Help You Lose Weight

You'd think that 30 minutes would be enough exercise for one day. After all, that's how long aerobics videos last, how aerobic machines are generally programmed, how long you have time at your lunch hour to break a sweat. Even our Surgeon General recommends 30 minutes of physical activity daily. So if 30 minutes a day is the ticket, why are so many people having trouble losing weight?

First of all, **each one of us is different.** For someone who needs to lose a few pounds, 30 minutes does the trick. But if you've got a family history of bigness in your family, 30 minutes barely scratches the surface.

Sometimes it's not as easy as "burn more calories than you're taking in." Some of it has to do with heredity.

I said **SOME** of it has to do with heredity.

THE REST IS UP TO YOU.

Obviously the first step is controlling your diet. But just as you can't drop pounds if you eat too much, neither can you if you exercise too little.

How much is too little? Match yourself with one of the following scenarios to help you win the battle of the bulge.

1. Lose 5-10 pounds, then stay there.

Scenario: after years at the same weight, you find yourself **creeping up in weight**, gaining a couple pounds or so each year - even though your diet and activity level haven't changed.

Your **internal** "**thermostat**" is doing its job of regulating your appetite and controlling your weight. Most likely the problem is **you're losing muscle**, especially if you don't train with weights. When you lose muscle, which starts happening in your 20's and 30's, your **fat cells expand** to fill up the space.

In this case, you don't need hardcore exercise. You just need to move more. Take the stairs. Walk whenever you can (separate from your workout). Bike. Yard work. Housework. Chores.

Now, if you **REALLY** want to keep off those pounds of fat from haunting you, start, or get back to, **strength training.** Muscle increases your metabolism, thereby burning more calories. 20-30 minutes of moderate strength training 3-6 days a week, high reps and low weight.

2. I want to look better at the weight I'm at now.

Scenario: your weight hasn't changed, but your body has, and not in a good way. **You feel softer,** and you want to look toned at 50 and beyond. BUT - you're "too busy" to exercise more, even though you want to do something about your "softness."

Build a younger, healthier, great-looking body without taking more time? You'd think you'd need to spend a couple of hours a day to achieve something like that. Not so, my friend.

Again, we're talking **strength training** (and you know me by now, strength training is **CRUCIAL** to a great looking, slimmer, healthier, stronger, etc. body - and should be the focus of **ANYONE'S** fitness efforts).

The key to **keeping your workouts short and focused** is to **do exercises that work your largest muscle groups**, even 2-3 groups at a time. Doing exercises for each and every last muscle in your body, and you'd have to live in the gym. Ask a trainer at your gym to orient you with these exercises, to make sure you're doing them safely and effectively.

You also need to **crank up the intensity** with your aerobic exercise. Can't see the muscle if you still got the fat. Just move your arms and legs faster. Throw in a few intervals once or twice a week. Let your body be your guide.

3. My problem is with my (hips, waist, rolls on my back, thighs, arms, fill in the blank); I have about 15 pounds to lose.

Scenario: You're 15 lb. overweight, and it's in a couple of problem areas. You never really slimmed them down, but then, you never **REALLY** tried to slim them down, either.

The trouble areas where you store fat are due to heredity. Hey, you don't get to choose your parents, so realize the cards you've been dealt, **then do something** about it.

Start with your diet. Exercise alone will not cut it - you only lose less than a pound a week with exercise alone. **Sound, balanced nutrition along with a strategic exercise plan** will help shed the pounds quicker and easier.

Pick an aerobic activity you love so you continue doing it. Now, you'll need about 40 minutes a day for this, and I know many of you can't block out this time. So break it up into two, 20-minute sessions. You can go harder and burn more calories with two workouts than with one long, less-effort one.

Oh, yeah, you better be **lifting weights**, too. You may not drop your inherited shape, but you'll definitely **drop several dress sizes**.

4. Drop 25+ pounds - once and for all.

Scenario: I've tried this and that diet, lost some weight, then gained it back FAST. Even though I've read that 30 minutes a day helps you lose weight, it's not working for me.

To take off this weight, **you need to make a decision.** Is losing this weight that important to me that it would justify the necessary commitment? Am I willing to do what it takes to get rid of this extra baggage?

This most likely requires an **overhaul of your current lifestyle**. New habits to form. A new attitude. If you haven't gotten help yet, now's the time to get it. There's no gray area here, **you either do it, or you don't.**

Most experts agree that to lose and keep 25+ pounds off, you'll need to exercise for at least an hour a day for the rest of your life (actually, EVERYBODY, regardless of body size, should exercise for the rest of their lives).

You may have been told that to drop the pounds you need more aerobics. But if you want to **take your aerobics to a higher level,** you need better-conditioned muscles. Then you can handle your walking, swimming, biking, gardening, and housework with more intensity and less fatigue. How do you do that? That's right... **strength training.**

Commit to changing your life, and the results will come.



Scale Stuck? 10 Ways To Break The Rut

From time to time, we all get hung up with how much we weigh. And in our weight loss efforts, we can easily get frustrated and discouraged when that number on the scale just isn't moving in the direction we want. If you're trying to lose weight and have better health and more energy, here are some tips to break the rut and keep you succeeding.

1. Find Your Average Weight Loss Per Week.

Your bodyweight can **fluctuate between 3-6 pounds per day.** So even weighing yourself once a week isn't exactly accurate. It may be "that time of month," you may have indulged the night before, or maybe you're retaining water in the last 24 hours.

Whatever the case, in many instances your weight will not be quite on the mark. So, try this: **weigh yourself daily** (I know, I know, "Gar, I thought you don't believe in daily weigh-ins!" But just wait...) **for 7 days.** Add up the numbers, and then divide by seven to get the **average weekly body weight.** Do the same for the next week, and so on.

While last Monday you might have weighed 150 and this Monday you weighed 150, your average weight loss may be 1.5 lb, accounting for the fluctuations.

2. Work Out More Often.

If you're only doing three days a week of exercise, you're looking down the road of frustration, anger, and disappointment - and lack of progress. Bump it up to 4, 5, even 6 days a week. **Your body is designed to move, so use it or lose it.** 20-40 minutes strength training, 15-20 aerobics. Even one extra workout day will make a difference in weight loss.

Think of working out 6 days like eating 6 meals a day. **To keep your metabolism and energy levels high, you need to spread your calories into more frequent, smaller meals. Same for workouts.** Instead of having three weekly "square" workouts that are long and drawn out, spread them out over shorter workouts over 6 days.

3. Drink More Water.

8-10 glasses **MINIMUM** a day. Water not only helps you control appetite and cravings, helps you feel full, and cleanses your body, it also **helps your body burn off more fat.** You see, your liver helps to detoxify your body and metabolize fat. If you don't drink enough water, your liver is working overtime to get rid of toxins, thereby reducing its ability to metabolize fat. Challenge: shoot for two quarts a day.

4. Eat More Protein.

Lean proteins like seafood, poultry, egg whites, low fat cottage cheese, and low fat plain yogurt play an important role in weight loss. **Protein allows you to keep developing muscle, even though you're losing weight.**

If you're vegetarian or can't sit down 4-6 times a day with a solid meal, invest in protein shake mixes. They are very effective in making sure you get your protein in **EVERY SINGLE MEAL**. That's very important, too. You'll **control your blood sugar** level (which leads to overeating), feel more **satisfied**, and keep your **energy level high but stable**.

5. Cut Back, Even Eliminate Starches.

I have found that many people's problems of weight gain are related to the amount of starchy carbs and sugars they're putting into their bodies. Plus, they don't eat enough fiber-rich fruits and veggies. If you think this is you, cut out the breads, cereals, bagels, rice, pasta, and potatoes and focus your carb intake on the fiber-rich fruits and veggies. They're lower in calories, and are nutrient dense.

6. Increase The Tempo Of Your Workouts.

Are your workouts kind of lackadaisical, even though you've mapped out your routine with sets, weight, rest periods, etc.? Then **switch to a circuit-type workout.** When you're done with a set of one exercise, move your butt to the next exercise **AND GET MOVING.** No rest. No fooling around. Get going. You'll up the calorie-burning ante, which can help in your weight loss efforts.

7. Accept That Your Body IS Perfect Today, Even If You Think It Isn't. The body you have now is the body you have. Stop killing yourself about how you can't believe you let yourself go like this, and how terrible you feel in generation.

you can't believe you let yourself go like this, and how terrible you feel in general. Your destination is weight loss. Your obstacles are your bad feelings and fear of repeated failure. If you're constantly on the lookout for the obstacles, well, then, you're going to run right smack into them. Do what's necessary to reach your destination – focus on solutions, what you can do right now to turn things around.

8. Keep A Daily Journal Of What Goes In Your Mouth, And/Or Your Workouts.

Here's another idea that has worked for some of my clients. Write down EVERYTHING that goes into your mouth every day, along with your body weight. At the end of the week, when you figure out your average weight, look back at your week of eating. What was your weight? How did you eat? How did the two relate to each other? What are you going to do to continue the good/fix the bad?

For your workouts, track how you felt before and after your workouts. Look back on your journal to find patterns of what went well, and eliminate what didn't.

9. Zap Those Tolerations.

What "stuff" from people and your environment is **holding you back from losing weight, looking great, feeling healthy and energetic?** What are you taking from others that keep you from achieving what you want to achieve? List them all, then start eliminating 5 per week. Become a Toleration-Free person.

10. Keep Your Eye On The Prize.

Always, always keep your eye on **the ultimate goal** - **happiness**, **health**, **vibrant energy**, **youthfulness**, **and looking fabulous**. How much you weigh is just a by-product of your efforts. You may lose 10 pounds, but you'll look like you lost 15-20. Your methods of achieving your goal will change; you may even find techniques that don't work at all. You're on a journey – it's not the result, it's **WHO YOU BECOME** during the process.

11. BONUS: See Yourself Already With The Body You Want.

One of the most powerful techniques for success is to visualize yourself having the health, energy, youthfulness, and physique you want - IN THE PRESENT TENSE. Your body is only an instrument of your mind. Your conscious mind (your thoughts) feeds your subconscious mind (feelings), which then moves your body into action. Your subconscious knows only the present, so keep your vision of success in the now.



The Top Ten Ways To Quit Playing The "Victim" Role In Weight Loss

Playing the **"woe is me"** game when you're trying to lose weight is a **dead end** and a very unproductive way to live your life. It is very common when things don't go the way you want to point the finger at other people or things.

But you know what? **IT'S YOUR CHOICE to point the finger.** Mark Twain once said, "Too many people think the world owes them a living. The world owes you nothing. It was here first."

Here's my twist on it: Too many people think the world owes them a magic weight-loss powder/potion/pill/program. The world owes you nothing. **The weight you put on was YOUR responsibility, and it's YOUR responsibility to get it off.**

How much longer are you going to let other people and things CONTROL YOU? When are you going to start taking charge of YOUR health, your fitness, and your life?

When you start taking charge, the reward is a feeling of empowerment and confidence, as well as a sense of self-love and self-respect that will affect everyone around you. They'll stop doing things that hurt you, respect your boundaries, and meet your needs (even without them really noticing it). The fat melts off, you get leaner, your energy goes through the roof, and your attitude is unstoppable. Start taking charge with these tips:

- 1. Learn to ask for what you need and want at the time you need or want it. If you need to not be disturbed during your workout, DON'T ASSUME YOUR HOUSEHOLD CAN READ YOUR MIND. TELL them, "I'm going to work out now. Please do not bother me until I'm finished." Then go to it.
- 2. Learn to say "No" WITHOUT FEELINGS OF GUILT. Creating guilt helps keep the victim stuck being a victim.

If you're at a social gathering, and you don't feel like having the hors d'oeuvres or booze, and you keep getting them shoved in your face, **YOU CAN STILL SAY NO.** Then go to tip #1. Instead of feeling guilty about saying no, you should feel **PROUD.** You're in the driver's seat. It may take a while before others "get it," but you will get respect and they'll stop hounding you.

3. Get into action! Quit complaining and blaming and DO IT. It starts with changing your attitude - your thoughts, feelings, and actions. It's a simple formula:

TO CHANGE RESULTS, CHANGE YOUR ATTITUDE. THEN DO IT.

Want to get leaner and energized with high-as-a-kite motivation?

Shift your thinking from "I can't," "If only...," "But YOU did/didn't...," to "I AM MAKING IT HAPPEN. I ENJOY EXERCISE. I EAT HEALTHY. I BELIEVE IN MYSELF. I FEEL GREAT," etc. When you feed your self-image these thoughts, your body will automatically move in that direction to make them real.

- 4. Quit blaming other people or events for your life situation and problems. Everyone has a weight loss STORY to tell. What matters is what you are doing about getting leaner and energized NOW, to get what you need and want and to solve your problems.
- 5. Don't let others speak for you.

Speak for yourself! Don't let your spouse/significant other tell you what to eat, how to exercise, how you feel, etc. You KNOW how to eat. YOU know how YOU feel. YOU know you need to exercise. **Let others know you know!**

6. Forgive EVERYONE in your life who you feel has ever hurt you (including yourself).

Then LET IT GO. **Stay in the PRESENT** - right here, right now. Stay out of the past and future. Holding on to a past failure helps you to continue failing. Assuming what will happen (even though it's not real) can keep you from taking that so-very-important first step.

7. Decide what you are good at and love to do personally and professionally and go after it until you are doing it.

It's the whole YOU "package." When you're in charge of your health, you're in charge of your LIFE. There is a strong connection between great health and a great life. With a leaner, energized, unstoppable mind and body, you can DO MORE. Now you can start going after really big dreams, and have the energy and balance to make it happen.

8. Stay away from negative thinking, speaking and acting people or people who continually dump their problems on you.

Ah, yes. The infamous "pity parties." AVOID THEM LIKE THE PLAGUE. Misery loves company.

Conversely, success loves company. Associate with people who have the kind of success, attitude and qualities that you want to have yourself. That's why **support groups, motivational speakers, and coaches work so well.** Feed off others' experiences, their expertise. Share your experience and expertise, too. This kind of community sees everyone as equal, **where everyone has the same potential for success.**

9. OWN your results.

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. --George Bernard Shaw

You know there's no magic pill or potion to get you a leaner, healthier body. You know that the magic is inside YOU. **YOU make it happen.**

Let's put it this way:

- Would you rather say, "All I took was this pill/powder 3 times a day, and I lost weight," and say it over and over and over (in the case of a yo-yo dieter), or
- Would you rather say, "I am exercising vigorously every day, because I enjoy
 it, and I have never looked or felt better in my entire life. The weight I lost
 is gone forever!"

Hmmmm?

10. Develop a plan to become responsible emotionally, financially, and physically.

Once you are in control of those areas, you will feel in control and will not tend to attract people who want to take care of you or who will see you as a VICTIM in need of help.



Chapter 12: Controlling Blood Sugar



Why You Should Control Your Blood Sugar

Picture a car engine getting fuel for huge spurts. With each spurt, you're thrown back into your seat, but then it sputters, almost coming to a halt. Then you refuel, and the cycle continues until all of those throwbacks make you sick to your stomach.

Now picture a huge jet engine with all kinds of sophisticated fuel controls, slowly and steadily releasing fuel to the engines for a powerful, yet very smooth ride.

That's the difference between "crash-and-burn" eating and eating that keeps your blood sugar on an even keel.

Why You Should Steady Your Blood Sugar

Decrease Midriff Fat

Having trouble losing the "love handles" or "jelly belly?" You may be caught in the vicious cycle of eating TOO many carbohydrates, especially the kinds you think are healthy - bagels, pasta, rice, cereals, breads. This causes an excessive amount of blood sugar, which results in an excessive amount of insulin to be shot into your bloodstream. Insulin is also known as the fat "gatekeeper," storing excess calories while at the same time locking in whatever fat it can get. Try decreasing your intake of these starchy carbs and substitute them with fiberrich fruits and vegetables and see what happens.

Decrease Hunger Pangs

Try having a bagel and a bunch of toast for breakfast and tell me if you're not ready to eat anything that doesn't move by mid-morning. Research has shown that eating foods that cause your blood sugar to rise and fall quickly will cause you to eat more at your next meal.

Put An End To Fatique

Crash-and-burn eating all day long causes your adrenal glands to release **excessive amounts of stress hormones.** Blasting with your body with these hormones all day puts you on a roller coaster ride, leaving you tired, worn out, and unhappy.

• End Unproductive (Even Skipped) Workouts

If you don't watch what you eat, you can bet the **fatigue** factor **will end your workouts prematurely.** If bad enough, you may not even feel like working out at all. **Stable blood sugar levels increase your workout output.** Plus, you move faster toward reaching your goals!

• Decrease Mental Fatique

Low blood sugar makes it darn near impossible to concentrate on even ordinary daily activities, much less your work. Ever get so hungry your head's spinning? Irritable? Shaking? That's low blood sugar.

Boost Nutrition

Most foods that rapidly raise blood sugar are bereft of any nutritive value. Not just the no-nos like soda and candy, but white-flour products too. Replace with the fiber-rich fruits and veggies and you get more energy-enhancing, muscle-building, disease-preventing nutrients.



How To Smooth Sugar Spikes

Too much sugar and other carbs can set off spikes in insulin levels that leave you craving still more sweets and starches.

High insulin levels also stimulate the storage of fat. Too much insulin also inhibits fat burning. Obviously, then, you need to keep your blood sugar and insulin levels in control.

Here's help to handle sugar:

Know That It'll Get Easier

People have this "sugar-monkey" on their back that'll never go away. They won't even think of reducing their intake because of severe sugar withdrawal. **My BIG request of you: Stick With It.** As the days go by, you'll **feel less and less inclined to eat sugary junk.** You'll appreciate more the sweetness in fruits (and they're MUCH better for you, too!).

Make Fruit Your Treat

On that note, whenever you do get the **sweet-tooth** bug, grab a piece of fruit. They're **low in calories and packed with nutrients and fiber.**

Whip Up A Fast, Healthy Shake

Try a power-packed smoothie with skim or 1% milk, serving of protein powder, and a piece of fruit for a wonderfully, tasty **metabolism-booster**.

Don't Get Fooled

Some people mistake low or no fat foods as healthy, but not so, my friend. The fat that's taken out is substituted with extra sugars.

Know Sugar By Its Many Names

Sugar, sugar, everywhere. It goes by different "a.k.a's": dextrose, sucrose, maltose, glucose, honey, corn sweetener, brown sugar, fructose, corn syrup, high-fructose corn syrup, fruit-juice concentrates, molasses, mannitol, maple syrup, turbinado, xylitol, and sorbitol are all forms of sugar. If any of these ingredients are in the top five listed on the label of a food, put it back on the shelf without a second thought.

Eat Slow Burning Carbs

These carbohydrates are **absorbed slowly** from the intestine into your bloodstream so the rise in blood sugar is slow and steady, giving you a **constant level of mental and physical energy.** You also get "more bang for the buck" in terms of nutrition; they're **lower in calories and dense with vitamins and minerals.** They keep you from being ravenous between meals and **prevent sugar spikes.** Examples include oatmeal, apples, pears, nectarines, grapes, broccoli, cauliflower, and deep green/leafy veggies.

Avoid Fast Sugars

Ok, Ok. "No kidding, Gar." These sugars are **common among reactive eaters**; they get the crash, and the first thing they go for is the vending machine or some kind of carb-loaded convenience food. They have **little fiber and most are void of nutrition**.

 Balance Your Meals And Calories With 4-6 Smaller Meals A Day EVERY time you eat. You know the drill - protein, carbs, and a little fat (polyand mono-unsaturated).

Eat Fiber

If you eat fiber-rich fruits and veggies - then you're just fine. Fiber slows down the rate at which your body breaks down food, and helps keep you regular.

• Get Fit And Stay There

If you're out of shape, your body responds slowly to insulin. In fact, your body will make MORE insulin, which will make you MORE out of shape. Regular exercise helps you body to respond to insulin so you don't make as much. Lose weight, lose fat, and keep muscle. And look great!

• Eat Breakfast!

Performance on standard tests of proficiency, reaction time, and recall suffer in people who don't eat breakfast. **Set the tone for your day** with a good, balanced breakfast.



Chapter 13: Eating Out & Indulging







Food cravings are tough to resist. **Sometimes we all stuff our faces - and beat ourselves up later.** Blame your "PIG" instead.

"It's a lot easier to cope with a craving if you externalize it, give it a name. We call it the **Problem with Immediate Gratification** - the **PIG**," says G. Alan Marlatt, Ph.D., professor of psychology and director of the Addictive Behaviors Research Center at the University of Washington in Seattle and an expert on food cravings.

"When you have a craving for something, stop and ask yourself: 'Is it me who's hungry, or is it my PIG?' If it's your PIG, you don't have to listen to it - you can distract it. Take your PIG for a walk, feed it healthier food to satisfy it. Because if you feed your PIG every time it 'oinks' pretty soon you'll have a bigger PIG."

The bigger the PIG, the harder it is to fence in.





How about this one... if you feel like indulging for a meal, you can enjoy it - guilt-free - as long as you **exercise BEFORE you pig out**. Exercise, with its benefits to your waistline, also **can help override some of the nasty effects of fat in your blood**.

High fat meals dramatically increase the amount of triglycerides in your bloodstream, lowering good cholesterol (HDL) and increasing bad cholesterol (LDL). This contributes eventually to heart disease and arteriosclerosis.

Researchers found that exercising 1 hour before indulging cut the amount of triglycerides in the blood by nearly 40%. Working out after, however, only decreased by 5%.

Dr. Tom Thomas, study co-author, says, "Exercise stimulates fat-clearing enzymes." Fats are either broken down and excreted, or taken up by muscle and fat tissue. Either way, they're out of the bloodstream and less able to increase LDL and heart disease risk.

Dr. Thomas also notes, "A better approach is to exercise every day." AMEN! "Most of us eat a high-fat meal every day, making it important to exercise every day."

Of course, to speed the breakdown of fat, your exercise sessions must be **moderate-high to high intensity** - like **strength training** (you knew that was coming, didn't you?). These kinds of workouts will help your body burn fat long after you're done exercising.



Do This If You're Going To Eat Out

Shrink your servings.

Sound simple?

A study done by Tufts University has shown that people who were given larger portions of lasagna ate more than when they were given smaller portions and allowed to get up for more.

Have you ever noticed that **restaurants are serving larger meals for the same price? Food is low in cost compared to rent and labor,** so it's just as easy to pile on more food.

And it gets tough to change. People get accustomed to the bigger meals, and when they get less, they feel cheated. That could be why people who dine out frequently are more likely to be overweight.

It also doesn't help that restaurants serve foods that are calorie-dense, tasty, varied, and in large portions.

But the answer is simple: eat less. (Be honest: you thought there would be a "magic solution," didn't you?)

Think about how much you're going to eat, BEFORE YOU EAT, then wrap up the rest for the next day.



Minimize The Damage Of A Pig-Out

Even though we all know the consequences of a pig-out, it is hard to resist on occasion.

The first and **most blatantly obvious** way to minimize the damage is to **be very active**, like working out 4-6 times per week. You'll burn off the excess calories over time (provided you're not reaching for a Ben & Jerry's every other night).

There is one more thing you can do: **calorie "banking."** Dr. Judith Stern, professor of nutrition and internal medicine at UC-Davis suggests eating a lighter-than-usual dinner the night before, followed by very small, low fat breakfast and lunch on the day of the big meal. Then an hour or two before the meal, have a small snack, such as plain low-fat yogurt. **You won't come to the table ravenous. You'll** be less likely to really stuff yourself, and you'll **enjoy the meal more.**



Chapter 14: Healthy Eating Made Effortless









28 Tips & Tricks To Make Eating Right Effortless

1. DO NOT try to cut all the fat from your diet.

Fat contains an **essential nutrient** called polyunsaturated **linoleic acid**. You body can only produce other fatty acids when this nutrient is present. Fat also contains **vitamins A, D, E, and K,** which are **necessary for the body to function properly**. So add some nuts here and there, olive oil to your stir fry, or olives to your salads.

2. Focus on breaking just one habit at a time.

If you try to stop eating after 7 pm, quit eating chips, and snacking in front of the TV all at once, you're going to feel resentful and deprived. You'll end up bingeing up a storm! Stop one bad behavior, and make healthier substitutions for the rest. Gradual, positive changes can help you adopt new habits without feeling deprived.

3. Scale stuck? You might need to add MORE calories to your diet.

That's not a misprint. Your metabolism adjusts quickly to a low-calorie diet; if you eat a bit more, you'll **feel more active**, **increase your metabolism**, **and burn more calories**. No kidding!

4. Track your progress, but not too often.

Always weigh yourself on the same day and same time every week. Your weight fluctuates every day due to fluid loss/retention.

5. Celebrate ANY success.

Weight loss is NOT all-or-nothing. If you're carrying excess baggage, even small changes can make a **BIG** difference in your health and well-being. **Give yourself a pat on the back** – **you deserve it,** no matter how little progress you THINK you're making.

6. Expect success.

Reaching life's goals is a self-fulfilling prophecy. Use positive self-talk, visualization, and get emotionally involved in a healthy lifestyle. And that sets you up for success.

7. Take your time.

In our time-starved society, it's easy to scarf down 1,000 calories in just a couple of minutes. Chew your food slowly, put your fork or spoon down in between bites. Spend at least 20 minutes enjoying your meal. Turn off the TV. Your brain gets the message that you've eaten, and you're far less likely to pig-out an hour later.

8. Plan your supermarket visits.

You can easily bypass foods that add valuable and needed nutrients to your nutritional plan when you shop impulsively and aimlessly. **Schedule routine** visits to the store, have a list, and never shop when you're hungry.

9. Read the label.

You'll find a nutrition label on most food packages that provides information on how much protein, fat, carbohydrate, sodium, cholesterol, vitamins, minerals, etc. is contained in a single serving. This info helps you see how certain foods (even your sinful favorites) fit into a healthy diet. However, if you're shopping the perimeter of the store, buying fresh produce, fish, meat, poultry, and dairy, you're already getting most of what you need in a sound nutrition plan.

10. Okay, you're busy. But stress doesn't burn off the mega-calories from a fast food lunch.

Do you think you're going to feel any better after eating a burger and fries, or a pint of Ben & Jerry's? Bring your lunch to work in one of these three forms:

- 1) Brown bag it (it only takes a couple of minutes to pack it, and the same to eat it),
- 2) A nutrition bar, like a Balance Bar, Power Bar, Clif Bar, etc., or
- 3) A protein shake in a thermos.

11. If you MUST eat pasta, watch what you put on it.

Alfredo sauce and oils can pack a wallop of calories. Use soup broths or vegetable purees as a sauce base. Add chopped vegetables to make a pasta salad. Dice up broiled or grilled chicken to get your protein in and avoid the insulin "crash."

12. Plan ahead for a mid-afternoon snack at work.

Have apples, oranges, and raw veggies like cauliflower, broccoli, or baby carrots, cans of tuna and chicken for **boosting your energy levels**. When you have this reserve of healthy food, you also **boost your self-esteem** because you didn't

give in to the vending machine, your **sticking with your healthy eating plan**, and you're continually moving toward your fitness goals.

13. Cravings... hmmm...

Here's my disclaimer: this is an IDEA for you to try. Once in a while if you're craving a no-no, control your portion by **eating just a little bit of it**, but make sure you **savor every bite**. Swish the food around your mouth to get the full flavor. When you can enjoy a little treat from time to time, you won't feel deprived.

14. Stop yourself dead in your tracks.

If you're about to reach for a bag of chips or cookies, **STOP AND THINK WHAT YOU'RE DOING.** Drop and do 10 push-ups, 25 crunches, or go for a quick 10-minute walk around the block. You wouldn't want to waste your fitness quickie by eating junk now, would you?

15. Bring a healthy side dish or dessert when visiting a friend's/relative's house.

Pick up any healthy cooking cookbook (you most likely have one – or a dozen – yourself), whip up a side dish or dessert, and your hostess will be grateful for it. And other dieters will have something relatively low in calories to enjoy.

16. When eating out at a restaurant, avoid entrees that are fried or in a cream sauce.

Stick with fresh fruit, and ask for steamed veggies, not the over-cooked, nutrient-absent mush they normally give you. For your protein, have baked poultry or fish. Oh, and skip the dinner rolls and butter. Have a salad with light dressing on the side.

17. Gary Rempe, director of the Seattle Institute for Weight-Control Research, advises that if you must prepare fatty dishes, do your cooking immediately after breakfast and then store them out of sight until mealtime. Most people find fatty foods less appealing in the morning hours.

18. Spritz your water with a little squeeze of lemon to make it more palatable.

This is especially for the "I just don't like water" crowd.

19. Go for a wok.

What's easier than stir-frying your dinner? Plus, this cooking style cuts fat naturally. Using a wok allows you to use less oil, thanks to the sloping sides that let you quickly sauté the ingredients. Get a wok with a non-stick surface. Excellent stir-fry example meal: diced chicken or turkey stir-fried with a veggie medley of broccoli, cauliflower, water chestnuts, and carrots and 2 tsp of olive oil. Pile on the veggies. Yum!

20. Heading to the movies?

You well know what cardiovascular dreams await you at the concession area. **Eat a healthy snack just before going to the movies** - you can still enjoy the movie without needing to eat all the way through it!

21. Yogurt gives you some badly needed calcium and protein, with relatively few calories.

And that would be **plain** non-fat or low fat yogurt, please. If you want your own fruit on the bottom, **dice up a fresh piece of fruit** and mix it in with a serving of yogurt for a delicious mini-meal.

22. Avoid overeating by eating more often.

There are still people out there that believe eating 1-3 times a day is enough. Eating more often and **spreading your calories throughout the day** keeps your **metabolism up**, **your energy up**, **your mental sharpness up**, **self-esteem up**, **while your body weight melts off**.

23. Sometimes you feel like a nut, sometimes you don't.

But now you can feel like it more often because **nuts are good for you!**Research shows that nuts can **reduce the risk of heart disease** (attributed to the high amounts of heart-healthy poly and unsaturated fats), and that the fat content in nuts **doesn't necessarily lead to weight gain. BALANCED meals** are the key. Have an amount of nuts that fills the round line near your thumb on the palm of your hand.

24. If you have trouble getting in your 8-10 glasses of water a day, buy a really big sports bottle with a built in straw.

Fill it with ice and water and keep it on your desk or kitchen table. Sip it every few minutes; before you know it, you'll have killed half your daily requirement. Then refill and repeat.

25. When your friends head to the local Starbuck's or other fancy coffee shop, don't sit home feel sorry for yourself!

You can still go with them and enjoy the company. Just be sure you have **skim milk**, and **skip the whipped cream** with your coffee. Order flavored coffee, like French vanilla, or hazelnut, or whatever. Be careful about the **muffins**, though. They don't live up to their low-fat claims. Split with a friend if you MUST indulge.

26. If you plan on joining a diet group (or are already in one), you'll get a boost when you attend weekly meetings.

Personal feelings aside, diet groups (well, the **RIGHT** ones) can offer tremendous **support**, **motivation**, **and education** about eating a healthy diet.

27. By now you've heard that starving excess weight away is not the solution.

Yet, you might still be trying to do just that! If you don't eat enough, your metabolism shuts down so your body gets used to eating little calories. Then, when you start eating a little bit more, your body will store the extra as **FAT**, because it must prepare for the next starvation period.

Keys to permanent weight loss: balanced, frequent meals (4-6) a day, regular, vigorous strength training, and aerobic conditioning to round out the training.

28. Have a support group cheering you on is a surefire motivator.

Most successful dieters are involved in some kind of support group, whether it's family, a diet group, or friends. Having a "cheering section" could make the difference between quitting and persisting. (Hey, I'm always here to help keep your chin up!)



The Top Ten Ways To Increase Nutrient Absorption

It's not what you eat; it's what your body absorbs. You can eat what you feel is healthy with a capital H, but if your body doesn't absorb it, you're not getting anything out of it.

Whether your goal is to lose an inch off your waist or eat right for total health and fitness, **cutting-edge nutrition is arguably at least 75% of the battle.** So you learn all you can, count grams of carbohydrates, protein and fat and try to do the right thing.

How can you eat the rights amount of foods on paper and still come up short according to your body's needs? Because you're not maximizing the absorption of the foods you're eating.

Complete digestion and absorption is critical, but there's more to it than that. Here are 10 ways to increase nutrient absorption and make the best of your diet.

1. Vary Your Protein Sources

Are you in the nasty habit of chicken, chicken, chicken, tuna, tuna, tuna, cottage cheese, cottage cheese every day? Eating like this is not only a drag, but it can also set you up for **nutrient deficiencies** in certain amino acids (building blocks of protein).

Eating the same things daily may also cause allergic reactions. When a new protein is introduced, your body treats it like a foreign substance; gas, upset stomach, rash, etc. occurs.

Stick with the traditional chicken and tuna. But also work in lean beef, tofu, beans, and soy (for you vegetarians), a variety of seafood, turkey. Experiment with herbs & spices to make things tastier.

2. Avoid Late-Night Meals

Your metabolism is highest up until dinner time (makes sense, doesn't it? You're not as active as this time). **Most of your food intake should be taken in between breakfast and dinner.** Heavy dinners and late-night meals affect quality sleep patterns. And if they're high in protein, you're cranking up your metabolism, which keeps you from getting a good night's sleep.

You may have a LIGHT, balanced evening snack, about an hour before bedtime. This will stave off the catabolic, or breaking-down, process that happens during the night.

3. Eat Small, Frequent Meals

Very crucial. Smaller, balanced meals are easier to digest, and turns up your metabolism, and helps melt off fat faster. Your body can only handle so much food at one time. The physiologic process involved in digestion is much more efficient with smaller quantities of food. Too much results in more fat stored.

4. Timing

Give your body what it needs when it needs it. You must meet the momentary needs of your body, particularly when training. Training creates increased nutrient demands on the body, and you must feed these demands to get results. You can have the perfect diet, but if you don't meet your body's demands at the right time, you may end up taking one step forward and two steps backward.

There are two "windows of opportunity." One happens about **30 minutes** after your workout. This is where your body craves carbohydrates. If you miss this window, your body will break down muscle for energy.

The second window is about **60-90 minutes after your workout**. This is where the body is more receptive to protein and will absorb the amino acids more readily. **About 1 1/2 palmsful of protein for your post-workout meal,** along with your carbs and little bit of fat.

5. Supplement Smarts

I am a firm believer in supplements. But they don't have to cost you an arm and a leg, and you don't need EVERYTHING out there. So what do you take, how do you take them, and when?

Vitamin/mineral formulas are best taken with food. When you eat, a plethora of chemical and enzymatic reactions take place to break down every morsel. Taking vitamins with water on an empty stomach isn't the same. Also, bombarding your system with too much potency leads to the proverbial expensive urine. That's why many supplements come in packets, so you can divide them up over the course of a day.

6. Careful Cooking

How you cook your foods determines how much your body can absorb. Best cooking methods: broiling/grilling, stir-fry, baking, steaming, and microwaving. You will reduce the potency of some nutrients, but you can minimize the damage as long as you don't overcook. Just make sure your food is fresh/frozen. Use them within a couple of days.

7. Chew, Chew, and Chew Again

Most of us don't chew our food enough because we eat so fast. **The digestion process begins in our mouths, even before we put the first bite in our mouths.** Saliva is secreted, you take a bite, and then the digestive enzymes go

to work. **Incomplete chewing** causes clumps of food to be forced through the digestive tract, resulting in **gas**, **cramps**, **bloating**, **and indigestion**.

Relax when you eat. Take smaller bites. Take the time to chew.

8. Water

Most people don't drink enough water. I know someone who drinks at least a six-pack of diet soda a DAY with glassfuls of ice. He claims his doctor said he'd get all his water requirements with the ice he uses for his pop. Can you believe that? What planet did this doctor come from?

8-10 glasses, minimum, a day. You know the benefits of water. Make sure you're drinking your water before and after meals, not during, which can affect nutrient absorption negatively.

9. Au Natural

Eat food that can remember where it came from. Make it a habit to **READ THE LABELS.** If you can't pronounce or recognize the ingredients, put it back. It's these **chemicals and additives that reduce the efficiency of nutrient absorption.** You may even have a bad reaction to this junk.

10. FRESH Fruits & Veggies

Fruits and veggies pack a powerful nutritional punch: low in calories, high in vitamins and minerals. Plus, they have important enzymes that help break them down so your body can absorb and distribute the nutrients.





Protein has getting a bad rap from today's trendy diets, calling for significant dietary restrictions. However, it's been **making a strong comeback**, with the success of Dr. Barry Sears's The Zone, Protein Power, and Dr. Atkin's New Diet Revolution (which so happened to be the best selling paperback for all of 1998).

While many of you may not agree with these nutritional philosophies, one thing is common among them: **protein**, **adequate protein**, **is essential for a healthy diet**.

Just take a look at some of the **many beneficial roles** of protein:

- It's the basis of all life. Protein is more plentiful than any other substance but water.
- Protein is the main structural ingredient of our cells, and the enzymes that keep them running.
- Amino acids, the building blocks of protein, are the foundation of all life.
- Essential for tissue growth and maintenance.
- Proteins are also a critical component of the immune system.
 Antibodies, manufactured by the immune system to repel disease-causing foreign bodies, are proteins.
- Transport nutrients to blood and tissue.
- Maintain your body's water balance.

What foods have protein? Choose the lower fat kinds: egg whites (or eggbeaters), white meat poultry, lean red meat, seafood, cottage cheese.

How much should you eat? Use the "eyeball" method and the palm of your hand. Three to four handfuls of protein daily are enough. **Keep it simple.**

So have your meat and eat it, too!



Shop The Perimeter

Think of your local grocery store, how it's laid out. In many cases once you walk in the doors, produce is immediately to your right or left. Walk through the produce, and you come to the refrigerated section, first being the deli/meats/seafood cases. Walk past that, and you get to the dairy/eggs refrigerators. Along the way you come to the freezers, which are full of fruits and vegetables.

These are the BEST places to get top quality foods for your sound nutrition plan. Think about it: almost everything else in the middle of the store is packaged, processed, chemically enhanced stuff.



How To Eat Smart

We know that the foods we eat affect the body. But they may have even more influence on how the brain handles its tasks. Mood, motivation, and mental performance are powerfully influenced by diet.

You are, as the expression goes, what you eat. After all, the very tissues of your body, the fuels that power every cell, the hormones that keep you humming, all must ultimately be furnished by the foods you eat. No surprise, then, that over the last 15 years, tons of literature have documented the **intimate connections between food and health** - and have moved squarely into the mainstream.

But we've mostly looked at how **nutrition affects how your body performs.**Now, while the foods we eat have measurable effects on the body's performance, they may prove to have even a more critical influence on how the brain handles its tasks.

The brain is an extremely metabolically active organ, making it a very hungry one, and picky, too. The idea that the right foods, or the natural neurochemicals they contain, can enhance mental functioning - help you **concentrate**, **keep you motivated**, **sharpen memory**, **speed reaction times**, **diffuse stress** - is not idle speculation.

Nutritional neuroscience, as it's called, is barely in its infancy. But it's already turning up some very heady findings.

- A diet that is heavy on fatty foods but nearly bankrupt with fruits and veggies isn't just bad for your heart and linked to certain cancers - it may also be a major cause of depression and aggression in North America.
- The health of your brain depends not only on how much fat you eat but also on what kind it is.
- It's possible to boost alertness, memory, and stress resistance by supplying food components that are precursors of important brain neurotransmitters.
- Sugar can make you sharp if taken correctly.
- B vitamins powerfully influence mood and mental performance.

Don't Be A (Saturated) Fathead

Charles Glueck, MD, medical director of the Cholesterol Center of Jewish Hospital in Cincinnati, OH demonstrated in a dramatic 1994 study that **high** levels of triglycerides, high cholesterol, and low HDL (the "good" cholesterol) were the sole causative factors in mild to serious depression.

So for the next 54 weeks, they ate a diet very low in fat (10-15% of total calories consumed) and took triglyceride-lowering medication. **As triglycerides fell, depressive symptoms disappeared.** After 54 weeks, 91% of the patients were rated normal. The most significant reduction in triglycerides and depression occurred in the first six weeks of treatment.

What is the triglyceride-depression connection?

Viscosity - how thick your blood gets. It's harder for blood to transport sufficient oxygen to brain cells. Under such conditions, mini **brain lesions and blood clots** may form. Those affected may exhibit symptoms of so-called **organic brain syndrome**, among them **depression** and **hostility**. Reducing triglyceride levels normalizes viscosity and more oxygen is delivered to your brain.

Think of the oil in your car, and the commercial for Castrol motor oil. "Prevents viscosity and thermal breakdown," Castrol says. Oil (your blood) can't get to the engine (your brain) in time to function at peak performance if it's too thick.

Obviously, not all psychological or psychiatric disorders are attributable to triglycerides and saturated fats, notes Dr. Glueck. Glueck recommends that anyone with a psychiatric problem or who is suffering from depression should have his/her cholesterol and triglycerides tested.

Fats & Smarts

A diet high in saturated fat not only can make you depressed and antisocial, it can also **impair general mental performance**. So will a diet high in total fat and one that is deficient in essential fatty acids (EFA's).

Once dietary fats are broken down into fatty acids, the body uses them for myriad purposes. Construction of hormones, metabolism, in the membrane of every cell in your body (including those in the brain). They are called EFA's because the body cannot produce them, so they must be supplied by your diet.

These EFA's are linoleic acid (omega 6's), and linolenic acid (omega 3's). Both are super-unsaturated fats. You only need about a tablespoon of EFA's daily. Numerous studies have shown that **consuming way too much dietary fat hampers mental performance.**

Now, while consuming too much saturated fat and too much fat overall, many North Americans may not be consuming anywhere near enough Omega 3's for optimum brain health, notes Dr. Carol Greenwood of the University of Toronto. The polyunsaturated oils touted as healthful for the heart and so widely used in cooking and in prepared foods - corn, safflower, and sunflower oils - have almost no Omega 3's. They're loaded with Omega 6's.

Unless balanced with a large amount of Omega 3's, Omega 6's are associated with abnormalities of immune function, inflammation, and even cancer.

Greenwood suggests using canola, soy, and walnut oils, which have ample Omega 3's in a healthy ratio to Omega 6's.

And the old adage about **fish being brain food** is true; they are **rich in Omega 3's.** If you're not too keen on fish, **an EPA nutritional supplement works well.** Just be sure it has both Omega 3's and Omega 6's.

Boost Alertness, Memory and Beat Stress

Your brain utilizes a multitude of biochemicals to carry out its many cognitive tasks and make you happy, calm, alert, relaxed, energized, or motivated. Helping orchestrate every thought, feeling and movement are the **neurotransmitters**, perhaps the best known of which is **serotonin**, whose functions include **sleep regulation and anxiety reduction**.

Another key neurotransmitter is **acetylcholine**, essential in **memory formation and maintenance**. And count in dopamine, epinephrine, and norepinephrine, collectively called **catecholamines**, which **control arousal and anxiety states**.

Neurotransmitters are manufactured in the body from amino acids and other substances supplied by diet. **Serotonin**, for example, is manufactured from the amino acid **tryptophan**, which, like all other amino acids is **found in protein-rich foods**. **Dopamine and norepinephrine** are derived from the amino acid **tyrosine**. **Acetylcholine** is made from the fat-like **B vitamin choline**, found in egg yolks and organ meats.

So by consuming more choline than is normally found in the diet, can a healthy younger person perform better mentally?

Well, **supplemental choline** has been shown to **improve mental functioning** in Alzheimer's patients and in aging people. Choline has also been shown to **improve physical performance**.

U.S. Army researchers looked into the effects of **supplemental tyrosine**, the precursor to dopamine, epinephrine, and norepinephrine (the major players in the brain's response to stress). When given tyrosine supplements, soldiers exposed to high altitudes or prolonged cold **did not suffer** the **loss of memory**, **lightheadedness**, **headache**, **nausea**, **and general malaise** such stresses normally bring on.

Before you make a beeline to the health food store to start your mega-dosing with neurotransmitter precursors, consider this: All effects so far depend on the context. Supplementation improves cognitive performance only if there's a deficit caused by environmental stress or aging.

Whether or not you'll benefit from this kind of supplementation depends on where you start off. If you have a deficit somewhere, then you may benefit. It certainly doesn't hurt to try.

Sharpen Up With Sugar

Your brain's source of energy is, almost exclusively, glucose, a simple sugar to which all dietary sugars and carbs are ultimately broken down. Hormones that aid memory do it by raising glucose levels.

In a recent study, Dr. Paul Gold, PhD, psychology professor at the University of Virginia gave college students a lemonade drink containing 50g of glucose - 200 calories worth of pure sugar - and then subjected them to a battery of cognitive test. Gold found that glucose measurably enhanced the students' performance, most notably in a reading retention task.

So, should you chug a glucose-laced sports drink to boost your brain power? Maybe, but the amount you need to drink is like playing craps. Your optimum dose of glucose at any one time depends on several factors: current blood sugar level, physical and mental stress, dietary habits, metabolism, for starters.

To make matters more difficult, the dose you take won't always match the results you want. Too much results in the "sugar high," then a sharp crash. Mental performance is worse.

How should you stoke your brain with glucose? Gold says the variety of carbohydrates found in a balanced diet will take care of your brain's energy needs. Your brain is selfish, says Gold, and it takes care of itself. It has first dibs on any glucose present in your bloodstream. Or it may force the conversion of nutrients into glucose.

The Busy B's

The B vitamins consist of thiamin (B1), riboflavin (B2), niacin, pyridoxine (B6), folic acid, pantothenic acid, biotin, and cobalamin (B12). All play a critical role in brain function, from manufacturing neurotransmitters to regulating energy release in brain cells.

Severe **deficiencies** of several B vitamins have been shown to have dramatic effects on the brain; **impaired memory, and higher levels of anxiety, confusion, irritability, and depression.** Even marginal deficiencies of B vitamins can inhibit mental performance.

At the University of California San Diego Medical School, Dr. Philip Langlais finds that **thiamin** deficiency hampers the brain's ability to use glucose, decreasing energy available for mental activities.

Folic acid helps maintain normal levels of serotonin. Deficiencies contribute to depression, dementia, and schizophrenia. In a study of depressed patients taking lithium, those also given folic acid supplements for a year showed dramatic relief of depression, compared to those given no supplements.

(NOTE: This is NOT meant to substitute for medical advice. If you want to explore vitamin "therapy" with your doctor, get his/her opinion, and then make your decision.)



Chapter 15: Make Your Diet Work



10 Tips For Improving Your Eating Habits

1. Exercise!

Studies show that **people who exercise are more careful about what they eat.** Why wouldn't you be? You're busting your butt every day getting healthy and fit; you're going to think twice before blowing it with a Big Mac.

2. Pack A Lunch

This **prevents you from going out for fast food** or the 3-martini lunch. I don't need creativity to have a balanced lunch. Give me a can of tuna, an apple or a couple of kiwifruits, and a little peanuts and I'm peachy. You may need more extravagance. Just make sure it's **balanced**. And do it **DAILY**.

3. Take Nutrition Bars Or A Shake To Work

If you're going to have one of those days where **you can't get away from your desk**, get some **nutrition bars** to keep at your desk or whip up a **protein shake** and put it in a thermos before you leave for work. Once you get hungry, reach for these instead of porking up with vending machine junk.

4. Stop Tolerating And Establish Boundaries

What are you putting up with that's causing you to eat so terribly? What is stopping you from eating healthy? Is it YOU? What are others doing to you? Realize that **it's up to you** to make sure you're feeding yourself properly. But **you also need to tell others.** Establish boundaries so that you won't be harmed.

For instance, if you're getting cookies, cake, and pasta forced on you by your relatives, calmly but firmly tell them no, thanks, I'll pass up. No, they won't like it initially. But they learn to accept it and it won't bother them. Don't let their upset affect you; it's their problem, not yours.

5. Bring A Reserve Of Food To Work

Bring cans of tuna, canned white-meat chicken or turkey, deli chicken or turkey, fruit, veggies to put in your office refrigerator. If you're afraid of getting your food stolen, put it in a small cooler. That way, if you forget to pack a lunch, your nutrition bars, or shake, you have the **peace of mind that you have good food waiting for you** at work.

6. Have A Reserve Of Food At Home

Ditto. Stock up on the good stuff, and you'll be less inclined to order out or go to a restaurant. **Saves you money,** too.

7. Eat Breakfast

Want a great way to fire up your metabolism? Eat breakfast. You'll perform better at work, you're mentally sharp, and energy is high. Your higher metabolism burns more calories, and you prevent the mid-morning crash that leads you to that darn vending machine.

8. Eat Often

Eating every 3-4 hours keeps your internal furnace stoked. You have more energy. Cravings diminish. Lose weight faster. Lose FAT faster. Improved mental performance. Better health. The list goes on.

9. Always Balance Your Meals

If you eat only carbohydrates for a snack or meal, you're looking at crashing in about an hour. Blood sugar plummets, causing sluggishness, irritability, and HUNGER. Same if you ate only protein, or only fat (yuck!). Balancing your meals means satisfaction with less, plus a wider spectrum of valuable nutrients to fuel your body.

10. Drink Water

Yes, drinking water does improve your eating habits. It fills you up faster. It controls your appetite. Gulp down a big glass of water and find out if you REALLY want that box of Ding-Dongs.





The **energy drain** - usually around **midmorning and/or midafternoon.** The problem boils down to blood sugar. It can drop every three hours or so, robbing you of energy. To counteract these drops and keep your energy up, you have to snack.

And the first thing you might resort to - candy bar or soda - is the **WORST** thing you can do for a pick-me-up. Snacks loaded with sugar give you only a temporary lift that's followed by a longer crash.

You're literally fueling fatigue.

The perfect energy snack has balance: complex carbohydrates, like fruits and vegetables, and protein, found in dairy, meats, poultry, and fish. Carbs by themselves can cause a sedating effect. By adding protein, you'll be more alert, and you'll maximize the benefit of carbohydrate. Here are a few sample snacks that'll give you the essentials for high energy:

- Fresh fruit sliced/diced in PLAIN, low-fat yogurt or cottage cheese
- Fresh fruit or vegetables mixed with diced cooked chicken or turkey
- Cold baked potato topped with cottage cheese
- Tomato soup made with skim/1% milk, instead of water

Once you know what the good stuff is, the best way to make sure you're eating for peak performance is to **make sure you're always stocked up with nutritious foods in your kitchen.** Having that **reserve** of power-packed food helps **fight the temptation** of going for the fast food, convenient, energy-robbing junk.





• You Want To Lose Weight

It still amazes me how so many people **STILL** think the way to lose weight is to deprive your body of food and exercise obsessively. **Steady weight loss** is the result of a **balanced diet**, **daily exercise**, **and a healthy lifestyle**.

You're Tired All The Time

If you get enough sleep but you still drag during the day, your diet could be the culprit. What you put into your body definitely affects your mental sharpness.

You may also not be eating enough. I hear so many people tell me they eat 2-3 times a day. That's just not enough. Your energy levels will go on a roller coaster ride. 4-6 smaller meals a day keeps your energy high.

When You Need A Workout Boost

If you eat lunch and plan to work out at 6 pm, your workout is going to suffer. **Low energy leads to poor performance.** And no results. **About 90 minutes to 2 hours before your workout**, have a nutrition bar or light, balanced snack to give you the fuel you need for an energizing workout.

• When You're In A Rut

Many people tend to eat the same things day in and day out (I know, I'm in the guilty party). That can be pretty boring. To make sure you're not missing out on valuable nutrients, **start exploring more fruits and veggies in addition to your proteins and fats.**



10 Ways To Eat Well And Still Lose Weight

- 1. Focus on **how food tastes** in your mouth. Give it the attention it deserves.
- 2. Eat with other people. Social interaction enhances our lives.
- **3.** Stick to the **eyeball method** of **balancing** your meals palmful of protein, 2-3 palmsful of fiber-rich carbs, little bit of fat.
- **4.** Taste your food, rather than scarf it down. If it's something you're not supposed to have, all you need is a small taste. You'll be satisfied.
- **5. Make a list of your 10 favorite foods.** Then, when you feel like indulging a little bit, use only that list. You're less likely to overeat.

- 6. Take control when dining out. Restaurants are there to serve YOU. Tell the waitress/waiter how you want your food prepared, what you want on the side, etc. And skip the breadbasket.
- **7. Walk everywhere you can.** Park far away from the front door. Take the stairs. Take a 15-minute stroll at your lunch hour.
- 8. ELIMINATE fat-free or reduced-fat convenience food. They're loaded with bad carbs, the kind that has made Americans fatter than ever. They just replace the fat with different variations of sugar.
- **9.** Always **eat a small, balanced snack** in the **mid-afternoon to avoid being ravenous at dinner** the meal that's most guilty for packing on the pounds.
- **10.**Think. Say a prayer; engage in a few seconds of meditation to keep you mindful of what you're putting in your mouth, and to give you strength.



Why Bother To Cook For Yourself?

Why bother to cook for yourself? Here are 6 excellent reasons for **from-scratch-cooking**:

- 1. Home cooking wakes up your taste buds with new, improved flavors.
- 2. You're in charge of what goes in your mouth.
- 3. It saves you money from buying prepared foods.
- 4. It accentuates the positives, such as valuable vitamins and minerals that are essential in a healthy diet.

- 5. It virtually eliminates the negatives, like excessive fat and salt.
- 6. It takes less time than reading the labels on processed foods (well, just about).
- 7. You pay more for convenience foods than you probably realize, and often it takes less time to make similar foods from scratch than the media leads you to believe.



Bouncing Back From Fad Diets

Yes, **you CAN be a "comeback kid"** and re-learn how to eat a balanced, healthy diet.

Okay, so you've tried every diet know to humankind with the same result: **NOTHING,** except more weight gain and an even more stubborn metabolism.

Americans alone spend \$30 billion, with a capital B, to pare off the pounds. Too bad most of it is of the get-slim-quick variety. No wonder why your spirits are low.

It's time for a crash-course in Diets101.

Diets that claim a single food or food group will do the trick, you need to recognize the trick. You're writing a prescription for overeating that'll happen, and fast.

These diets **lack variety** and a **sound nutritional plan**. You don't get all your nutrients from **ONE** food. **Bounce back** by eating a **variety** of foods; chicken, turkey, seafood, cottage cheese, lots of fruits and veggies, moderate fats from nuts, seeds, oil, avocado, olives.

High-protein, meat-only diets are also not the answer. You do need the protein, but these diets are **EXCESSIVELY** high in protein. You're looking into dialysis later on if you keep this up. **You're missing valuable nutrients** that you can get from your fruits and veggies.

Bounce back by **balancing** your meals among protein, fruits and veggies, and some fat. **Supplement** with a quality daily **vitamin/mineral and anti-oxidant** formula.

For the ultra-low calorie (read: starvation) dieters, FORGET IT. This is your ticket to throwing your muscle in the garbage and your body locking in its fat stores and throwing away the key. You also wreak havoc on your liver, digestive system, and heart muscle. Everything gets out of whack.

For subscribers to **liquid diets**, you need to change your perception of what food is. **Food is our fuel for good health.** It helps make everything run smoothly, like high-octane gas. You can't run a Ferrari on 87 octane, or the engine will knock and suffer damage. You give it the top-of-line octane gas. Zoom zoom! **Treat your body the same way, it's priceless.**

Bounce back with **balanced nutrition and daily exercise**, and you **WILL** increase your metabolism, have more energy, feel healthier, look fantastic, etc. - no matter what has happened in the past.



8 Diet Mind Games That Pack On The Pounds

Sure, the notion that if you eat cheesecake while walking around will burn up all of the calories in that slice is tempting. But aren't we all looking for that loophole that "justifies" doing what we KNOW we aren't supposed to do? To stick with your sound nutrition plan, be alert for these dietary "logic" saboteurs:

• Mind Game #1: Only calories count.

"I just have to make sure that I stay at or around 1500 calories and I'll lose weight." Sorry, doesn't work that way. You may eat 1500 calories, but you may consume them in breads, bagels, baked goods, chips, snacks, etc. **The calories count when your nutrition is in BALANCE** - protein, lots of fruits and veggies, and some fat (unsaturated).

Mind Game #2: I'll just have one bite and I'll be satisfied.
 Ooohhh, that was gooooood. Maybe just another small bite.
 Okay, last bite, promise!

A bite of just about any food yields about 25-45 calories. Take 4-5 "little bites" and you're looking at 100 UNCOUNTED calories every day. I'm sorry, but is "just one bite" REALLY, TRULY satisfying for you? Little things make a big difference; little bites every day can add up to 10 1/2 lb. of extra body weight a year. Besides, why do you want to put yourself through tremendous guilt and shoot down your confidence?

- Mind Game #3: I can eat whatever I want because I exercise. Think again. Yes, your metabolism increases for a few hours after exercise, but that's the equivalent of an apple, not a Snickers bar. Have a ravenous appetite after a good workout? Make sure you eat something a couple of hours before your workout, and drink a big glass of cold water right after. Then about an hour after your workout, have a balanced meal.
- Mind Game #4: I keep track of everything I eat except for the stuff I don't realize I'm eating.

The daily mocha with whipped cream, or latte'. Fruit juice throughout the day. The Danish at the office. Leftovers from your kid's plate. **Little things, again.**Food diaries have been proven over and over to be very effective in weight loss efforts. There are a couple of ways you can keep a diary:

- 1) Write down immediately after eating, or
- 2) At the end of the day write down EVERYTHING you ate.
- Mind Game #5: I can eat more later because I'm eating low fat now.

Why do you want to do this anyway? So WHAT if you're eating low fat now? Do you think you're helping yourself by eating more later, when you're less active and then going to bed? **Just another way to give you tremendous guilt and a tarnished self-image.** Avoid it like the plague.

 Mind Game #6: I can eat all I want before noon because I have all day to burn it off. Or, food eaten after 6 or 7 pm turns straight to fat.

True, eating a balanced breakfast is an excellent way to get your metabolic furnace stoked, **but that's not a license to eat whatever you want.** You're burning calories throughout the day, so it's important to **fuel your body correctly.**

There is no conclusive evidence that eating after dinner is your ticket to fat-dom. Your metabolism is only slower because you're less active. So, eat appropriately. Keep it balanced, and light on the calories.

Mind Game #7: I can eat more if it's organic.

Don't confuse savvy marketing packaging of these foods. "All natural" does NOT mean "all you can eat." **READ THE LABEL.** If you can't pronounce any ingredients, put it back. Stick with the **REAL** stuff. And make sure whatever you buy is **nutrient-dense**.

 Mind Game #8: As long as the food I'm about to put in my mouth is allowed on some other diet, I can eat it.

Some of us think there is a better way to eat than the "boring" way we know works. You see, healthy eating is NOT "boring." It's only your perception that it's boring. Shift your thinking from boring from healthy and fat-burning. It's a case of simple math: **QUALITY calories in - calories out = weight loss.**



Stop The Pain Of Regain

You'll stop the **roller coaster** ride on the scale when you adopt **good eating habits** that you can **stick with** in the long run. Here are some common sense tips for **sound**, **balanced**, **and energizing eating** that stops the pain of regain:

- **DON'T forget breakfast.** If you do, **you'll make up for it and more** later in the day (and when your metabolism slows down, too a double whammy that packs on the flab fast).
- DO replace high-fat breakfasts (e.g. donuts, muffins) with healthier choices like cottage cheese, egg whites, plain yogurt with fresh fruit, oatmeal, and fresh fruits.
- DON'T go hungry. Starving yourself only makes the bad-for-you foods look even more tantalizing. Then when it's time to eat, you scarf down too much of them.

- DO eat something every 3-4 hours. Keep your internal furnace stoked with foods like fiber-rich fruits and veggies, canned tuna or chicken, deli turkey or chicken, nuts. AND DON'T FORGET WATER.
- DON'T eat the same types of foods to reduce calorie intake. Boredom sets in as you eat the same stuff EVERY SINGLE DAY. Then you feel deprived. Then you binge. Then you gain weight. It's a vicious cycle.
- DO eat a wide variety of foods into your diet. Variety makes meals
 enjoyable and gives you a broader spectrum of vital nutrients for optimum
 daily performance. Be brave; try a new food you haven't had before (or even
 didn't like before) for one week.
- DON'T keep large amounts of high-fat snacks (e.g. cookies, chips) in your kitchen.
- DO keep a reserve of fresh fruits and veggies, canned tuna and chicken, yogurt, cottage cheese, chicken/turkey breast, etc.
- DON'T deny yourself your favorite foods. Even I will have Ben & Jerry's once in a while. Depriving yourself leads to overeating your favorite food often.
- **DO treat yourself occasionally** with a favorite treat. Just a small amount is enough to satisfy your craving.
- DON'T assume all "light" meals are healthy. Fatty dressings on salads, for instance, and entrees doused with butter and oil.
- DO get your dressing on the side and ask your entree be baked with less oil/butter, or broiled. Remember, the waitress/waiter is there to serve YOU. You're the boss.
- DON'T beat yourself up if you eat something you're not supposed to. Just don't throw in the towel; eat what you're supposed to AT YOUR NEXT MEAL.

A major reason for weight regain is because too many people blow their diets, then give up and eat junk for the rest of the day.

• **DO forgive yourself.** Renew your **commitment** to your weight loss goal, and **plan ahead** to avoid making the same mistake again.





Tired Of Being A Diet Failure? Here's Another Way To Become Truly Committed And Motivated For Success

Let's say you've put on a few pounds over the last several months, maybe 10-20 (hopefully not more!). Taking off that extra flab, you would think, would be a nobrainer, right? Watch what you eat, rediscover your (very) expensive clothes hanger cleverly disguised as a home gym, and making sure to get in 3-4 brisk walks a week.

Let's be realistic, here.

For some of you, this is a no-brainer. But for many of you, there will be **roadblocks** on your way to diet success, for certain. If you try to diet **before** you're **TRULY committed and motivated**, you will have the most difficult time reaching your goals. **You're still WISHING positive**, **but THINKING negative**. For example, "I want to lose weight (wishing positive) **BUT** I don't know if I can do it (thinking negative)."

You see, a key factor in diet success is an understanding that **it doesn't happen overnight**; it happens in a **step-by-step** fashion. Here's another way to help your new health and fitness habits stick.

"Why Even Bother?"

This is when you make **excuses** like, "I have a slow metabolism," or "I've tried everything and nothing seems to work." Please.

You may be **denying** the fact that you're overweight and out of shape. Maybe no one else will notice, since at this point you have zippo motivation to do anything about it anyway.

But then, you're also aware of the subtle red flags that tell you **you need to do something:** clothes fit too tight, someone close to you hints for you to join a gym, get out of breath quicker and more often.

Don't turn a deaf ear to these warning signals. Continue learning everything you can about health and fitness - become a sponge for knowledge.

"I Can't Stand The Way I Look! Just Sick Of It!"

You're sick of wearing your biggest-sized clothes. You can't bear the thought of trying on your bathing suit for the summer. You're **ashamed** that you have to buy clothes two sizes bigger.

Right now you're **very frustrated**, and **feeling very low** about yourself. And now you finally want to do something about it. This is a **turning point** - and that's good. Things are sinking in that you need to get into/back in shape.

Now do something about it! Get names of reputable personal trainers, dietitians, and weight loss programs. Make appointments with them, like your life depended on them (which it does).

Start seeing yourself as the healthy and fit person you want to be – as if you already are. No wishing, no woulda, coulda, shoulda. You ARE healthy and fit. Tell yourself that every day, "I AM HEALTHY AND FIT." And your body will automatically move into the action to produce that result.

"Let's Do It!"

Now you're **focused.** Living healthy and looking great is now as natural to you as blinking your eyes. You're making **adjustments to your lifestyle** to stay on track towards your fitness goals: parking far away from your office, modifying the way you cook, packing nutritious lunches.

Make sure you're **prepared for the inevitable** - life's unpredictability. **Stock up** on healthy foods in your cupboard, freezer, and refrigerator. Workout when your focus is best. Don't try to do something you're not. **Be you. But be a lean, mean you.**

Here's an idea to help you keep on track. A client of mine makes up her weekly schedule on Sunday night. Do this for your workouts, meals, etc. These appointments are **equally as important** as your doctor or dentist appointments. Treat them as such. **IMPORTANT NOTE: do NOT add to this schedule.** You'll

have a never-ending list of things-to-do that will only frustrate you, making you ripe for quitting.

"I'm On A Roll!"

You're feeling really good. You're eating 100% better, eating the foods you're supposed to eat. You're working out regularly, at least 3 days a week (more is recommended!). Your **confidence** is way, way up because you've found a solution to your health and fitness problem. **Just be sure you've done your homework before you jump here.**

Learn to think on your feet when you approach obstacles, like a relative giving you a fatty dish at a get-together. Accept it, put it on the table, and then offer it to others to take leftovers home with them. Throw away the rest.

Reward yourself every time you conquer an obstacle - new shoes, new clothes, a movie, massage (notice it's not food related). Stave off boredom by changing your exercise routine, buying new workout clothes, trying a new exercise class, or new exercise video at home.

"I Did It!"

You've reached your realistic goal weight. You're diet habits are great, you feel energetic, strong, and you've never felt better. **Time to back off?** Many people think that once they reach this point they can work on "maintenance," which is a total fallacy.

Remember, your body LOVES to do nothing. When you start backing off your training, diet, and/or lifestyle, your body senses this and reacts accordingly: decrease muscle, increase fat, decrease heart and lung capacity, etc.

Continue challenging your body in new, different ways. Like take up an activity you couldn't do before because you weren't in shape to do it, e.g. rock climbing, hiking, in-line skating. Buy those form-fitting clothes that really enhance your new physique. Keep telling yourself, "I look great. I feel great." Look in the mirror and tell yourself that.

You've become your own coach. You know what you were like when you were out of shape, and you're never going to be there again. You understand what "getting back in the saddle again" means when you eat something sinful - start fresh at your next meal.

It's official: being healthy and fit is now as natural to you as taking a shower every day. Good for you!



Chapter 16: Nourish During Stress





Okay, okay. We've all got busy lives; 10-12 hour jobs, a dozen to-do lists, a family to take care of, all kinds of projects, and umpteen priorities. But you know what? It's STILL possible to eat healthy and balanced even on a schedule as tight as yours. All you need is a strategy.

1. DO NOT SKIP BREAKFAST. AND I DON'T WANT TO HEAR ANY EXCUSES.

Skipping the most important meal of the day **results in overeating later**, **tremendous guilt**, **and weight gain**. Get your patootie **out of bed earlier** if you have to. Don't tell me it takes too long to make breakfast. It doesn't need to be an event.

2. Don't skip meals.

On that note, **don't skip ANY meals.** Ditto the reasons from #1.

3. If you absolutely, positively MUST choose frozen dinners, supplement them with some nutritious fruit or vegetable.

Most frozen dinners are **lacking in Vitamins A and C as well as fiber** and can leave you **unfulfilled and hungry.** Add some vegetables or a salad and a piece of fresh fruit to get the vitamins you need.

4. Have a reserve of nutritious food stocked in your fridge, freezer, cupboard, and pantry.

When you don't grocery shop, you come home to poor food choices and snacks or settle for fast foods. **Having a reserve of healthy food gives you choice** - of a variety of good-for-you food.

5. Create a plan.

Plan to eat at least 1-2 snacks and 3 meals a day. This will decrease your hunger and urge to eat junk foods, keep your metabolism high so you burn more calories, and help you lose weight faster. Pack some nutrition bars, or whip up a protein shake or two and put in a thermos.

6. 3-5 hours MAXIMUM time between meals.

Going any **longer than 5 hours** will cause you to **eat anything in sight.**Schedule time for balanced snacks like peaches and cottage cheese, or the nutrition bars, or protein shakes (see #5).

7. Be prepared.

Working late can sabotage your eating plans. **Pack a few meals** and keep them in the **refrigerator** at work, nutrition bars/shakes (they can be life-savers, can't they?). Keeping these on hand will **keep you from starving yourself**, which is definitely NOT good. If you're working on a challenging project, sticking with sound nutrition will **keep your energy higher and your brain sharper**.

8. Prepare meals in minutes.

Use a **crockpot** to toss in ingredients before you go out the door in the morning and your meal will be all **ready when you come home.** Make use of the **microwave**, too.

9. Use quick foods.

Instead of cutting up vegetables or making the salad, why not spend a few extra dollars and **get some prepared cut up fruits and vegetables?** Get a **rotisserie chicken**. Get fully cooked, cut up chicken or turkey. Have some **cottage cheese**. It's still a lot cheaper than a fast food hamburger!

10. Cook in bulk.

Plan to cook one day a week (maybe Sunday) and prepare large batches of several dishes for the week. **Double or triple** normal quantities and **freeze some**, too.





Cookies, cakes, pies, baked goodies, ice cream, candy...

The last thing you want to deal with is cravings. You want to eat well. You want your energy up. You want to keep your metabolism high.

The key to **controlling your cravings** is knowing **when to give in and how to resist.** This knowledge helps keep you well, physically and mentally.

1. Check out your diet.

Inconsistencies in your diet can set you up for cravings. For example, if you skimp on breakfast and lunch, with no snacks, you're looking at a pretty ravenous appetite come midafternoon. Then there's dinner – you could wolf down 1,000 or more calories before you know it. And then you'll know it. Balance your meals and snacks throughout the day to control blood sugar levels and keep your energy up.

2. What do you REALLY want?

Sometimes what you crave is found in **PART** of a meal. In other words, do you need to eat the **WHOLE** meal, or is there just **ONE** thing that will **satisfy the craving**, like salt, or bread?

3. Wait it out.

We are an **instant gratification** society. "If my craving doesn't go away **NOW**, forget it. I'm going to have those dozen Dunkin Donuts." Just **wait 15 minutes** or so before you cave in. In the meantime, **drink a 16-ounce glass of cold water** to help fill you up. The desire often passes.

4. Find a healthier substitute.

Identify the healthiest substitute that will hit the spot. If you're having a sweet tooth, your craving might be satisfied by grabbing a banana or a handful of grapes (with less calories and more nutritious).

5. Okay... go for it.

If your craving is undeniable, **just do it.** Many times people, in an effort to avoid the thing they're craving, will overeat everything **BUT** the food they were craving. Then a little later they end up having the food they craved in the first place. It's a **triple-whammy:** guilt for stuffing your face, guilt for coming back and having the thing you craved in the first place, then feeling really gross for overeating.

6. Don't beat yourself up.

Two ways you can do this. First, before you satisfy a craving, **set yourself up for a positive outcome.** Give yourself permission, keep the portion moderate, and accept that you're satisfying the craving. Second, if you realize you have satisfied a craving without thinking, then **just accept it, period.** It happened. No

need to beat a dead horse. **You did it; it's done, so move on.** How are you going to do better next time?

The point is, if you keep harping on yourself for being such a "bad" person for succumbing to your craving, you're going to keep eating that way. By accepting and moving on, you're not giving yourself a chance to retreat to old habits.

7. Catch yourself before you get out of hand.

A few ways to do this one:

- 1) Store food in Ziploc sandwich bags. When you're ready to eat, that's all you get.
- 2) Only one helping put the amount of food you'll eat on your plate (be reasonable), then leave the rest for everybody else, or store in fridge/freezer, or use the Ziploc idea.
- 3) Ban too-tempting foods from your home altogether.

8. Have a routine.

It's really easy to stand in front of the pantry and scarf down a package of cookies. **Take a couple, eat slowly, and savor each bite.** (Have some water with it, too.) You'll eat less and enjoy the treat more.

9. Sweat.

Regular exercisers report far fewer food cravings than their sedentary counterparts. Part of has to do with the feel-good endorphins released during physical activity. Plus, regular exercisers tend to feel more in control of their bodies, so they're less likely to binge. Think about it: if you're exercising every day, feeling good about yourself with high energy, you wouldn't want to waste that on eating junk all the time, would you?

10. Keep track.

In your **food journal**, keep notes on **how often**, **why**, **and when** you crave certain foods. When you **understand what triggers** your cravings - boredom, stress, fatigue, etc. - **you can manage them better**.





Here are the **nutrients that combat anxiety, depression, and stress,** with the **best food sources** for these nutrients:

Vitamin B1

Oatmeal, peanuts, lean pork, most veggies, bran, milk.

Vitamin B6

Wheat germ, soybeans, cantaloupe, cabbage, eggs, oats, peanuts, walnuts.

Pantothenic Acid

Meat, whole grains, wheat germ, green veggies, nuts, chicken.

Vitamin C

Citrus fruits, berries, green leafy veggies, tomatoes, cauliflower, peppers, potatoes.

• Vitamin B12

Beef, pork, eggs, milk, cheese.

Choline

Green leafy veggies, wheat germ, egg yolks

Vitamin E

Wheat germ, soybeans, vegetable oils, nuts, Brussels sprouts, leafy greens, eggs, whole grain.

Folic Acid

Deep green leafy veggies, carrots, egg yolk, cantaloupe, apricots, pumpkin, avocados, beans, whole & dark rye flour.

Zinc

Meat, seafood, wheat germ, eggs, nonfat dry milk.

Magnesium

Figs, almonds, nuts, seeds, dark green veggies, bananas.

Manganese

Whole grain, nuts, green leafy veggies, peas, beets.

Niacin

Lean meat, wheat germ, fish, eggs, peanuts, white meat poultry, avocados.

Calcium

Milk and milk products, soybeans, sardines, salmon, peanuts, walnuts, sunflower seeds, dried beans, kale, broccoli, collard greens.



Calming Nervous Nibbling

To feel good - and good about yourself - on stressful days, doctors and nutritionists suggest some tips for overcoming nervous eating:

Eat Breakfast

You wouldn't start a cross country trip with an empty gas tank, so why begin a stressful day on an empty stomach?

Think Twice About Caffeine

Too much can cause **nervousness and the jitters.** If you're already stressed, this can amplify your stress. **Be aware** of how you respond to caffeine.

Eat Smaller Meals More Often

Keeps your blood sugar levels stable, so your energy is up and your cravings are controlled.

Drink Water First

If you're hungry, drink a big glass of water. **Sometimes thirst is disguised as hunger.** If you're still hungry, then eat a balanced snack.

Watch Your Sugar Intake

Too much sugar leads to very high blood sugar levels, causing your body to secrete insulin to bring it down to potentially dangerous low levels. Problem is, too much insulin is released, so you end up with less energy and stronger cravings for bad stuff.





Today's American diet contains too much sugar, too much fat, and not enough quality protein - and too much inactivity. The results are horrendous: collectively, we are fatter than ever, and it's turning into an epidemic, according to many health and medical experts.

Combine that with the fact that we are also experiencing **more** "real" stress than ever, and we're in REAL trouble with our health.

Technology is faster, "too much to do" with "not enough time in the day" to do it.

When you eat a typical junk diet, you're demanding your body to digest it. And stress is a demand on your body.

The typical junk diet also has **too many calories**. You're asking your body to do **the nearly impossible**. It has to **work overtime** to break down your food, **sapping you of energy** and **storing even more fat**.

Yuck! How can you possibly be able to handle other bad stressors if your body is too busy trying to digest the junk you're giving it?

Balance your meals, as I will continue to recommend, between protein, carbs (especially fruits and veggies), and some fat (like nuts, olive oil, canola - the good stuff). **Power-packed** with **stress-fighting nutrients and lower in calories**, your body will become a **well-oiled machine** with sound nutrition, ready and able to tackle stress. (And don't forget the water, too!)



When Deadlines Go To Your Waistline

Once you start **overeating due to anxiety**, it can be hard to stop. But there are ways you can cope **without turning to food**. Especially at work.

While your cubicle is the most popular place in your office thanks to all the goodies there, this is a **red alert for everybody's waistline** around you! And what is your reason for physically showing the pressures of your workday on your physique?

THERE IS NONE.

First of all, **cease and desist bringing junk to work.** Or if you're not the guilty party, **demand and request the said party not to bring it.** If they frown at you, the only other alternative is to...

Not eat it in the first place.

Start bringing lunch to work. Don't sit there and tell me you can't because you "don't have time" to make it. You **DO** have time. **It's just not important to you yet.**

Research has shown that **people who exercise regularly watch their eating habits more carefully.** So try this: **bring your walking shoes or go to the gym for 1/2 hour.** Make your workout challenging. When you get back to your desk, have your **BALANCED** lunch.

As you continue this routine, **know that it gets a lot easier**, and you'll love the results.



Why You Tend To Eat Junk Under Stress

I was talking to my mom one day, and she asked me about why she **craves** carbohydrates so terribly when she's under too much stress.

People tell me they tend to eat too much (and of the wrong things) when they're under stress, and they can't seem to stop. "Why, Gar, why??!!!"

Here's what happens when your body is under a lot of stress:

Stress hormones are released, like cortisol and adrenaline. These stress hormones **produce a ton of energy** by breaking down your carbohydrate and fat stores in your muscle, your liver, and in your bloodstream. As a result, your **blood sugar is significantly lowered,** as if you haven't eaten in 8 hours.

You know the feeling - shaking, dizziness or lightheadedness, and **major** hunger. This is how vending machines full of sugar and fat and convenience foods of the same take advantage of you.

Now you've just wasted your money (and your body) on a King Size Snickers Bar. Your body then reacts by **sending your blood sugar level to the moon**, causing an **overproduction of insulin and serotonin**, a neurotransmitter sent from your brain to relax you and help you sleep.

Here's how these **two hormones kill you:** the **high insulin** response ends up lowering your blood sugar to **potentially dangerous levels**, leading to a virtually **insatiable appetite for the junk.** The **relaxing feeling** you experience you get from **serotonin** becomes almost **habit forming**. **You feel better when you eat the junk**, but then you **feel awful afterwards** for doing it. **Vicious cycle**.

Once you have this **awareness** about how too much stress can lead to overeating, **you can take control** of how you eat during stress by making better, healthier choices. You feel like a million bucks, and your body rewards you for keeping it in shape.



Chapter 17: Snacking & Supplementation







Nutritional Supplements Are Your Ammo

And **YOU** fire the gun.

Think of them as if you're going to war and they're a bag of ammo you're carrying to battle. When you're **fighting for your life**, **it's good to have it around**.

But if you never see the enemy and shoot your gun, you'll be carrying a lot of extra weight and expense for nothing.

By the same token, **you must work out** (shoot your gun), if you're going to take supplements. If you don't, then you've got the most expensive urine on the planet. Supplements are just that, SUPPLEMENTS. They **compliment** your workout and dietary efforts. **They don't do it alone.**

You've got to work to make them work for you. Savvy marketers don't tell you this, though, because they want you buy NOW. That's pretty smart on their part, but leaves you in the dust.

Most generally, **supplements work slowly** - they're not an overnight success. You should start **feeling**, **even seeing results after about 30 days** in most cases. **That's providing you're doing the other necessary things** like diet, exercise, and lifestyle changes.





NO.

Many people **pop** a **vitamin pack** each morning thinking they're giving themselves an energy boost for the day.

Truth is, what's going to give them enough energy for the day is a good, BALANCED breakfast.

You see, **energy and calories are the same.** A calorie is a unit of energy. Thus, in order to have energy, you must **consume nutrients that have calories.** Vitamins alone **do not have calories**, therefore, no energy.

So make sure your breakfast (and all meals for that matter) is balanced between protein, carbohydrates, and fat. You'll have **more energy, think clearer, and feel better.**



Is Snacking After Dinner Really That Bad?

No.

I'm sure most of your jaws have dropped are wide-eyed, screaming, "No way, that's when everybody gains their weight!"

You're right. But it all **depends on your activity level and your eating habits.** Yeah, you're going to pork up if you eat a half-dozen Oreos and a glass of 2% milk before you go to bed most nights and work out sporadically.

However, if you are active (exercise at least 3 days a week) and eat a nutritionally sound diet (the "B" word again), you can maximize your metabolism with a light, balanced snack before you hit the sack.

You see, every time you eat, your metabolism increases. That's because it takes energy to digest your food and distribute it throughout the body. You ever notice how you get a little bit warmer while you're eating? That's your metabolism working on your food.

That's why nutrition experts strongly recommend eating smaller meals more frequently during the day. 4-6 is best. When you keep your metabolism hiked, the heat generated is commonly known as - calories! Which is what you WANT to burn up when trying to lose fat and weight.



Don't Get Hung Up With The "All-Natural" Label

Coconut cream is perfectly natural - it's simply the juice of mashed coconut. But it's loaded with lots of saturated fat, the same fat as in a t-bone steak.

Sugar is natural, too. So is honey. So are butter and cheese. And popcorn can be called "natural" and have so much added cheese, oil, and salt that it's worse than potato chips.

Our bodies don't really care what we do with food before we eat them. They're concerned with what they GET - valuable nutrients.

It's like how customers think about what they're buying - what's in it for me? They don't care what the production process is, or how fancy it looks. What are the benefits? That's how your body thinks, too.

Your body is your absolute best customer. Treat yours as such.

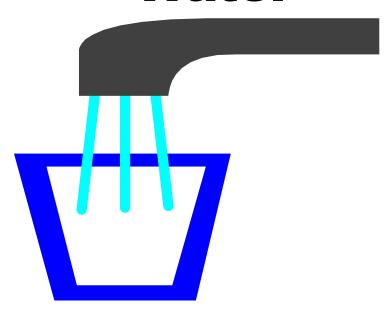
As it so happens, that foods very close to the way nature made them GENERALLY have big health bonuses.

But when you take "natural" oil, sugar, honey, coconut solids, butterfat, and chocolate and put them together to make a candy bar (or other treat), what you get is a **hodgepodge** - **a parody** of everything the word "natural" ought to imply.

So don't get hung up on the "all-natural" garbage. Ask yourself if what you're eating is part of a NATURAL DIET. If it's full of oils and sugars, it isn't.



Chapter 18: Water



Enhance Your Fat-Burning Ability With Water

Many of us mistakenly perceive our **thirst as hunger** and eat higher-fat foods **when we're really thirsty**.

A good way to determine if you're hungry or thirsty is to drink an ice-cold glass of water when you feel a hunger pang. Wait a few minutes, and if you're still hungry, have a light, balanced snack. The important thing is to know your body's thirst and hunger and feed them appropriately. In other words, drink when you're thirsty and eat when you're hungry.

Drinking a minimum of **eight**, **eight-ounce glasses of water a day** is overwhelmingly the **number one method of curbing food cravings and hunger**. Drinking water throughout the day fills you up, and because it keeps your stomach full, it reduces your desire to eat. Drinking water like this on a daily basis is directly related to **successful**, **LASTING weight loss**.

Some studies show that, with an active lifestyle, water can actually help reduce fat deposits. When you're fully hydrated, the bloodstream has all the fluid it needs to transport fatty acids from place to place. Drinking water also enhances your body's ability to release fatty acids from within cells into the bloodstream to go to the muscles for burning.

There's also some evidence that says that the **colder the water**, **the greater its fat-burning power**. The theory goes that your body has to heat up to its core temperature (98.6) after drinking ice-cold water. A gallon of ice water requires 200 calories of heat energy to warm the body to 98.6. Even though it's just a little calorie burning here and there, every little calorie burned helps, right?

Other Benefits

Obviously, water **prevents dehydration.** And by doing so counteracts some of the body-damaging side effects (besides fat promoting) that can result from dehydration.

If you don't drink enough water, your body will **retain the water** it does have. This **overworks the kidneys**, as waste products accumulate. Your liver is then called on to filter out even more impurities. As a result, **metabolizing stored fat into usable energy** - one of the main functions of your liver - is **minimized**.

It also helps to **fight fatigue**, **balance your electrolytes**, **and keep your energy levels up**. Even a slightly dehydrated state can produce a small but critical shrinkage in the brain, impairing coordination, concentration, and thinking.

Keep a water bottle or thermal tumbler at your desk with you. Most generally they're 16 oz. sizes, so fill it up at least 4 times to get your daily requirement.

Other H₂O Alternatives

Put "zing" into your water. Add some unsweetened flavorings, such as lemon, lime, or berry.

DON'T sweeten it. Real or fake sweeteners will push your appetite and metabolism in the wrong direction.

Go for the fizz. Mineral water is just as good as regular water (I always thought that they're the same as soda. Guess not.)

Try some tea. Unsweetened, that is. Check out Celestial Seasonings at your supermarket for different varieties.





I have always said you need a MINIMUM of 8 glasses of water a day.

The question is, do other liquids count towards your water intake, like juice, diet drinks, carbonated crap, coffee, tea, soda, milk, etc.?

"Gar, I HATE drinking water all day. It's SOOOO boring. Why can't these other drinks count towards my daily intake?"

8 glasses MINIMUM of WATER - clear, unadulterated WATER - a day. 10 is even better.

Water is cleans your body of toxic by-products, controls your appetite, helps you get rid of excess stored fat, is non-caloric, regulates your body temperature... need I go on?

Juices load up on calories and concentrated sugars. Diet drinks contain artificial sweeteners and junk that rob your body of essential nutrients and may prevent you from losing weight.

Milk does give you **good nutrition** (skim or 1%) and is mostly water, but does not give you as many benefits as water does by itself.

EXCEPTION: Tea (decaffeinated). Especially the green tea. You can count up to two cups of tea toward your daily water intake.

As far as **coffee** goes, hmmmm.... **one cup can count** toward your water intake for the day, but **then you can only count ONE cup of tea.**

Rather than turning this into rocket science, **just drink the darn water.** If you need flavor, add a twist of lemon.

By the way, the water you drink during exercise DOES NOT count toward your daily intake. You need to replenish the water you lost. So for every pound of weight lost during exercise, drink two cups of water.





When you sweat from working out, you're losing precious electrolytes (sodium, chloride, calcium, potassium, etc.) that maintain your water balance, keep you hydrated, regulate your body temperature, and keep your heart functioning properly.

Sports drinks (read: commercial) aim to replace the fluid lost during exercise, replace electrolytes lost, and provide additional energy with carbohydrate (mainly glucose) to enhance endurance.

Bottom Line

If you're doing a short-term activity, like up to a 60-minute workout, stick with the H₂O. Anything over 60 minutes, go ahead with a sports drink. Use caveat emptor (buyer beware) with different drinks. If you can buy a sports drink at a grocery store, take a good look at the label. Most likely the drink will be sugary water.



Secrets To A Peak Performance Life

Garrett J. Braunreiter



Published by The World Peak Performance Center, LLC 5476 W Cortaro Crossing Drive Tucson, AZ 85742 USA (520) 219-5163 (520) 219-5257 fax mailto:webmaster@worldpeakperformance.com

Chapter 1: Are You On Quicksand? Strengthen Your Foundation









Building A Strong Personal Foundation

What is a **Personal Foundation?**

Virtually **every person wants more**, sometimes much more, and knows that **they must make certain changes** in their personal and professional lives in order to get more of what they really want. These changes take time, coaching, and effort.

The Personal Foundation process involves **deliberately investing in one's Self**, usually **far more than the client has done before** or thinks they need, deserve or should.

My **BIG REQUEST** of you: Become very, very selfish (not egotistical, egocentered, consuming or needy; rather to **put yourself first**).

How can you possibly take care of others when you can't even take care of yourself? When you take care of yourself, by building a strong Foundation, you can take care of others **better**, **faster**, **and easier**. It's no longer a chore.

If I had a dime for the number of people who complain about helping others with volunteer work, or some other charitable cause, I'd be stinking rich.

It's exactly those people who aren't taking care of themselves. They have no energy to help others.

Accomplish More, More Easily

You will accomplish more, more easily if you take the time to first strengthen your personal foundation.

Who doesn't want to accomplish more in life? Let's face, it's just in us to want to do better. I've never heard anyone say, "I want to be the worst person on the face of this planet, and so poor I have to eat dirt to stay alive."

Don't most of us want more time? More money? More love? More satisfaction? Yet, isn't our tendency to go for it rather than simply having it all come to us? A strong personal foundation includes 10 distinct stepping stones which, when linked together, provide a solid yet personalized base on which to build one's life. And, in a world that sometimes appears to be built on quicksand, we all need a personal foundation on which to depend.

The Stepping Stones

- 1. A past that you have fully completed.
- 2. A life that is based fully on integrity.
- 3. Needs that have been identified and fully met.
- 4. Boundaries that are ample and automatic.
- 5. Standards that bring out your best.
- 6. An absence of tolerations.
- 7. Choosing to come from a positive place.
- 8. A family that nurtures you.
- 9. A community that develops you.
- 10. A life fully oriented around your true values.

Anyone who is living a meaningful life must have a strong personal foundation so they can afford to **look up at the stars** instead of down at their feet. Having a strong personal foundation allows you to **fully use your skills and resources**. Instead of constantly worrying about the fundamentals of your life, you are free to **focus** on the task at hand. The process of building a personal foundation also teaches you how to **eliminate and prevent** many common problems that are usually thought of as an expected part of life.

A skyscraper doesn't start at street level. In fact, the taller the building, the deeper the foundation. This holds true for people, too.

Seven Tips To A Stronger Foundation

- 1. Come To "Get" That Your Personal Foundation Is An Investment In YOUR Infrastructure
 - It takes 1-3 years and is a once-in-a-lifetime investment that pays off **FOREVER.**
 - Realize that you are remodeling, using new materials and the architect's (YOU) plan may by fuzzy.

2. There Will Be Major Changes In Your Life During This Process

- You'll start telling the Truth more and putting yourself first; this takes lots
 of practice.
- You will **re-prioritize** how you spend your time and energy: warn people around you.

3. It's Okay To Complain, As Long As You're Working

 Keep learning those annoying lessons fully, especially if they keep coming at you! • "Get" that **you're doing your very best**, even if you have to catch your breath along the way.

4. Go All The Way With Your Rebuilding, Not "Just Far Enough"

- If you're making changes, don't do them incrementally, yet don't be stupid either. But go far!
- **Do it totally "your way"** even if that means making mistakes. Don't follow someone else's plan.

5. Work The Personal Foundation Program

 You needn't reinvent the wheel; the program works. Adapt it to your needs, but don't change it.

6. Stop Tolerating Anything

- You'll know you're strengthening your PF when you stop putting up with things you used to.
- Don't put up with your own silly behavior. You'll find yourself GROWING! Make changes!

7. Graduate And Move On To The Next Level Of Programs

- Make sure your physical universe now reflects your adult status: People, Home, Money, Life.
- Celebrate your arrival. Congratulations.





Stop Relying On "Cause And Effect" -Instead, Let "Being At Cause" Be Reward Enough

What if you began acting as if there were no such thing as "cause and effect?" (There is, but suspend logic for a moment.) What if you didn't get love back

when you gave it? Would you stop loving? What if you didn't get recognition from your colleagues for a job well done? Would you stop working? What if you felt compelled to paint, but never sold a painting? Would you stop painting?

There is no "right" answer to the questions above. Hopefully it causes you to **think about why you do things**, because it's often for the payoff or the "effect" that we do things. It's how we human beings have learned to live, and is sadly similar to how Pavlov's dogs lived. **We know we'll get something out of it, so we bother to do it.**

This system does work; I am not criticizing it. I've got a mortgage payment, too. But what if you began to simply cause things, not expecting any effect? You may want effect (praise), or need it (money), but what if you simply did what you did it because if felt right to you? Would you live your life differently?

As a coach, I see too many people living life by driving forward only using the rear-view mirror to see where they'd been and what effects they had caused. Their direction, choices and goals were heavily influenced by what might happen or by comparing what they were doing to what they had already done. While both of these approaches are safe, they are not useful if one wants to grow quickly.

You might be wondering about where you would get your money, energy, or satisfaction if you adopted this "at cause" philosophy. After all, it does sound risky, doesn't it? What I've seen time and time again is that **people who adopt** this approach find new sources of energy and money, and eventually get 100% of their satisfaction solely from doing what they do rather than from a payoff of some sort. The payoff is great, but it is no longer a motivating factor at all.





I believe it was self-improvement expert Bob Proctor who once said, "95% of people just go through every day, hoping to make it safely to death."

I want to go further and add, "With hardly any energy to do it."

The second most common complaint among the people I work with is **lack of energy.** One of the things I do as a coach is I help people re-design their lives to help them **find more energy** to do the things they've always wanted to do - and with **less effort.**

Which means they have a **RESERVE** of energy to do more enjoyable, fulfilling activities.

To have a reserve means that you have **more** than you need, often **so much more** than you need that you essentially have **no** needs.

Think about it: wouldn't it be wonderful not to need more energy anymore, because you've created more than you need? Think of how much easier your life would be. Ahhhhh...

With An Energy Reserve, You're At Choice

Because we have needs, our life **choices are limited** - one part of us is compelled to focus on what we need and **keeps us satisfied**, the other part of us can **go off and explore**. The more our **needs are handled**, the more time we can play and the less time we spend being concerned about our survival.

With a strong reserve, we are truly at choice. That means we can have what we want, spend our time doing what fulfills us and truly be ourselves. Oh, we can try to be ourselves without a reserve, but it is rarely consistent or sustainable.

Creating An Energy Reserve Will Upgrade YOU

Having a solid energy reserve is the **goal** and affords the benefits, but the **process** of building this reserve **is as worthwhile** as the result. Reserve is a great goal/focus and you might as well enjoy the upgrading of the rest of you as you go, so that when you reach your goal, you have the systems in place to protect and replenish your reserve.

When you have more energy, you can do more, PERIOD. Like the "domino effect," you can, with an energy reserve, directly or indirectly have:

- More time having at least an hour or two of time each day, beyond resting, just for you
- More space room to think without pressure
- More money having enough money in the bank or solid investments to support your present and future

- More opportunity more good stuff coming your way
- More love having enough/right kind of caring and support
- More information having access to all you need to know to grow and succeed
- More wisdom access to someone/place where you grow/succeed quickly
- More self loving yourself enough to take GREAT care of yourself
- More integrity living your life with very high standards and quality

All this, in addition to **enough oomph** to get through the day **consistently** and **rest well** at night.

Creating Your Energy Reserve

1. Identify what the "full" level would be for your energy reserve and make it measurable.

For example, not having to collapse on the couch immediately after dinner every night, or going up stairs without gasping for air.

2. Identify what's needed in order to get your energy reserve.

This may include action, changes, plugging holes, being selfish (taking care of yourself first, not narcissistic), working harder, mastering exercise/diet/lifestyle, etc.

When you have taken the actions and reached your full energy reserve, give yourself a reward - really treat yourself. You've worked hard at this so treat yourself accordingly. A weekend getaway, a week's worth of massage, new clothes, etc.





Boundaries are an imaginary line of **protection** that you draw around you. This is done to **protect you**, **your soul and what's important to you**. Your boundaries are more important to you than they might be to others, or what others might want what you have.

You cannot grow without boundaries. However, you can learn how to design, implement and manage boundaries so that the process is **effortless** for you and for others.

Boundaries are about what others CANNOT do to you or around you. Boundaries are about other's actions. If it has to do with YOU, it's called a standard, which is another part of growing a strong personal foundation. If it has to do with something that another MUST do to or for you, this is called a requirement or need. It is helpful to understand the difference between these three. Just remember that boundaries are what you establish to STOP people from doing certain things to or around you.

It is recommended to extend your boundaries at least **two or three times** beyond where they are now.

When You Have Healthy Boundaries:

- Your fear diminishes dramatically; trust is rarely an issue.
- Willing, healthy family members and true friends respect you more.
- You start growing more emotionally and developmentally.

When You Have Weak Boundaries:

- You attract needy, disrespectful people into your life.
- You waste a lot of energy just to keep life going.

10 Steps To Having Extensive Boundaries

- **1.** "Get" that you need to dramatically extend your boundaries.
- 2. Be willing to educate others on how to respect your new boundaries.
- 3. Be **RELENTLESS**, yet not punitive, as you extend your boundaries.
- **4. Make a list** of 10 things others may no longer do around you, to you, or say to you. Now.
- **5.** Sit down with each person involved and share with them your process here; **get their commitment** to honoring you.
- 6. DEMAND that every single person in your life is always unconditionally constructive in every single comment to you: No more digs, make-funs, derogatory remarks, criticisms... No matter what or who or the situation!
- 7. Have and use this 4-step action plan whenever someone violates your boundaries:
 - Inform them what they're doing.
 - Request they stop immediately.

- **Demand** they stop.
- Walk away without any snappy or get-even comment. (This really ticks them off, because YOU are in control and not them. Don't give them the satisfaction.)
- **8.** Make a list of 10 ways you're violating others' boundaries. What goes around comes around!
- **9. Stop violating** the boundaries on that list.
- **10. Reward**; congratulate those who are respecting your boundaries.

Boundaries Help To Define Who You Are

Kind of like a moat around your castle. The moat was designed to keep the robbers out and the people inside the walls safe to pursue their interests. During times of conflict villagers could come inside the castle for protection. A drawbridge spanning the moat was provided access and egress when the coast was clear.

So it is with our lives. It is important to establish a safe distance from other people's **NEEDS** (note, I say others' **needs**, not people). Some people are needy and take advantage of others, particularly those who don't know how to raise the drawbridge - as in **saying "no,"** or leaving a situation before it costs them.

Make 'Em Big

Most people set their boundaries way too low. Set them big, more than you need. **Be greedy, be a pain in the butt, be strong.** The **people who really care** will understand.

YOU can say this. Do your friends pressure you into eating the same fattening junk they eat? Your significant other say something about how you look that you don't like? **Draw the line.**

Know what you'll do when someone exhibits unacceptable behavior. Inform, instruct, request, warn, demand, or just leave.

And **JUST DO IT**, regardless of the consequences. **Respect your boundaries**, stop taking on something that is a waste of your time - a tremendous energy-sapper.

Boundaries Become Automatic

At some point, your boundaries will shift into automatic, requiring no attention on your part and rarely tested by others. **People will "get" that you're not someone to screw around with.**

Examples Of Boundaries

- You're the one who gets things done, so everyone else gives you their "stuff" to work with and they hardly lift a finger.
- You say yes when you mean no.
- You say yes when you'd rather say no, but you want something out of it.





WHAT IF YOU **threw out all of your goals,** even the ones you know you want or have been working diligently on? And, what if you spent an hour with a coach getting in touch with your true values? And, then set a goal for each of your true values and got to work on them?

Would that be a big change in your life?

Probably.

Would this process help to **simplify and focus** your energies? Would it help you **choose better?** Would you start **getting more of what you REALLY want, faster?**

If so, here is the process to get you started.

1. Identify 10 True Values.

True values are those **interests and qualities** which have always intrigued you or to which you've always been attracted. Examples include: Creativity, Service, Discovery, Adventure, Teaching, Beauty, Spirituality, Leadership, Mastery,

Family, Catalyst, Sensations, Pleasure, Perform, Win/Succeed, Intellect, Sports, Sensitivity, Relate, Language.

- 2. Next, toss out the needs and shoulds from your list.

 If you need it to be happy, it's need, not a value. If you're doing it in order to get something else, it is not a value. If you want it, but it doesn't come easily, it's probably a should. If you did it when you were five, it's probably a value. If it's really exciting and you're afraid of it, it may be a value. Please add more, or prune, to bring your true value list to a total of seven.
- 3. Select an achievable goal for each of these seven true values. Pick a goal that you can reach by the end of the year, that shows you you're serious about your values, that is something you'd enjoy doing, not should do. Ask your friends and your coach what goals they see for you. Pick a fresh goal; no recycling allowed.
- **4.** Design a support structure to help you reach these seven goals. Realize that upgrading to these values-based goals into your life by telling your family.

You may find that the goals you used to have were really just needs, wants or shoulds. By setting values-based goals, you leapfrog over what has been running YOU.

Congratulations!





We're all too jam-packed with projects, goals, ideas, coulds, shoulds, have-to's, commitments, concerns and obligations. How can we truly live with all we have to do?

Simplify.

You probably already know what you're going to cut out or simplify, but read on.

Ask yourself...

- Why is my life so busy? Why have I chosen to do so much?
- What am I building with my current lifestyle? Is there a future to it? Is that future costing me my present?
- What am I missing out on about myself because of my current lifestyle?

Benefits of Simplifying

- 1. You get back in touch with yourself; your values, feelings that you forgot you had because you've been so busy.
- 2. You make better choices, rather than "flying by the seat of your pants."
- **3.** You begin to **take extreme care of yourself,** because you've experienced the **consequences** of not doing so.
- 4. You will not tolerate others whose lives are not their own.

Start by permanently cutting out 3 projects, tasks, responsibilities, shoulds, coulds, wants, goals, habits or routines that are not necessary, like volunteering to get more business, or things you've outgrown.

Pick the goals and projects that you are most committed to/can't live without. These are often the energy suckers that hold you back in your life. Let the goals and wants come to YOU, rather than forcing them.





Reorient Your Life Around Your True Values

Values are a part of us that IS us. Values are what you are naturally inclined, drawn or eager to do, without efforting. The person with the value doesn't have to make themselves, say, exercise - they just do. Values may be

genetically or culturally-based or a combination. In either case, they are very much **THERE** and very much make up **who we are, what we want and how we live.**

While values run deep within us, they resemble turtles since **they hide themselves whenever danger is sensed.** Danger in this case is anything that gets in the way of values, such as:

- Shoulds
- Tolerations
- Stress
- Money
- Pipe dreams
- Obligations
- Etc.

Given that the above listed items **dominate** the lives of most humans, it's no wonder that values don't get much of a chance to express themselves!

If getting what you want makes you happy, and if getting your needs met brings satisfaction, then living a values-based life brings fulfillment. Fulfillment is that inner feeling beyond happiness or satisfaction - it's that lasting glow and the feeling of being TOTALLY YOU.

What did you love to do when you were 6 years old? That is most likely a True Value.

When you're values-based:

- Goal setting is easier and can be reached more quickly
- Your life's vision is clearer to you
- Fewer distractions occur; life is much simpler.



Having It All Is Just The Beginning

Would you believe me if I said that I'm still not quite sure what the secret number seven means? It does sound intriguing. What do YOU think it means? Here are thoughts shared on the notion that having it all is just the beginning.

1. Most people spend a lifetime trying to get at least some of it all. What's the "all" we're referring to here - physical possessions, success, money, love, family, a strong foundation, values, life goals, education, understanding, awareness, weight loss, a great body? Yes, "all" includes everything listed here.

There isn't anything wrong with having it all. There could be a problem if you spend your entire lifetime attempting to get some of it or even all of it. Many people set their goals based on getting as much as they can. They orient their careers, emotional development and life purpose around this quest. And they fail to recognize and acknowledge exactly where they are already successful. You can actually limit yourself when you only set goals around getting or having it all. We shouldn't stop setting goals, but there are other things to consider.

2. Once you have it all, you realize that it's not that much.

Have you ever had the experience of getting exactly what you wanted, and then wondering what all the fuss was? Ask yourself, "What if I did get everything I wanted and deeded? Then what would I do with my life?" You would probably find yet another goal.

Why set goals and focus merely on the outcome of having it all? While setting goals, why not also **start enjoying and concentrating more fully the process of getting there.** "The passion of the pursuit," as my personal coach called it.

3. Having nothing is even more exciting than having it all...

Once you have a strong foundation and your needs met and have a reserve, you're better off than most. This should be your #1 priority. At this point in your development, you most likely won't need goals, at least for a while. At this stage you're usually in **momentum**, anyway, and has a strong, supportive community and not being driven by anything. You're just having a great time, responding (not reacting) to what comes up, **going with the flow** you've now tapped into.

Having it all, then, is just the beginning, because **once you have it all, you realize that then and only then can life truly begin.**





You've probably heard this before, but I'm going to give you 3 specific areas to invest in and a checklist of how to do this. True, we are a great investment assuming we're ready to benefit from what we choose to invest in.

Basically, you are wise to invest in the following three areas:

- 1. Your ability to earn or make money.
- 2. Your advanced personal development.
- 3. Your quality of life, today.

Increase Your Ability To Make Money

To make more money today, here are **3 areas** where you need to invest some seed money:

1. Your Marketable Skills

People pay you money because you have something they want, whether it's a skill, product, service, time, or solutions. And, people are generally thrifty and value-oriented so expect to give more than you think you should for whatever amount you are being paid. Marketable skills include the obvious like typing, management and technical skills, but they also include the following transportable skills:

- Problem-solving
- Good judgment
- Ability to hear what's really asked for/said
- Wisdom
- Ability to take charge and make something happen
- · Ability to coach others to accomplish more
- Timing

- Awareness of trends and patterns
- Ability to forecast the future, based on what is occurring today
- Ability to language all that you think and feel

2. Your Ability To Attract The Right People And Opportunities

To make **REAL** money, often you need only **attract and keep the right people** around you who find your structure, energy and vision to be evocative, nourishing and compelling. Here are some of the skills, attainments and qualities to invest in the development of:

- Your personality
- The way you relate with others
- The effect you have on others
- Articulating a big and compelling enough vision to attract others
- Your personal foundation so that you attract only the best because you ARE the best

3. Your Ability To Manage And Reinvest What You Earn

This one is usually best delegated to a gifted group of people, for example:

- CPA's
- Money Manager
- Executive Team
- Managers
- Board Of Directors

Selectively Invest In Your Advanced Personal Development

You can invest hundreds of thousands of dollars in your personal development if you had the time and the funds to do so. The key is **selecting exactly the parts of you that you want developed.** Here is a partial list. Ask your coach or other advisor for additional ideas.

- Listening
- Relating
- Attraction
- Attainments
- Flow
- Spirituality
- Energy

Invest In Your High Quality Of Life (HQL), Today

By high quality of life, I don't mean Tiffany's vs. K-Mart or success vs. failure. Instead, **HQL** refers to how YOU are doing, feeling, being and accomplishing each day, without having to use a measure.

Only you know what this means to you. But I've found when you focus directly on how good **TODAY** is, and fix/enhance today, then your future is **forever** better.

Checklist

1. Your Skills

Identify the **5 skills** that you would benefit greatly from investing time and money and list that is qualified to teach you each of these skills:

Specific Skill, Time (months), Budget (\$), Who'll Teach?

- 1.
- 2.
- 3.
- 4.
- 5.

Your Advanced Personal Development (APD)

Identify the **1 area** of APD that you would benefit greatly from investing time and money into and list who is qualified to guide you in this process:

Specific Area:

- 1. Time (in months include starting date (why not NOW?)):
- 2. Budget:
- 3. Who'll Teach?
- **4.** Evidence (How will I know I've reached this place?):
 - 1.
 - 2.
 - 3.

High Quality Of Life (HQL)

Identify and implement the **single change** needed in order for you to firmly be on the track to have HQL.

- The Big Change:
- The HQL benefit I expect from the Change:



Learning How To Choose Well Is An Essential Skill That Few Of Us Were Taught

Did you have a class in grade school that taught you how to choose well? Did your parents teach you how to make choices that would be best for you without a discussion of potential consequences (guilt, no dinner, grounding)? Did someone ever show you how to make consistently good choices that smoothly moved your life forward and saved you from having to make those "big decisions" that usually offered the bumpy ride?

This doesn't always happen.

Did you ever wonder why no one took that time to teach the essential skill of choosing? Perhaps now you're wondering how you might learn it now (and fast).

First, a couple of reasons "why no one took the time":

- 1. They didn't have the skill themselves, so how could they teach you?
- 2. They didn't realize that having choice was a choice. Previous generations (i.e. our parents and their parents) were focused on putting food on the table and doing the right thing. Choice was often viewed as a luxury, and fraught with peril.

The security of the status quo and having a solid future was more seductive and compelling than having to make it all up as one goes along. Your getting good grades and the teacher not getting fired were more important than experimentation, personal development, and telling the truth.

Here are some ideas to help you learn the skill of choosing:

Lesson 1

- o If you have to choose, it's not a choice, it's a decision.
- o If you want to choose, it's not a choice, it's a desire.
- o If you don't care, it's not a choice, it's a reaction.

Lesson 2

- Make the present perfect and you won't want to choose.
- o Get a reserve of everything and choices will come to you.
- o Let your values choose for you. It's so much simpler.

Lesson 3

- Stop choosing.
- Focus on strengthening your personal foundation.
- o Do what you have to do. But just do it. Don't choose it.



Chapter 2: Conquering The Comfort Zone



Why We Hold On To The Old

WHY is it that we hold on so tightly to old ideas or things? This is interesting. So interesting, in fact, that if you were to ask a thousand different people this question, you would get enough answers to fill a book. Unfortunately, most of the answers that you would receive would be dealing with secondary causes, not the PRIMARY one of this terrible problem.

If we were to go directly to the primary cause of the problem, we would discover, that even though it is deep within each person, it is virtually the same for everyone.

WE HOLD ONTO OLD IDEAS AND THINGS BECAUSE WE LACK FAITH IN OUR ABILITY TO OBTAIN NEW IDEAS AND NEW THINGS.

This leads to **insecurity**, which comes from an **inability to understand who**, and what, you are. A lack of awareness of your relationship with the incredible power within yourself will **ALWAYS** leave you with a distorted image of yourself.

You must get to the point where you realize that **your "true self" KNOWS NO LIMITS**; that, frankly, **you are quite capable of having, doing, or being anything you desire to be.** But when you fail to appreciate this basic truth, when you really believe your ability is limited, and that your real security lies in money or things, you will be **afraid to try anything new**.

Therefore, it is easy to figure out that you will want to **hold onto what you** already have, and you will try to accumulate even more of the same - failing to lose weight, not make enough money, live a dissatisfying life, keep making excuses for not exercising, etc.

WHEN ARE YOU GOING TO LET GO OF THE OLD?





When it comes to making choices, people often fail to tell themselves the truth. Oh, you may PRETEND you're striving for Goal A, but your thoughts, feelings, and actions (your ATTITUDE) clearly point in the direction of Goal B.

Then, when you arrive at B, you react with genuine astonishment and bewilderment (along with disappointment, anger, and irritation): "What's this B stuff? I wanted A!"

What's worse is that we TELL others we're heading towards A when WE KNOW we're heading towards B. It's even worse if we tell OURSELVES we're heading toward A, when we're really making a beeline for B.

We know this too well as confusion, frustration and what's-a-nice-person-like-medoing-in-a-life/body-like-this?

In one word, what gets us to our goal is...

ACTION.

Physical action, mental action, and emotional action - **all focused in one direction.** Problem is, people tell themselves they want one thing - then they think, feel, and act toward another.

Why?

FEAR OF THE CONSEQUENCES.

We humans are very smart. We can logically, and fairly accurately, project into the future. If we want something, whatever it is, and set forth on a path to get it, we will get it.

On the flip side, we can also predict the negative side of the future, the negative consequences of taking action. It costs money, takes too much time, too many calories, etc.

When we seriously consider **moving in the direction of our heart's desire**, a part of us automatically looks ahead at the possible **consequences** - **ESPECIALLY the negative ones**.

And do you know who plays a key role in this thought process???

YOUR COMFORT ZONE.

Your comfort zone argues that your actions will bring forth negative consequences. And it's your comfort zone that emotionally demands **NO ACTION.**

Sure, you can keep it quiet, as long as you sit on your duff and let your life pass you by, and let yourself get out of shape.

We can **WANT** our dream 'till we're blue in the face.

We can **THINK ABOUT SOMEDAY GETTING IT** 'till we're blue in the face.

We can **TELL EVERYONE WE KNOW HOW WE'RE ONE DAY GOING TO HAVE IT** at every opportunity.

We can even MAKE COMMITMENTS WE DON'T REALLY PLAN TO KEEP.

But it seems the only thing we can't do is DO IT!

Now, if we DO IT, our comfort zone kicks in to hyperdrive to get us back on track - to what we've always done before - which means inaction, striving for A, but heading toward B.

Why Do We Fear The Consequences?

1. When we choose we must let other options go.

Ideally, your conscious mind works like this: it selects some options and means meaningful decisions. Then it picks just ONE, and eliminates all other options.

But we **WANT IT ALL**, don't we? **We can make ALL the decisions**, do everything, have a job, home, family, volunteer, clubs, committees, etc. If we can't have it all, we're miserable. Then we get into the "**coulda**, **shoulda**, **woulda**" game.

When we go for the **Big One, we must let all other dreams go,** appealing as though they seem. Hey, I don't like to tell this to you. Well, it's either I tell you, or Life will (if Life hasn't told you already).

If we make NO choice, we end up with NOTHING. Maybe it's a "Well, that's not so bad" thing, but compared to what you really want, it's nothing. Plus, it has the same costs as the Big One.

2. We risk losing when choosing.

When we **commit** to the Big One, there is a chance **we may not get it.** We might lose. It's bad enough that we know we lost. But it's **amplified** when **OTHERS** know we lost, too. When we don't choose, and never really commit, we can always write it off as "Oh, I didn't really want a better life/better body anyway."

3. We risk WINNING when choosing.

Many of us get caught up in "What-Next?" thinking. We got the Big One, **now what?** Defeat is a natural feeling in the comfort zone. But winning? What will I do then? What's going to happen to me? How am I going to deal with this?

The Fear of Success.

Not only do you have to make changes to be successful, but success also brings about even more changes. The greater the success, the greater the changes. Imagine being VERY successful with your Big One. What are you doing differently? How are you living? Do you have the same friends? Would ANY part of your life be the same?

The internal changes brought on by success are mind-boggling. **Many of us think we're not WORTHY of success, that we should be like "ordinary people."** What do you do with that? WHY must you think that?

How can an ordinary person achieve EXTRAordinary things? Something's wrong with that picture.

I think a deeper reason why we fear success is that WE FEAR OUR OWN POWER.

We have so much power, it seems like we just refuse to believe it. If we only know how powerful we were...

This "personal power" is NOT comfortable. It's much easier to believe what the masses think is impossible, that our lot in life is no to have a lot in life.

What Can Be Done About This?

1. Be prepared for the consequences.

Just know they're there. That way you're **Charge Neutral**, where you expect success, and expect failure. **Know what happens when you make a choice.** EXPECT your comfort zone to have a fit. That's its lot in life.

- 2. Be prepared to eliminate the other Big Ones to focus on One Big One. Success in one area quite often begets success (internal and external) in others. If you want to lose weight NOW, concentrate on that until you achieve the goal, then look to the next Big One. That means prioritizing the Big Ones.
- 3. If we choose, we MAY lose; if we DON'T choose, WE CERTAINLY LOSE. "If I don't play, I can't lose. As long as I don't lose, everything's okay." While that seems hunky-dory, if you follow this lame-brained philosophy, YOU'LL NEVER WIN. The risk of losing is part of winning. Never losing means NEVER GETTING WHAT WE WANT.

4. Stay Charge Neutral.

Expect success and expect failure. Achieve a Big One? Move on to the next Big One. Fail to achieve a Big One? Move on to the next Big One. Both have the same process.

5. YOU ARE WORTHY.

I know I say this a lot. BUT **YOU NEED TO KEEP HEARING THIS UNTIL IT IS INGRAINED INTO YOUR BRAIN.** You are special. When we achieve a Big One, we are special to many other people. Your Big One, however, **MUST BE WORTHY OF YOU.**

6. YOU ARE POWERFUL.

Sorry to break it to you, but **it's the truth**. You have a choice here: you can continue arm wrestling with yourself and never get anywhere, or you can use both arms, your whole heart, and all of your strength to **WRESTLE WITH GREATNESS**.

Now, IT'S UP TO YOU.





The **comfort zone** is that arena of thoughts and actions within which we feel comfortable - **all the things we've done and thought often enough to feel comfortable doing or thinking again.** Any thoughts or actions we haven't done often enough to feel comfortable doing is stepping out of this zone.

Basically, if we try anything new, we feel uncomfortable.

For example, most people who have never exercised or are on a long layoff have little difficulty being **couch potatoes**. But how comfortable are you when starting a new fitness program?

Or how about the nine-to-fiver - you're comfortable with a regular paycheck (no matter how meager) and maybe some benefits. **How comfortable are you to pursue your dream** of owning your own business, where you stand to earn a lot more money?

How do you feel? Overwhelmed? Uncomfortable? Have you given up (before even starting)? What if I told you there was a check for a cool \$100,000 waiting for you if you went after and accomplished your goal? What if there was a time limit imposed? What if something REALLY BAD were to happen to someone you love if you couldn't achieve the goal - and s/he was REALLY COUNTING ON YOU?

Now how do you feel? If you played along with the questions, you may have felt a tinge of fear, guilt, unworthiness, hurt feelings, and/or anger - those feelings that are **UNCOMFORTABLE**.

After feeling uncomfortable enough for long enough, we tend to get discouraged. We give up. Some people give up before even beginning. "Oh, I can't do that. I don't know what to do, I might hurt myself, I don't have time. (Fortunately, I came back with some thought-provoking questions to keep you going.)

Other people, who love to exercise, would jump right in. They don't feel uncomfortable; they feel **CHALLENGED**. **Excited**. **Ready to rock and roll**. They hang in there until the job is done. The **doers' excitement** was probably the uncomfortable feeling that **non-doers see as "fear."** But the doers used the excitement/fear energy to do what needed to be done.

If you're in the "can't" category, GET OVER IT. In other words, if you think you can't, THERE IS AN EQUAL AND OPPOSITE REASON(S) WHY YOU CAN.

Tell yourself, "I CAN do this," "I CAN work out every day," "I CAN find other ways to fit in healthy eating and exercise every day," etc. Get involved. Invest TIME in the process.

The willingness to do creates the ability to do. So give yourself the willingness.

When you move past this comfort zone you find adventure, fulfillment, excitement, and satisfaction, and the **answer** to some questions you may never have thought of to ask before, much less **solve**.

How often have you heard someone (or yourself) say, "I don't want to do that; it's too uncomfortable." Seems as though it's a GIVEN, even an accepted fact, that being uncomfortable is sufficient reason for not doing.

BE A RISK-TAKER.

As I have said countless times, your actions are in direct relation to your self-image, whether the image is real or not. You have this certain image of yourself that you've been holding on to for a very long time. What happens is this: you think of "X" idea, which produces "X" feeling in your subconscious, and produces "X" result.

But things have changed. You're more enlightened, you're reading this book, you've bought self-help tapes, videos, and gone to seminars. You want to build a leaner, energized, unstoppable body. This is the **"Y" idea.**

But you're still stuck. The "Y" idea gets shunned by your conscious mind to produce the **comfortable** "X" feeling. So, you continue getting "X" result.

However, you continue thinking of the "Y" idea. You're becoming more emotionally involved with it. This produces a "Y" feeling, however, it is butting heads with the comfortable "X" idea. The "YX" is also known as fear, hurt feelings, unworthiness, guilt, anger, and discouragement.

You start engaging in **rationalizing with "rational lies"** to justify staying in your comfort zone. Back to square one.

If you're REALLY, DEEPLY SERIOUS about this wonderful "Y" idea, it's going to eat you up inside. You want it badly. You keep thinking about it. You become enthusiastic about it. You're fully aware of it.

"Y" has now become so ingrained inside you, that now you have understanding, belief in yourself, and FAITH, relentless faith that you ACHIEVE ANYTHING YOU WANT, that you now experience the wealth and freedom emanating from the "Y" idea.

FEEL THE FEAR, AND DO IT ANYWAY.





Now you know a good deal about what "the comfort zone" really is and how many of us would rather stay in it, even though we don't want to be in it. A paradox, yes. We want so much good for ourselves; however, that means stepping out of the comfort zone, where you may face fear, guilt, unworthiness, hurt feelings, and anger.

When feeling any one of these - or especially a combination of them – we say we're uncomfortable. After being uncomfortable for a period of time, we tend to get discouraged ("I'm not getting results fast enough"), and discouragement is the main barrier to getting what you want.

Fear

This is probably **the most common LIMITING emotion.** Actually, for most people, the only common emotion.

Not only do we **fear new things**, we also feel fear **IN ADDITION** to other negative emotions. "Worrying about your worries," or an "anxiety attack."

Because fear is so common, we also know it as apprehension, dread, phobia, terror, alarm, suspicion, uneasiness, distress, panic, and worry.

Physically, fear causes the **"butterflies"** in your stomach, like before giving a public speech. In its more intense forms, fear ignites **the stress response** - quickening of the pulse, increase in blood pressure, perspiration, muscle tension, and sharpening of the senses.

Have you ever heard of the acronym for FEAR? False Expectations Appearing Real. For the most part, what we fear is not real - we only IMAGINE something awful that HAS NOT happened.

Seldom do we do the thing we fear about, to test the accuracy of our projection of disaster. When we DON'T do the thing we fear, we actually breathe a sigh of relief ("Ooohh, that was close!") as though it actually would have taken place. However, we never even get CLOSE to anything but a string of negative thoughts.

Fear stems from lack of experience; lack of experience stems from lack of knowledge; lack of knowledge breeds more fear. Vicious cycle.

Eventually, we begin to avoid all things and thoughts that even MIGHT produce fear, or that MIGHT produce the fear of fear, and so on. **Many, many layers of fear that have absolutely no substance to it.**

Anytime we **let** not-real fears (and untested fears) keep us from moving forward toward our goals, it is **a form of madness**. That might not be so bad. Shakespeare once said, "To be furious is to be frightened out of fear." But for most, the madness of fear only **produces discomfort and inaction**. And more fear.

Guilt

We all know what guilt is: it's **the anger we feel toward ourselves when we think we do something "wrong."** Problem is, most of us haven't explored what we think is truly "right" and "wrong" in years - maybe ever.

Even if you have explored "right" and "wrong" according to you, we STILL feel guilty for things we don't personally think are wrong. So, even if we know that kind of guilt is a waste of time, we feel it anyway. And we feel guilty about THAT.

Formula for Limitation and Inaction:

Fear BEFORE we do something new + Guilt after = Limitation and Inaction.

We feel so bad we promise ourselves, "I'll never do that again!" even if it's the very thing we need to do, over and over again.

When we've had enough **blaming ourselves**, we re-direct the blame and start **pointing the finger**. "The devil made me do it," and all its various forms. So we are determined to eliminate the action, and the person, situation, or thing that "caused" our "downfall."

Guilt can also be tricky. You may do something new, enjoyable, and exciting that was of total benefit to you, but yet you STILL feel guilty about it. And

the guilt will actually CONVINCE YOU that you didn't like it. You tell friends you didn't like it, and you actually BELIEVE IT.

I'm not talking about physically hurting yourself or others. I'm talking about the guilt we feel when doing something new (submit manuscripts, doing what YOU REALLY LOVE TO DO, working out and eating right) and fail. While we always learn from failure, guilt steps in and says, "The lesson wasn't worth the cost."

I'm also talking about feeling guilty after trying something new AND SUCCEEDING. Too many of us have **irrational beliefs** that **we shouldn't be TOO successful.**

"Who do you think you are?" guilt asks. "What makes you so special? Why do you have to do things YOUR way? Why can't you be like everybody else?" And so on.

Unworthiness

Unworthiness is a deeply rooted belief that **we're no good, inadequate, undeserving.** It's the doubt we feel in the pit of our stomach when we go after what we really want. "**Don't bother**," unworthiness says.

And so, we don't bother. Which is why we experience distraction after distraction ("Oh, I just HAVE to clean the house," "I have no time," watch TV, do little "busy" things that don't really amount to a hill of beans) - **ANYTHING** rather than having to face even the **POSSIBILITY** of our own trivial inadequacy (which NONE of us have).

Unworthiness is the **most heinous** of all the "walls" of the comfort zone. It's also the **most hidden**, especially from ourselves. We can stand feeling BAD, but to feel like we're no good in even the smallest sense - that we are condemned to never have what we want, and that WE DESERVE THIS CONDEMNATION - is unthinkable.

We don't want to know that there's even a POSSIBILITY that what unworthiness says is true. We'll camouflage and cover and avoid any thought about our unworthiness. We act AS IF we might be unworthy. But remember, OUR ACTIONS ARE IN DIRECT RELATION TO OUR SELF-IMAGE, WHETHER THE IMAGE IS REAL OR NOT. Keep telling yourself you're unworthy... Well, then, you're unworthy.

When we're offered something we really want, unworthiness chimes in with, "No, I couldn't." When we succeed at something, unworthiness shouts out, "I don't

believe it! This is too good to be true!" Very soon the good that's "unbelievable" disappears.

Take weight loss for example. Some people will have fantastic results, lose 50+ pounds, have a great body, etc. But as they get closer to their goals, unworthiness kicks in and prevents them from keeping the great new body they've worked so hard for. They slack off on exercise and go back to old eating habits. It's like they don't believe they've succeeded.

Unworthiness is the foundation of the comfort zone.

Hurt Feelings And Anger

How much closer to living our dreams we'd be if everyone who ever promised us something delivered. When we don't get what we want, when they let us down, we have hurt feelings.

Even deeper and more frequent are the times **when we let OURSELVES down.** If only our physical abilities matched our incredible imaginations and desires. The result of this letdown is also hurt feelings.

A common **cover-up** for hurt feelings is **anger**. We blame whoever or whatever let us down, and we get STEAMED. "How DARE you!" "Why DIDN'T you?" Some people use anger to automatically **respond to disappointment**, but in most cases, hurt is just underneath.

After enough hurt and anger, people tend to decide, "I'm not going to do anything that causes me any more pain." That includes, of course, any dream-fulfillment behavior such as asking others (and ourselves) for things - some of which we'll get, and most of which we won't.

So you stop asking, and you get nothing, and ACHIEVE NOTHING.

Discouragement

After "walking" into all of the comfort zone's "walls" of fear, guilt, unworthiness, hurt feelings, and anger is discouragement.

Nothing is more effective than discouragement to **promote inaction**. And **inaction guarantees failure** - a LIFETIME of not living your dreams.

Baby elephants are heavily chained to stakes driven deep into the ground. Pull as they might, they remain firmly fixed. Soon, the baby elephant becomes discouraged and stops pulling. It learns to stay put. Over time, the trainer uses

lighter and lighter restraints. Eventually, a small rope to a stick is all it takes to keep a multi-ton elephant from moving.

Discouragement makes us like elephants. Although we, as adults, **have a special power within us to reach our goals**, discouragement keeps us from going after them.



Tools For Getting Out Of The "Comfort Zone"

First, the bad news about the comfort zone.

The comfort zone NEVER stays put. It either gets bigger or shrinks. Your job is to shrink it.

Now for worse news about the comfort zone.

The comfort zone hits us at our weakest point. It knows who and what we are. It wouldn't even think of using an excuse we could see through. It uses reasons we find reasonable; it rationalizes with "rational lies." It takes our greatest desires and turns them into excuses for not making them reality.

The **worst news** about the comfort zone:

If we're not living our dreams, the comfort zone has more control over our lives than we have over ourselves.

The **very worst news** about the comfort zone:

In order to truly master the comfort zone, we must learn to use it to our advantage - TO LOVE IT.

The Good News About The Comfort Zone

The good news about the comfort zone is that all the energy that makes up the comfort zone is YOURS.

The fear, guilt, hurt feelings and anger, and discouragement we talked about before are **TOOLS**. Now, tools can either work for us or against us. For the most part, they have been working against us.

What's been happening is this: a certain feeling arises. An attitude says we shouldn't have that feeling, and suppresses it. It's like isometrics - constant tension against the muscle, but absolutely no movement. In your attitude lies the limitation.

This is plain to see when, for example, you invest a lot of energy and work diligently, but not much is accomplished.

When we see how little gets done, we wonder:

- Why so little was accomplished for all the work you put into it ("I tried SO hard"),
- Why we're so tired all the time, or
- Both.

The energy pushing forward and the energy holding you back is all YOUR energy, OUR energy. Imagine moving toward a goal. Imagine not only removing the resistance to achieving the goal, but ADDING all the energy that was part of the resistance to the forward-moving, goal-achieving energy. Do you feel the NEED FOR SPEED yet?

This **added energy** comes from the "walls" of the comfort zone: **fear**, **guilt**, **hurt feelings and anger**, **and discouragement**. Once you're aware of how to make these "walls" work FOR you, realize them for what they are, they will dramatically increase the speed at which you WILL achieve ANYTHING YOU WANT.

• Fear - The Energy To Do Your Best In A New Situation

What happens when you enter a new situation? Your heart rate increases, your senses sharpen, and you get a **sudden burst of energy.** You feel excitement, a tingling sensation. You become more sensitive and aware.

Doesn't that sound like what we all need, that sudden burst of energy to perform better? My friend, that's EXACTLY what happens. Only **most of us call it** "fear," and it doesn't feel too good.

But we need that extra energy, ESPECIALLY when entering a new situation. **This energy will help us meet the challenge of the new situation.** We get it from adrenaline, glucose, and other energy-producing chemicals - the "fight or flight" response.

We also want to soak up as much **information about the situation** as we can. This is where your sharpened senses and mental sharpness come into play. You become a sponge, analyzing and learning to keep going.

Fear also helps us eliminate the irrelevant stuff. Your focus is on what's most important - WHAT YOU WANT - not if you remembered to record your favorite TV show.

There's so much to learn from a new situation, and fear provides a good learning environment. **BUT YOU ONLY LEARN BY DOING.**

With enough doing, you will use fear as extra energy to do your best, without even thinking of it. So again I say, in the words of (I believe it was) Eleanor Roosevelt: "Feel the fear, and do it anyway." It's no longer limitation - it is unstoppable movement toward your goal.

Guilt - The Energy For Change

Guilt is **anger directed toward ourselves**, thus an energy source for change.

You can either change the action ("I'll never do THAT again"), or the belief (good people are _____ (fill in virtuous behavior), and when they're not, they feel guilty).

Trying to change the action is not effective. You're going to end up doing what you want to do anyway. So it's best to change your belief about yourself. That's right, your good old self image. Change the belief, and the change in action is easier.

We are a perfectionist society. If we don't achieve **one** thing, we are bad. And **it negates the half dozen other accomplishments we did achieve.** Mistakes are to be made; that's part of your education in the School of Life. There's a shift to be made here - from "I'm a failure to "I'm a goal-achieving machine, and I learn from past mistakes to get better and better," and its various self-image affirmations.

Making these changes is not easy. Simple, but not easy. It takes a lot of perseverance and energy to do it. But there's a lot of energy in guilt if you use it in this manner. Remember, you're learning in this lifelong process. Go with the flow, and keep getting better.

Use Unworthiness To Stay On Track

YOU ARE WORTHY OF ANYTHING YOU WANT. Know that. Drill it into your brain on a daily basis.

Most people I talk to have a TON of projects, goals, to-do's on their plates. And they want it ALL. Problem is, they'll pick a few things they really, really want, AND FEEL UNWORTHY OF THE REST OF THEIR GOALS. Because they want it all - like children who want everything in the toy store.

But you know what? The unworthiness you feel toward the other "stuff" keeps you on track toward the 2 or 3 goals you picked off your plate. It's about discovering, being aware of WHAT YOU REALLY, GENUINELY WANT.

How do you discover your dreams? Write them down. Make them all in the present tense, as if you already have them. Then ask yourself this question for each and every one of them: Is this goal/dream worthy of ME? Is it worth my time, money, health, and energy?

Worthiness and unworthiness keep us on a path. We selected it - it leads us to our dreams. Unworthiness tries to pull you on a different path. The way we feel worthy again is to move back onto OUR OWN PATH. We know what we want, where we're going, that we're entitled to our dreams.

Hurt Feelings Remind Us Of How Much We Care; Anger Is Energy For Change

We only feel hurt about what we care about. Makes sense, doesn't it? Anger covers the hurt with, "I don't care about him/her/it." In the pursuit of "X" goal, we get hung up with the hurt and anger of the "Y" that holds us back from "X."

But the hurt reminds us of "X" and to refocus on "X." Hurt reminds us about our passion for "X," and to find alternate solutions to get "X."

Most people use hurt to STOP doing. If we let this happen, we really are hurt - we're hurting ourselves by letting hurt become a barrier.

Feel your passion for "X." **Put that passion behind the pursuit of "X."** Anger is energy; if you feel anger, **USE IT**, do something with it. Look, what you do or may do, **may or may not work.** If it works, that's super. If it doesn't, there's a **lesson to be learned.**

So many people believe the world owes them something. In the words of Mark Twain, "The world owes you nothing. It was here first."

Hurt and anger are not reasons to STOP. They are great reasons to KEEP GOING. You see, it's not our feelings that say stop. It's our PROGRAMMING that tells us to stop. That's why you need to erase the tape program in your mind and re-program with a positive self-image.

Discouragement Reveals Our Courage. (Just try this idea on.)

Take of the dis-, and you have courage. Simple as that. Well, okay, it's not quite that simple.

Courage does not mean the absence of fear. Courage is action IN SPITE OF fear. Over time, courage makes it easier for you to use the "walls" of the comfort zone as added energy to move faster toward your goal. Added energy in the form of en-becomes encourage. Your cheerleader.

The truth is this: EXPECT DISCOURAGEMENT ALONG THE WAY TOWARD YOUR DREAM.

You're going to have internal struggles with discouragement ("Give it up, pal!) and encouragement ("Keep going! DO IT!). Your job is NOT to be never discouraged, but to:

- Catch the discouragement in its tracks,
- Call it for what it is, and
- Get out of it pronto.

How? Call on encouragement. Keep telling yourself, pushing yourself with "Keep it up! Keep going! You can do it!" This may be corny to some of you, BUT IT WORKS. If you want to keep at it and get to your dream, GIVE YOURSELF ENCOURAGEMENT. You deserve it.

Your Newfound Friends

I'm talking about fear, guilt, hurt feelings and anger, and discouragement. This will take some getting used to. We generally refer to them as enemies, **but in running from them, we've also run away from our dreams.**

But they'll always be there for us. So why not milk them for what they're worth?

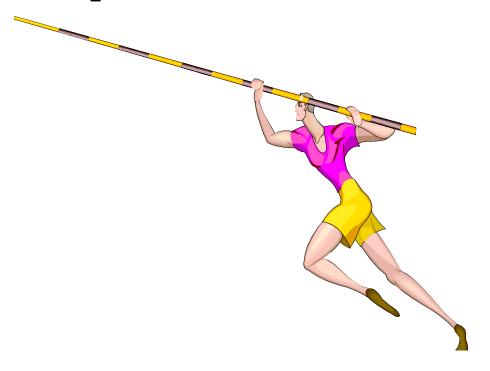
Here are some tips for working with your new friends:

- 1. Take a step back and think about how your friends work:
 - Fear is the energy to do our best in a new situation
 - Guilt is the energy for change
 - Unworthiness keeps us on track
 - Hurt feelings remind us of our passion
 - Anger is energy for change
 - Discouragement reveals our courage.
- 2. What happens to you when you get discouraged? What makes you give up before you start?
- 3. Forgive. Forgive yourself, forgive the fear, guilt, hurt, anger, and discouragement. Forgive yourself for not doing all the things you could have done had you known this stuff sooner. LET GO.
- **4. Love these "friends." It's called LIFE.** Your friends have tremendous power. They are your allies.

A big key in all of this is awareness. When you're aware of how the comfort zone affects you, the solutions will come. And your dreams REAL.



Chapter 3: Empower Yourself





1. Change The Changeable

To make these changes **meaningful and lasting**, you need to look for changes in **YOURSELF**. The only two aspects of your life that you can wield your control over are **what you THINK now**, and **what you WILL DO now**.

2. Accept The Unchangeable

By accepting what you cannot change, you reach a **greater level of maturity** by **living in peace with the past.** You develop and grow yourself much quicker.

3. Remove Yourself From The Unacceptable

Raise your standards. Let the tailgater pass you. Sit at a different table in a restaurant if the people next to you are bothering you. Stop participating in get-together "pity parties." If you're getting poor service, request a refund or re-do. By expecting the best in a non-threatening, assertive way, others will expect the best from themselves.

We all have a life's bank account of energy. But you can only withdraw from it, no deposits allowed. So it's important to make good use of your energy. That's a great argument for why some people age and wear out faster than others. Many of these people are reactive. Are you reactive, "spending" a good chunk of your energy account over harmless, trivial daily occurrences? Reserve those reactions for when it really counts, like life or death situations.





(Taken from "You Were Born Rich," by Bob Proctor)

IF YOU EVER THINK YOU CAN'T DO ANYTHING, AND I DON'T CARE WHAT THAT ANYTHING IS - LOSING WEIGHT, MAKING MONEY, BETTER BODY, BETTER LIFE - YOU NEED TO READ THIS.

A town called Barrie, in Ontario, Canada had been struck by a devastating tornado one Friday. Everything was a mess. Everywhere you looked, there were smashed houses and cars turned upside down.

That night, a man named Bob Templeton had stopped to look at the disaster. Bob was the VP of a telecommunications company that owned a string of radio stations in Ontario and Quebec. As he stood there looking at the disaster, he felt there was something he could do for these people (with the radio stations he had). For the next few days, the thought preoccupied his mind.

Bob became fascinated with the **Law Of Polarity**, also known as the **Law Of Opposites**. The law states that **everything has an opposite**. You cannot have a hot without a cold, up without a down, in without an out.

By the same token, if you can figure out why something you want to do cannot be done, by law, you must be able to figure out how it CAN be done.

Bob was so excited about this idea, he committed to raising millions of dollars and giving it to the people who had suffered in the terrible tornado in Barrie. He was convinced he was going to raise the money immediately!

The following Friday he called all of his executives at his company into his office. At the top of a flip chart in bold letters, he wrote **three 3's.** He said to his executives, "How would you like to raise 3 million dollars, 3 days from now, in just 3 hours and give the money to the people in Barrie?" Silence filled the room.

Finally, someone blurted out, "Templeton, your crazy! There is absolutely **no** way we could raise 3 million dollars, in 3 hours, 3 days from now!"

Bob said, "Wait a minute. I didn't ask you if we could or even if we should. I just asked you if you would like to." Bob was wise; he was appealing to the charitable side of their nature. It was important for those present to openly admit that this was something they wanted to do. Bob knew that his new idea could show anyone how to accomplish anything they wanted by working with the law.

They all said, "Sure, we'd like to." He then drew a large T underneath the 333. On one side he wrote, "Why We Can't." On the other side he wrote, "How

We Can." Under the words, "Why We Can't," Bob drew a large X. As he placed the X on the flip chart, he said, "Now there is no place to record the ideas we think of which explain why we can't raise 3 million dollars, in 3 hours, 3 days from now, regardless of how valid they might be."

(Take out a piece of paper and do this exercise yourself for whatever goals you intend to achieve. No kidding. **DO IT RIGHT NOW.**)

He continued by explaining, "When anyone calls out an idea which suggests why we can't, everyone must yell out as loud as they can, 'NEXT!' That will be our command to go to the next idea. Ideas are like the cars on a train, one always follows the other. We will keep saying 'NEXT!' until a positive idea arrives."

Bob smiled and continued on, "Opposite the X on the other side of the flip chart, directly under the words, "How We Can," I will write down every idea that we can come up with on how we can raise 3 million dollars, in 3 hours, 3 days from now."

He also stated, in a very serious tone of voice that everyone will remain in the room until they figure it out. "We are not only going to think of how we can raise 3 million dollars immediately, **after we originate the ideas we are going to execute them!**" There was silence again.

Finally, someone said, "We could do a radio show across Canada."

Bob said, "That's a great idea," and wrote it down under "How We Can."

Before he had it written on the right hand side of the flip chart, someone said, "You can't do a radio show across Canada. We don't have radio stations across Canada!" Since Bob's company had stations in Ontario and Quebec, you must admit that was a pretty valid objection. However, someone in the back of the room, in a rather soft tone said, "Next."

Bob replied, "Doing a radio show is how we can. That idea stays." But this truly did sound like a ridiculous idea, because radio stations are very competitive. They usually don't work together and to get them to do so would be against conventional thinking.

All of a sudden someone suggested, "You could get Harvey Kirk and Lloyd Robertson, the biggest names in Canadian broadcasting, to anchor the show." These gentlemen are anchors of national stature in the Canadian television industry. Someone clearly spoke out saying, "They're not going to go on radio." But, at that point the group yelled, "NEXT!" That was when the energy in the room shifted; everyone got involved and it was absolutely amazing how fast and furious the creative ideas began to flow.

That was on a Friday. The following Tuesday they had a radio-thon, where FIFTY radio stations, from all across the country, agreed to work in harmony for such a good cause. They felt it didn't matter who got the credit, as long as the people in Barrie got the money. Harvey Kirk and Lloyd Robertson anchored the show and they succeeded in raising 3 million dollars, in 3 hours, within 3 business days!

You see, you CAN have whatever you want; all things ARE possible when you put your focus on how you CAN and "Next!" every idea telling you why you can't. When you persist "Next-ing" all negative concepts, the flow of positive ideas will ROAR into your marvelous mind.

And watch yourself transform your body, your health, and your life - right before your very eyes.



Expect Nothing But The Best

Your mind is a POWERFUL magnet. It attracts whatever corresponds to its ruling state. What you EXPECT determines what that ruling state will be and therefore controls what corresponds to the mind and what is attracted into your life. What you EXPECT can either be a blessing or a curse; either way, it is certainly one of the most powerful, unseen forces today.

What are you DOING to lose weight?

What are you DOING to build a younger, healthier body?

What are you DOING to boost your energy?

What are you DOING to create the life you deserve - and live it?

What are you DOING to increase your income?

If your answer to these questions is "nothing," or if you are just beginning to think seriously about what you could do, you probably haven't fully grasped the incredible power you have to get what you want.

EXPECTATION can be a triggering mechanism that attracts into your life all the good you desire. However, if you do not exercise extreme caution, expectation can also turn just as rapidly into a destructive, lethal enemy. You must understand how to harness your awesome power.

Oh, there are the skeptics out there that say, "All of this psychobabble is garbage." Sure, if you want to find something wrong with this, you will find it. BUT, there's only ONE reason why something's wrong with anything: Because there's something RIGHT with it. It's a universal law (hot/cold, up/down, right/wrong, in/out).

You cannot have ultimate success until you have first visualized it in your mind. This means that before any one of us can even begin to conquer our failures in life, we must first conquer what's holding us back deep within ourselves.

We never dream that the infinite current that surrounds us could ever flood our lives with a light more brilliant than the most powerful light bulb ever invented. We never grasp the simple truth that all we have to do is lug a larger bulb into the infinite current of life. Instead, most of us choke our supply with poverty-stricken thoughts of doubt and fear, which totally cuts off the inflow of prosperity.

Resolve to change your habitual pattern of thinking NOW, and remember that the stream of happiness, health, and wealth always is magnetized toward the open, EXPECTANT mind.

Once you become **aware** of the truth that the **Universal Creative Power** can be only what you feel and think it to be, **it will become an eager beaver to do WHATEVER YOU WANT IT TO DO.**

[&]quot;If you think your thought is powerful, your thought is POWERFUL."

⁻⁻Thomas Troward

Keep this in mind: this does NOT mean "as you tell people you think" or "as you would wish the world to believe you think." It means your innermost thoughts - that place where no one but YOU knows the truth.

THAT IS WHAT YOU EXPECT and THAT IS WHAT YOU'LL ATTRACT and THAT IS WHAT YOU WILL ULTIMATELY GET

In other words, **ALL THINGS ARE POSSIBLE.** But they are ONLY possible if you FIRST see them already in your possession. Right now.

"When your understanding grasps the power to visualize your HEART'S DESIRES and holds it with your will, it attracts to you all things requisite to the fulfillment of that picture by the harmonious vibration of the Law of Attraction." -- Genevieve Behrend, "Your Invisible Power"

What is it you TRULY DESIRE? Once you become aware of this, you have just made a direct connection to everyone and everything necessary to make it reality.

- Three Certain Steps For Prosperity In All Areas Of Your Life:
 - 1. Build The Image
 - 2. Turn It Over To Creative Thought, or Spirit
 - 3. EXPECT, With Your HEART AND SOUL, That Spirit Will Reward You Openly For Your Faith.





WE NEED ENERGY TO SURVIVE. WE WILL GET THAT ENERGY FROM ANY SOURCE, EVEN IF IT KILLS US.

We need a lot of energy to get through even the most ho-hum of days. And since we need that energy, we aren't necessarily selective as to where we get it from or what it costs us.

Think of a caffeine drinker. This person will **turn to an outside substance** to get the spark they need to face the morning and move through the day. (Face the morning? Like face a firing squad? This is not life.)

Think of someone who uses adrenaline to get the job done. This person **over-promises or imposes silly deadlines** on themselves just to get the energy they need to accomplish the task. (If it needs adrenaline, it's not a task - **it's a problem.**)

Then there are individuals who frequently have **problems or crises**. They get their energy from the sparks that fly when **friction is created between egos and needs**. (Whom do you know who is both the arsonist and the fire person? There isn't enough water in the world to keep that house from burning down at some point.)

Is there a better way to get energy? There are several things to do:

1. Realize that you need energy and recognize that you're probably using energy that isn't all that great for you.

Remember how you thought tap water was okay, until you started drinking bottled water? Once you switch, you will not go back.

2. Congratulate yourself for investing in yourself.

Before you're done, you're going to have looked at every person, activity, commitment and goal in your life. When you're upgrading your quality of energy, nothing is sacred. Even yourself.

3. Eliminate the three worst energy drains or toxic sources in your life within 90 days.

Do it responsibly and don't be stupid. But it is time to put yourself and your energy first. And it may take some courage and support. Both are available.

4. Look for people and activities that add healthy energy to your life (like exercise, working on personal growth, positive people, etc.)

This new, healthier energy may not be as vivid or as exciting as the high-octane, high-lead energy you've been used to, but you'll adapt. (And you'll live to tell about it, too.)

At some point in your development, energy will flow through you, you won't even notice it, and you'll wonder what the fuss was about.



10 Ways To Feel Great All Day

1. Choose Your Attitude For The Day When You Wake Up. How do you usually wake up in the morning? Hit the alarm (or the snooze button a dozen times), stretch a little, and lolly-gag to the shower?

Pay attention the next few mornings to your attitude. What are you thinking when you get up? Can't stand the thought of going to work? Or are you going to make the best of your day?

Feed your mind negative thoughts, that's exactly the kind of results you're going to get.

Which do you want?

2. Dream. Dream BIG. See Yourself Already Having Achieved Your Dreams.

Don't let your dreams be only about a dynamite physique. How much money do you want to earn? What kind of house do you want to live in? What kind of car do you want to drive? What kind of person do you want to become?

It's amazing how people who see others achieve great success and applaud them, but they don't believe they can be just as successful. If this is you, stop it immediately.

YOU DESERVE ALL THE SUCCESS YOU WANT. And it is **YOUR RIGHT** to have it. It is universal law.

Too many people go through life, hoping to make it safely to death. Then they think of what coulda, shoulda, woulda been.

Take 15 minutes to visualize yourself already in possession of all the good you desire. That you're living it RIGHT NOW. Your thoughts will turn into strong feelings, which will move your body into action toward your goals.

Believe and succeed.

3. Your LIFE Is Perfect Today, Even If You Think It Isn't.

You are neither unworthy nor superior because of your body, personality, or life. Stop cutting yourself down for not losing weight, looking better, feeling bad about yourself, not making enough money, being short tempered.

Now that doesn't mean what you are and have today can't be different tomorrow. Just being aware that your life is perfect each day, you will achieve your goals much faster.

As the old saying goes, "Every day is a new day." And a perfect one.

4. Exercise. (You didn't think I'd leave this one out, did you?)

The obvious (strength training and aerobics) and the not-so-obvious (recreational outdoor activities like hiking, in-line skating, bicycling, etc. and yard work, gardening, house cleaning, etc., taking the stairs, parking at the end of the lot).

There are three ways to helping you feel great with exercise:

- **a.** Get your **metabolism revved up** in the morning with a prebreakfast workout,
- **b. Breaking up your workday** with a rejuvenating lunch-time workout, or
- **c.** Being refreshed for the evening with a pre-dinner workout.

Any which way you choose, you'll reap the benefits of those endorphins doing their thing - helping you feel great, and looking fantastic.

5. Eat Healthy And Often.

Instead of 2-3 large meals which your body can't totally digest (with the extra calories stored as FAT) and sending your blood sugar and energy levels on a roller coaster ride, leading to low energy, overeating, and weight gain, spread your calories over 4-6 smaller meals.

Your metabolism will stay in high gear, your energy levels will increase and stabilize, giving you the **ability to do more mentally and physically** when you spread your meals out.

Consider replacing snacks with meal-replacement shake mixes and/or nutrition bars if you can't eat 4-6 solid meals. Now, eating healthy also means eating the right foods. Make sure you have protein EVERY time you eat, and eat lots of fiber-rich fruits and veggies, plus add SOME fat. Balance is key.

6. Complete ONE Task, Preferably In The Morning.

Set the tone for your day. **Challenge yourself** to complete - and I mean when **there's-no-more-work-to-be-done-complete** - your most challenging task for that day. Maybe one you've been putting off.

And get started on it **immediately** upon getting to work (or if you stay home, right after you're done with breakfast).

Once you've completed the task, you have achieved **EXCELLENCE**. Excellence is the **commitment to completion**. Wow! Tell me who WOULDN'T feel great after achieving excellence?

Now think of achieving excellence on a daily basis. And it only needs to be ONE task. But you know what? You'll end up doing more, completing more things each day, because your achievements will snowball.

7. Get A Self-Help/Motivational/Inspirational Book And Read It At Breakfast And Before Bedtime.

This is another awesome way to **get your motor running.** Find one of these books at amazon.com (http://www.amazon.com/exec/obidos/redirect-home/theworldpeakperf) and use key words such as self-help, motivation, inspiration, success achievement, goal setting, etc. Read a paragraph or chapter, that'll get your juices flowing. **Set the tone for your day, rest better at night.**

8. Listen To Your Favorite, Pick-Me-Up Music.

Bring your Walkman or portable CD player wherever you go, whenever you can remember. If you're **feeling a little down** in the dumps, throw on your headphones for a few minutes of your favorite music. If you're **feeling a little sluggish**, listen to YOUR music. Doesn't matter what kind of music it is, **as long as it energizes you.**

(Want an eye-opener? My pick-me-up music is... **KISS!**)

9. Take "Power Naps".

Whether they're 5 minutes or 1 hour, these naps will wake you up **mentally and physically refreshed.** If you're at work, use one of your 15-minute breaks for a quick snooze. It may feel like you're just shutting your eyes, but you'll feel a lot sharper afterwards.

One more thing, don't nap after 4 pm. Research has shown that naps after 4 pm screw up your sleep cycle, so you'll actually do yourself more harm than good.

10. Take 5 Minutes To Pat Yourself On The Back.

Ask this question of yourself every day: "What am I most proud of having done today?" Write it down, or just reflect on it. It's a tremendous self-esteem and confidence booster when YOU tell YOURSELF you did a great job.

We tend to focus on what we didn't do rather than on what we did do. Even if you had a bad day, where you think nothing possibly could be good about it, think harder. **There is ALWAYS a good side to EVERYTHING,** as much as there isn't hot without a cold, an up without a down, an in without an out.



Tapping Into Your Secret Energy Sources

Some days, you wake up and you just want to go back to sleep. **Too tired to do anything, especially exercise.** There are many factors that affect your energy level, not just a bad diet and not enough exercise. Here are some strategies that will send your energy levels to the moon.

1. Fuel Up Frequently

You know the drill: 4-6 smaller, balanced meals every day. Protein, fiber-rich carbs, and fat. Stabilize your blood sugar, keep your metabolism and energy high.

2. Smell Your Way To Energy

In studies at the University of Cincinnati, researchers found that subjects who smelled pleasant scents were mentally sharper and made fewer mistakes while working on a computer for 40 minutes. Ever thought about it? Find a smell you like and wear it or spray it in the air to perk up.

3. Soak Up Some Sun (I do NOT recommend doing this regularly because of skin cancer risk.)

There's evidence that sunlight can **increase your production** of serotonin, one of your **"feel-good" chemicals**, and norepinephrine, a hormone that stimulates alertness and arousal. Just be careful.

4. Deep Breathing

When you're **stressed**, you tend to breathe in **shallow spurts**. You expend more energy, and you **fatigue faster**. Deep abdominal breathing **helps you to relax**, **and also helps to deliver more oxygen to your muscles**. Take a few minutes to do some deep breathing, focusing on nothing but the sound of breathing through your nose and out through your mouth.

5. Get Off Your Butt

You have to expend energy to gain energy. Being a couch potato makes your heart work harder. **Regular exercise** improves heart and lung function, so they don't have to work as hard. In other words, they get more rest. You have more energy.

It also relieves stress-related tension. Remember the stress response? You've got all these hormones that need to be used up. **Exercise burns 'em up** so you can relax.

6. Forget The Rush

While candy bars, coffee, and caffeinated beverages can give you a burst, they essentially give you a stress-response. You crash quickly, so you need more the next time to get the same effect. You're putting yourself on a daily energy roller coaster. As little as a 10-minute walk can hike your energy for about an hour.

7. Stretch

When you're low on energy, your muscles tend to tighten up. Contracted muscles take energy to stay that way. And you tire easily. When you find yourself low on energy, take a few minutes at your desk to do some light stretching. Hold each stretch for 15-20 seconds each. Sit up tall, pull your shoulders back, and touch your toes. Standard stuff.

8. Get Outta Town!

Take a 2, 3, or 4-day weekend to recharge your batteries. Take NOTHING from home or work with you. This time-off is for you to re-kindle dreams or think about nothing. RELAX. Often, you'll come home with renewed enthusiasm, creativity, and productivity.

9. Take Your Vitamins

No, vitamins alone do not give you energy. What they do is help you produce more energy from the food you eat. They help you use the food you eat more efficiently.

10. Write An Energy Journal

For one week, from the time you wake up to the time you go to bed, **chart your energy levels and describe how you felt.** Make notes about what you ate at the last meal, what you were doing, how stressed you felt. Once you know your **high and low points,** you can schedule the tougher tasks when your energy is high.

11. Massage

You already know that massage **reduces muscle tension and stress**. But there's also evidence that it also **increases mental energy**. Since massage increases circulation, more oxygen is sent to the brain, which enhances mental alertness.

12. Eliminate Your Tolerations

What is a toleration? "Stuff" you put up with and/or take on from others and your environment that does nothing to improve you physically, mentally, or spiritually, totally wasting your energy. What's holding YOU back? Get rid of it, and you'll find your energy building back faster.

13. Sleep On It

Sleep **rejuvenates your body and mind.** Your body is repairing muscle and tissue and your nervous system when you sleep. Most experts believe eight hours is the optimum amount of sleep.

14. Get A Hobby

Make the most of your free time. If your job is unfulfilling, you need to **find something else to do that helps you to feel better.** Join a club sport, volunteer. When you make the most of your free time, **your energy, spirits, and self-esteem get a serious boost.**



The Top Ten Guide To Willpower

Every day, week, month, and/or year we say the same thing: "This time, gosh darn it, I'm going to (fill in the blank). **And this time it's different!**"

And just as quickly, more than half of us give up. Give up trying to lose weight, make more money, spend more time with family, etc. **Oh, if we only had more WILLPOWER.**

You can **WANT** to change 'till the cows come home; but that's not enough.

Readiness is what counts. **The Decision.** The Decision of ALL decisions.

Sheer willpower actually **hinders our ability to achieve.** Most people associate willpower with **being hard on yourself.** "You can't eat that," "Don't skip your workout today," etc.

It's more than "just saying no." You must know what your **alternatives** are. It's not about self-denial. It's about **fulfillment**. People who eat perfectly and exercise faithfully do it because they **keep in perspective the long run**. Here are tips to help you be good, and good to yourself.

1. One Step At A Time

Strive for the **big goal**. Make sure it's something that **inspires**, that **drives** you. Then take that big goal and **break it down** into smaller, achievable goal. **Success begets success**. Each stepping-stone is taking you closer to your ultimate goal, all the while **increasing your confidence and self-image**. Now, if you need to know if your goal isn't a pipedream, **seek the advice of a professional** - doctor, therapist, coach, trainer. People who have experience can help get you on a schedule to get you to where you want to be.

2. Make Your Own Rules

A caveat here: **these rules MUST be constructive**, not destructive. You have to do things that **empower you**. For instance, a major reason why so many people fail with many diet programs is because the rules are too rigid. Can't eat this, can't eat that. You can only eat this.

Step back and think of what you're about to do, why you're doing it, and the alternatives - before doing it. That way YOU make up the rules, and you'll be more successful.

3. What Triggers You?

Instead of yelling at yourself for not working out or eating a naughty food, **get inside yourself to find out the REAL reason(s) you faltered.** Keep a journal if necessary. You may find you eat when you get stuck with a problem from work, for instance. So you can plan ahead to overcome these triggers and keep yourself well.

4. Ride Out The Impulse

Once you learn what triggers you, **you're better prepared** to get past **impulses**. See yourself conquering the impulse in the present tense; your body will move into action (with regular practice) to keep you conquering. Step back and **examine your urge** - why do you "need" to have that dessert? Why do you have to spend money you don't have? **Most of the time you DON'T need** - and you'll feel quite liberated.

5. Stay Positive!

There is a universal Law of Opposites. It states that for every action, there is an equal and opposite reaction. Put simply, you can't have an up without a down, hot without a cold, in without an out, or front without a back. Or a positive thought without a negative thought. Remember, your mind is POWERFUL; if you think negative, that's exactly the kind of results you're going to get.

Focus on what you have and what you can have, rather than what you don't. Sounds corny to some, BUT IT IS VERY EFFECTIVE. If a negative thought comes to mind, there HAS to be something positive about it, too. It's LAW. Besides, you'll be **happier**, **less stressed**, **and healthier**.

6. Keep A Journal

For many people, writing down dietary intake, workout habits, daily reflections, goals, etc. is extremely helpful. **Journaling makes it real.** Use it as a way to **think through things**; why you did something, how you felt about it. Prepares you to put a vice grip on impulses.

7. Don't Overdo It

Go with the flow. Make sure that what you're trying to do doesn't interfere with the balance in your life. If you're exercising for hours a day everyday to lose those last 10 lb., and abandoning family and friends, causing you to despise exercise, then you need to back off and decide what balance in your life means to you.

8. Easy, Tiger!

Yes, once in a while it's okay to let loose. If you want to sleep in or have a cookie, fine. Many times **giving in JUST A LITTLE to your impulse** is enough to quell the interest in it. Schedule these "breaks" with **things you enjoy** (and they **don't always have to be about food**).

9. Reward Yourself

Don't wait for the big reward. Sometimes it won't come as soon as you like. So you're really depriving yourself. **Set up a self-support structure where you reward yourself for little things.** For e.g., buying a book after five days of impeccable eating, or a DVD for a great week of exercise.

Don't forget, the feedback from your endorphins, the "feel good" chemicals your brain releases from exercise is a powerful reward. If you don't feel like working out, just start working out. Give it 5, 10 minutes. I GUARANTEE you won't feel like stopping. And **you'll feel awesome – and proud of yourself.**

10. The School of Life

How did we learn at school? **Lessons.** We made mistakes. We learned from them. We worked at getting better. Made more mistakes. Learned more lessons. We worked at getting better. This is a lifetime cycle. We will continue to make mistakes. **But we will also continue learning from them and getting better, all the time.** And the frequency of mistakes dwindles.

No successful person became successful without making mistakes. To err is human, yes? **Let go of the mistake, and move on.** You've got better things to do, things you want to accomplish, than to waste your valuable time and energy on what you didn't do. **Onward!**



Top Ten Guideposts To Foster Health, Vitality, and Aliveness

Health, vitality, and aliveness can be **a way of life.** Thousands of people demonstrate this every day. You know, the person who's just a fireball of energy, so much that you can't figure out where s/he gets it? Or how about the person, in spite of an unwanted job and financial problems, **still maintains a cheery attitude?**

Health, vitality, aliveness (and a fit body too) - what a fantastic way of life that is. Full of zest, enthusiasm, happiness - living life with abandon.

It's there for YOU.

Why not go for it - REALLY go for it? Here's how:

1. Realize that YOU HAVE THE POWER WITHIN YOU to make yourself a healthy, fit, vital, and alive individual.

No one or no thing will do this for you. People today are so darn caught up in looking for the "magic" whatever to be energized and leaner, and they always end up disappointed. **It's YOUR responsibility** to take care of yourself.

It all starts within your marvelous mind. Each one of us has this incredible power to alter our lives, simply by altering our minds. Now, you can continue what you're doing and how you're feeling, and keep getting what you're getting.

Just do it - if you don't like how you think, feel, and act, just change them. You CAN, if you think you can.

2. Affirm and keep on affirming that the powerful life force is flowing through your mind, your spirit, and your body.

Many people think positive affirmations are corny. Corny as they may seem, **THEY WORK.** AND THEY WORK **VERY EFFECTIVELY.**

When you use affirmations like, "I HAVE a powerful life force flowing through my mind, spirit, and body," you program (or re-program) your self-image to say, "Okay, I'll arrange for that." And indeed it does. **Your self-image does whatever you program it to do.** So why not program it according to what you really want?

3. Rid yourself of all "sick" thoughts - hate, resentment, inferiority, "I can't," "Yeah, but..." "If only I...," and the like.

First, we were not put on this planet to fail. We were put on this earth to SUCCED. And succeed well. Where do these thoughts get you? Nowhere. You're holding on to something, which means it's going to hold you back. It's an unnecessary "ball-and-chain" that just adds to your stress and impairs your health and well being.

4. Every day practice emptying your mind of all unhealthy attitudes.

A good example of this exercise is **meditation**. Even if it's for 15 minutes. Done regularly, you'll soon be able to **clear your mind** of these detrimental attitudes on cue. Affirmations work well, too. "My mind is calm and serene," or something to that effect. **Don't tell yourself you're free from this bad thought or that bad thought,** because then you're going to be constantly aware of them. And that's going to keep you in a rut.

5. Keep your mind tuned up to keep your body in tone.

Here's a big request I have of you: **for just 24 hours, think healthier.** For every thought that enters your mind, make it a healthy, productive thought, **no matter how bad the situation.** Really. All I'm asking is for 24 hours.

That means for ONLY one day, do not think or voice a negative thought, and express no resentment. Just affirm that you are a **healthy**, **fit**, **alive**, **and energized** human being.

Now, considering that most of us have hundreds of thousands of hours left to live, it would make sense to just experiment with ONLY 24 of those hours to enjoy the rest of your life with vim and vigor, or tarnished health.

And please don't tell me you'll get to it "sometime." "Sometime only means NO time. If you're ever going to benefit from this exercise, **GET WITH IT.** Do it now.

6. Hold the thought of all of YOU working together in perfect rhythm. Remember, your body is an instrument of your mind. Your mind dictates how your body moves. Just being aware of that is an important first step to get your mind and body in tune with each other, so they work in sync to keep you healthy and vital.

7. Help your doctor by thinking healthy thoughts.

Your doctor treats, your spirit heals. You CAN heal with your mind, if you think you can. How do you explain cancer patients causing mutant cancer cells disappearing (and baffling doctors in the process), attributing it to faith, belief, and the power of positive thinking? If this has the potential to cure cancer, the common cold pales in comparison. So get thinking.

8. Think healthy, practice healthy, BE healthy.

And it doesn't matter what kind of shape you're in. You can be morbidly obese, and still think, practice, and be healthy. Because you know what? That's how you'll end up. I've heard and seen thousands of "miracle" weight loss success stories of people losing hundreds of pounds (a person) and keeping it off permanently. If these people can lose hundreds of pounds, WHY CAN'T YOU LOSE JUST A FRACTION OF THIS? Put your thinking cap on.

9. See yourself as a WHOLE person.

Building a leaner, energized, fit body with vibrant health won't last very long when life stinks. Conversely, you can't have a great life when you're sick all the time. **Put the whole package together.**

10. Constantly re-create yourself.

Mind, body, and spirit. You don't just reach a certain point and that's it. You continue to strengthen your mind, body, and spirit; the process of achieving greatness. But it's also the passion of the pursuit.



Chapter 4: JUST DO IT





Let's say you have given a great deal of **mental and emotional time** to **creating a passion**. A passion for something like:

- Building a leaner, energized, unstoppable body, or
- Following your life's dream (The Big One).

The passion you have developed is now **ALIGNED** with these goals. At the very least, **you are moving in that direction** more and more.

You can talk the talk all you want, but can you walk the walk?

Time to stop talkin', and start walkin'.

Time for ACTION. To JUST DO IT.

The Biggest Lie

"I'll do it later." Putting things off. In other words, **procrastination.** The don't-go-after- (The Big One/that body)-but-kid-yourself-into-thinking-that-someday-you-will way of thinking.

Ponder this thought for a moment. Saying "I'll do it later/tomorrow/next month/this year/etc.," is that **it can never be proven false.** You can never be reproached for not doing something. If someone does get on your case, you can say, "I said I'll do it later. It's not later yet."

See the vicious cycle? You can put off INDEFINITELY. The only time we run out of laters is when we're dead (to put it bluntly). We know how many laters we have accumulated from the past. We also know that we're probably never going to end up doing them.

"Later" is a lie.

If something CAN'T be done NOW, decide

- a. If it really is going to GET done, or
- b. Choose WHEN it will get done.

If something DOESN'T get done, and you decide you'll still do it, SCHEDULE A SPECIFIC DATE AND TIME to do it. Put it in your daily planner. Look, if it's not worth putting it in your planner NOW, most likely it will never get done "later."

When you put things off 'till later, **you're dragging the past into the future.**Disappointment, anger, frustration, guilt for not doing something. That's a heavy load. Don't waste your time, energy, and health with it.

Be in the present. **Do what needs to be done NOW.** Even just scheduling a task in your planner for an activity a month from now. Being in the present gives you an inner freedom for the next moment, the next activity...

...Such as building a fantastic body or going for The Big One.

We're HUMAN, For Crying Out Loud!

Remember the "School of Life" I frequently talk about? This is how we LEARN. Life is a difficult teacher; she gives us the test first, AND THEN teaches the lesson. But then the next test won't be as hard. And it gets easier and easier.

The trouble lies in the **Perfection Syndrome.** Most people run their lives this way - doing new things perfectly the first time. It's irrational, impractical, and unworkable.

Who the h _ _ _ ever said we had to do it perfectly?

If it wasn't our parents, then it was school teachers. We weren't taught to set our own goals and to achieve them. Plus, we had to achieve someone else's goal the "right way." Reaching the goal wasn't enough. The goal had to be attained the way someone else thought was the "best way" (that is, "their way").

JUST DO IT.

Don't worry about the "right way." Don't worry about "my way." JUST DO IT. When all is said and done - when you've reached your goal - you can look back and discover what **YOUR WAY** really was.

I used to be a person who had to find out EVERYTHING about EVERYTHING before even taking step one. Research, research, research. Never got anything I wanted to get done. So many ideas, so little time. I'm a changed man now. Reading and researching about health and fitness may make you smarter about HOW to do it, but it does NOTHING to shape your body. Unless you JUST DO IT.

"Nothing would be done at all if a man waited until he could do it so well that no one could find fault in it." --Cardinal Newman

The ONLY way to even APPROACH something perfectly is through **EXPERIENCE**. Some call experience "mistakes." Mistakes are excellent teachers. You're going to make a lot of mistakes, especially when trying something new. Make 'em. Make 'em early and often.

Did your workouts make you feel like something was missing afterward? Didn't lose weight this week? Been through a dozen diets without any lasting success? Going for The Big One and not sure where to start?

JUST DO IT.

"When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So what the hell, leap." --Cynthia Heimel

Be Willing To Do It

Be prepared for this.

We all have an idea of how we're going to reach our goals. Let's say you want to whip your body into shape. Your idea of how this is going to happen is join health club, get a personal trainer, work out every day and eat impeccably.

Then you may think, "How am I going to afford this?" You may get called into work unexpectedly. An unwanted but necessary expense happens at home, like the roof is leaking. All of these things detract you from the smooth-sailing path you had planned on taking to get in your best shape ever.

But this is how reaching your goals happen. You reach your goals, but you don't get to dictate every step of the way (control freaks HATE this).

You can, of course, refuse to do an uncomfortable activity, even though it moves you closer to your goal. When we know something MIGHT move us closer to our goal and we choose NOT to do it, we are also choosing NOT to pursue our goal. Simple as that.

What am I getting at? When you quit, your internal goal-achieving mechanism quits, too. There are things you're going to have to do if you want to reap the benefits.

I have clients complete a writing exercise where they tell me what they're willing to do to make their goals happen. Do this right now: on a blank sheet of paper, write down at the top, "I Am SO Willing" then write down what you're willing to do.

Your willingness will be tested. Plan to be uncomfortable. Understand that it's a necessary part of success. Learn to be comfortable with discomfort. Be willing to be uncomfortable. It may get tough at times, but it's a small price to pay for that energetic, fantastic body, or getting The Big One.

Guilt (Again)

While fear is the most NOTICEABLE limiting emotion, guilt is more powerful because it is HIDDEN.

Fear happens when we're beginning a new approach to life, health, and fitness (for example - actually, for real!). We join a gym or buy some new exercise equipment for the basement, buy a tape, or join a weight-loss program. (Or maybe start with a coach!)

We know, however, that **we MUST do this,** if we want a leaner, energetic, fantastic body and a great life. We've gone over it with ourselves and supportive friends. This is the golden opportunity, you conclude.

You feel strange about going to the gym. Too many beautiful people, you think (even though it's a false statement). I may hurt myself. I'll look ridiculous.

Then you start arm-wrestling with yourself. You give yourself a pep talk. Don't be silly, you say. You're an adult. You're committed. Just GO.

That's fear.

Guilt is all the rest we live with after.

So you go work out, and in 15 minutes you're done. Done with a lame workout - going through the motions, gazing around the place. And you stop to get some fast food on the way home.

Guilt is abundant with what-if's, coulds, woulds, and shoulds.

"What a bad workout! Why couldn't I go harder? Why did I have to stop at the fast food place? You're committed, you say? Hah! Some commitment walking on the treadmill for 8 minutes. I should have asked for help. Geez, you can't even do that exercise right. Get with the program, or give it up!" And so on.

"Oh, but this is who I am." When we feel guilty, we try to rationalize with this bogus. We actually feel a little better about ourselves when we resign to feel like a victim.

Seems like we can feel terrible with guilt, or wonderful with guilt.

USE guilt to reach your goals by honoring it. Guilt gives you energy for personal change. So start feeling guilty for NOT moving toward your goals. Yes, you may feel guilty no matter what you do. Eventually **guilt works FOR you** as you continue to embrace it and **DO IT.**

External support comes in handy here - friends, counselor, therapist, coach, support group - to encourage you to take risks and keep moving toward your goal.

Don't Knock It 'Till You Try It

When you commit to a goal, a Big One, the methods to achieve it will appear by Law of Attraction. When these methods do appear, many will not be familiar to you.

Many people will shy away and say "no" to these new methods, or any new experience for that matter.

Don't knock it 'till you try it.

When you say "no" to any new experience **BEFORE** trying it, **you are speaking from ignorance.** How can you write off something you don't know anything about? And **how do you know** this method/experience won't work anyway?

"My mind is made up. Don't confuse me with something new. I already have too much to think about as it is."

Boo hoo.

Your goal must not be big enough or important enough to you, then.

Listen, if something new presents itself to you, and you've never done it before or you don't know enough about it or you're not sure if it'll help you achieve your goal, **FIND OUT MORE.**

Get involved. Ask questions. Research. Listen. Do what you need to do to get the info you need about this new opportunity.

Then, once you decide that this experience may indeed help you reach your goal, **DO IT.** Try it out.

Another reason people don't even want to hear about new opportunities is **they're afraid to say no.** They feel obligated to say yes to everyone about every idea, even if the idea(s) detract them from achieving their ultimate goals.

Just because you listen to the idea doesn't mean you have to act on it. After listening, you can say no. You are only obligated if you are committed on a certain course of action. Say no, and be on your way. Too, you may end up doing things that totally waste your time. So be it. Learn from it.

Your **goal-fulfillment mechanism** is always **working for you** – gathering information, pulling experiences, lessons, and people your way to help you fulfill your goals.

That is, if you GET OUT AND DO IT.

The Value Of Action

There are two primary benefits to action.

- **1.** If we don't DO something, we're not going to get ANYTHING. i.e., Keep doing what you're doing, and keep getting what you're getting.
- WE MAKE MISTAKES. Mistakes present us lessons that show us how to succeed.

Now, are you saying to yourself, "That makes sense"? Most people do, but then they continue living the **avoid-mistakes-at-all-costs life** they've been living all along. They continue **"playing it safe,"** settling for **much less than they deserve.** They don't bother learning and growing, and then they wonder why they're not getting closer to their Big Goal.

PLEASE, don't let this be you.

Mistakes tell us what to work on to succeed. "Work" may include getting more information or more practice of what we already know.

People who aren't ready to accept mistake-making in their lives as great aids in ultimate success simply deny them. Instead of LOOKING FOR mistakes to learn from and get better, people just ignore them as if they're not even there.

Great people review their actions - even the successful actions - and do a critical **self-analysis** using this one, simple question:

"How could I have done this better?"

But most people use self-analysis as a way of **beating themselves up:** "You did almost everything WRONG. Why bother anymore? I quit."

OF COURSE we're going to do things wrong. **THAT'S HOW WE LEARN.** We should be grateful that we have the ability to recognize wrong when we do it. The mediocre settle for any old thing - and that is exactly what they get.

Have **confidence** you'll do better next time. As long as you're actively pursuing your Big Goal, **THERE WILL ALWAYS BE A NEXT TIME.** Opportunity doesn't knock just once - it will knock you down. Your job is to **get up, brush yourself off, and move forward.**

So, act. Do it. Evaluate. Learn how to do it better next time. Do it. Evaluate. Learn to do it better next time. Ad infinitum.

Let Go Of Distractions

Distractions do not help you get what you want. A distraction gets in the path toward your goal that **robs you of your mental and physical energies**. And no satisfaction.

Obvious distractions are physical ones, such as addictions and habits people know are bad for them. Then there are the more subtle ones - channel surfing, surfing the 'net, reading tons of unimportant e-mails, aimlessly chatting on the phone.

Imagine that you're learning how to drive, and you have your mom or dad with you. You're trying to go to point B, and the coast is clear. Your goal is in sight. All you have to do is keep driving toward point B until you reach it.

Along the way you have curbs on either side of the road, some mailboxes, other cars driving next to you. These are distractions. It's their job to test you, to see if your goal is **REALLY the goal you want.** To see if **you're really WORTHY of your ultimate goal.** The curbs, mailboxes, and other cars can do ANYTHING to get you off your path; offer money, sex, food, drugs, power, ANYTHING.

What they CANNOT do is get ON your path and STOP YOU. Leaving your path is ALWAYS YOUR CHOICE.

Follow your path.

Follow Your Dream

Your job is to fulfill YOUR dream.

Your job is NOT to be all things to all people, to make EVERYONE happy, to right all the wrongs of the world.

Your job is to fulfill YOUR dream.

Any areas of concern that are not part of your Big Goal, are the Big Goals of others. Let them fulfill their dreams. **YOU FULFILL YOURS.**

Take the news, for example. It's amazing how many people get so worked up about what goes on every day in the world. Most of the time, these things have absolutely NOTHING to do with your Big Goal. If you REACT to everything you read and hear about everything, your mental and physical energies will be severely compromised. Which means, you've got less oomph to pursue your own Goal.

If it's not on your path, **IT DOESN'T APPLY TO YOU.** The news is designed to keep those NOT on their path in a state of constant distraction.

PURSUE YOUR DREAM. Follow your path.

Keep Training & Gaining Without Complaining

Face the music: it's going to take work to achieve your Goal. If you don't know this by now, you're in Fairyland.

You're going to have to do things you don't want to do, until you want to do them. **Then you don't "have to" anymore.** But it's a continual cycle. You may not like doing something new, but you keep at it, keep doing it, **you grow to like doing it.** Then it doesn't feel like a chore.

News flash: even after you achieve The Big One, there's still more work. As long as you're breathing, there's work to be done.

The work **changes form**, but there's always work. Start losing weight, ditch the "fat clothes," buy "thin clothes," join a contest, try a new training program, a new diet, a new training partner. The work never ends.

Sometimes we have an opportunity that requires extra work. **DO IT.**

Many people wish for more LUCK. Maybe it's more WORK. Work harder, you get luckier.

A lot of people miss out on opportunities simple due to their **unwillingness** to work. **Do the NECESSARY work.** Many people only THINK they've done

enough work before knowing how much is needed. "I've done enough. I'm done," they say.

Like the people who think 30 minutes of exercise a day, 3 days a week is the way to build a dynamite body.

Wrong. It is NOT enough.

Then they give up when their goal is unfulfilled. No weight loss, no nice body. Tarnished self-image.

When we have achieved our Goal, the work was enough. Until then, it wasn't. Do the work until it's enough - when you reach your ultimate goal.

Be prepared to roll up your sleeves and get the job done.

Train For Success

The pursuit of your Big Goal, or the leaner, energized, fantastic body you want is like an athletic event. **To be the best, you have to train for it.** What we exercise grows stronger, mentally, physically, and emotionally.

Physically

You know the drill. **Exercise.** But exercise **like you mean it.** Support your training efforts with **well-balanced nutrition.**

Emotionally

Start **RESPONDING** to life's experiences, rather than **REACT** to them. By respond, I mean **"go with the flow"** (which most people DON'T do). For example, for everything "negative" that happens, **look at the positive** side of the experience. By Law, every action has an opposite and equal reaction. So you can't have a positive without a negative, just like you can't have an up without a down, front without a back, or hot without cold.

Practicing the "flow" significantly reduces your stress levels and dramatically increasing your natural energy.

Mentally

Keep an open mind. Be ready and willing to consider **new ideas**, **thoughts**, **suggestions**, **information**, **insights**, **perceptions**, **and inklings**. Don't knock it 'till you try it.

Stretch Your Comfort Zone

"Do something every day that you don't want to do," Mark Twain advised. "This is the golden rule for acquiring the habit of doing your duty without pain." Your duty is to fulfill The Big One, or build the lean, mean, dynamite machine.

Act As If It Were Impossible To Fail

The one unchangeable certainty, is that nothing is unchangeable and uncertain. --John F. Kennedy

Nothing is impossible. Said a different way, ANYTHING IS POSSIBLE.

If there's something "impossible" about your ultimate goal, **DO IT ANYWAY.**Really. Who says that what an "expert" says is 100% correct? Many times doing what people say you cannot do will produce **breakthroughs** for you.

But WAITING around doesn't do it. YOU DO IT.

Be daring. Don't be subtle or clever. Make your point and drive it home. Boldness gets us closer to what we want.

So act as if it were impossible to fail.

Keep An Accomplishment Journal

Most of us never really give ourselves a pat on the back. We're too preoccupied with what we're not doing or achieving, and **beating ourselves up** because we're such failures.

Did you ever think for one second that we are **ACHIEVING MACHINES?**

"Naw, Gar. I can't accomplish anything. How can I be an achieving machine?"

That's why you need to keep an Accomplishment Journal. **Keep track of all of your successes each day** on your way toward your Big Goal or dynamite body. It's more than just checking off your to-do list; we usually accomplish more than we set out to do each day.

List them all - planned AND spontaneous success - and you will have a more accurate picture of progress.

As this list grows, it becomes evidence and proof of **your power and creativity to MAKE THINGS HAPPEN.** Soon the evidence becomes so overwhelming:

that means you WILL achieve your goal. It's the logical outcome of the direction you're heading.

While you're at it, **document your accomplishments** with newspaper clippings, pictures, video, etc. This **silences the naysayers**. (Besides, your biographers will appreciate your diligent record-keeping in putting together a best seller.)

Use Shortcuts To Success

People, books, tapes, videos, coaches, magazines, newsletters, etc. are all shortcuts to success. Learn from the wisdom of the ages. That's what it's been accumulating for.

A picture may be worth a thousand words, but a bit of advice from someone who has produced results for him/herself or others (especially a goal similar to yours) is worth a thousand pictures.

Sometimes you learn from **following the advice of others.** Other times you learn from doing something **TOTALLY THE OPPOSITE** from what someone advised. You're going to do what you want to do anyway, yes?

When others give advice, they do you a favor, whether you do it or do the opposite. When you put the advice to good use, you return the favor.

Living By YOUR Rules

When we were young, we were told to live by certain rules if we wanted good things to happen to us. No wonder so many people learn to **REBEL** against the rules.

When going for the Big One, however, you will find that there are MORE rules than ever before. But, hey, isn't following your Dream supposed to bring you freedom?

Yes. And the freedom lies in how you live your life to get what you want. I call it the 10 Daily Habits. You're redesigning your life, to do the things YOU WANT TO DO, so that you get what you want. Wouldn't it be so much easier if YOU decide how YOU are going to live your life to get what YOU want? Since you're going to do what you want to do anyway, why not design your life in such a manner? Then you're virtually GUARANTEED success.

These are rules. **YOUR rules.** Keep track of them to find which ones work best for you. If you find you're not living a few habits, then you need to rethink

different ones. You'll ultimately find the 10 that keep you focused and moving toward your goals. This is an important step toward **MASTERY**.

Learning

You've been a dream-fulfiller for quite some time, whether they're your dreams or someone else's. Either way, the **PROCESS** for fulfilling these dreams is the same.

Look back at your Accomplishment Journal that you've put together. For each achievement, ask yourself, "How did I do this? What worked? What was the challenge? What did it take?"

Then formulate YOUR rules on how YOU best achieve goals. What it comes down to is this:

- 1. Do more of what works, and
- 2. Do less of what doesn't.

Take Time To Be Good To Yourself

This doesn't necessarily mean taking care of yourself, but **taking care of yourself WHILE YOU DO WHAT NEEDS TO BE DONE.** This could mean doing a project in 20 hours when you could finish it in fifteen. But it doesn't mean NOT doing it.

Learn to take the pressure off yourself while you do what you do to get what you want. Recreation - the things you like to do that bring an ear-to-ear smile to your face - is a time for you to "re-create" your attitude. You know, it's that time off to rejuvenate your creativity.

Re-think your attitude toward words such as **WORK**, **VACATION**, **and TIME OFF.** The idea that we need "time off" comes from working for another to fill another's dreams. Now that your life is directed toward YOUR dreams and goals - a leaner, energized, fantastic body and a wonderful life - why would you want to take "time off" from that?

Some of the things you have to do on your path toward your goals will be more enjoyable than others. Remember: when reaching for something big, there's work to be done. So, alternate the enjoyable activities with the "work."

Learn to **seek SATISFACTION** in a job well done, instead of doing activities that merely distract you from the "harsh reality of work." These diversions are for those who work for others. **YOU'RE WORKING FOR YOURSELF NOW.**

My former coach has told me many times that the true joy on your path toward your goals is the journey itself, the PASSION OF THE PURSUIT.

PERSISTENCE

NOTHING succeeds like persistence. In the fitness sense, extensive research done in the area of exercise adherence suggest that **the most critical factor to fitness success is persistence.**

But this applies in **EVERY SINGLE ASPECT OF OUR LIVES.**

Persistence is the common denominator of ALL successful people. (And whether you believe it or not, **WE ARE ALL SUCCESSFUL PEOPLE.** You just don't realize it.)

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

--Calvin Coolidge

Let me tell you the secret that has led to my goal... my strength lies solely in my tenacity. --Louis Pasteur

The same message rings throughout history - to win, you must persevere.

You are beaten to earth?
Well, well, what's that?
Come up with a smiling face,
It's nothing against you to fall down flat
But to lie there - that's a disgrace.

Keep going, and you will win.

It's a simple process:

- 1. What's the next step?
- 2. What's stopping me from taking the next step?
- 3. Remove the obstacle (or ignore)
- 4. DO IT.
- 5. Go to #1.

Without persistence, we fall into the coulda, shoulda, woulda, and what-if self-talk.

Do it.

Enthusiasm

Enthusiasm and joy. What a pair they make. Kind of like Siamese twins. It's hard to find one without the other.

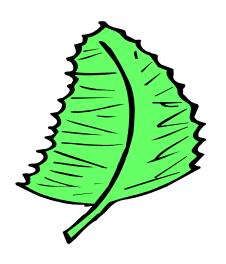
Enthusiasm is derived from the Latin "en theos," one with the energy of the divine.

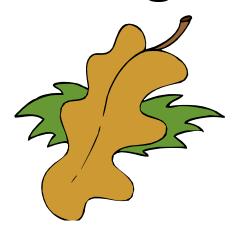
Nothing great was ever achieved without enthusiasm. -- Emerson

Enthusiasm is a feeling we can feel no matter what else is going on. The way to create enthusiasm is to do things WITH enthusiasm. AND IT IS ONE OF THE EASIEST FEELINGS TO CREATE. We just need to remember to create it.



Chapter 5: Make That Change





Goal Setting For 2000 And Beyond

I want to start this with an important reminder: All things are possible for you.

But you need to become aware of this, or increase your awareness of this. When you become aware of this **incredible power inside you**, and the laws of their expression, your awareness will be reflected in your results. In fact, **every aspect of your life is a mirror reflection of your own level of awareness.**

Give Meaning To Your Life

The awareness you're seeking requires **replacing old conditioning**; **conditioning which is genetic and environmental.** This is a life-long process for nearly every single living person.

In other words, we need to change habits. Habits are fixed ideas that are planted in our sub-conscious minds.

Many of these habits are causing the unwanted results you're currently getting. They're holding you back, stifling your growth. These negative habits, if broken and not consciously replaced by productive, healthy habits, will just be replaced by other negative habits. Nature HATES empty space.

To be successful in replacing negative habits with positive ones, you must have a good reason. That good reason is a **GOAL**.

Whenever you have been successful improving habits in the past, you have either consciously or unconsciously set a goal. A reason to do what had to be done. The greater the DESIRE to reach the goal, the easier it is to change old conditioning.

Keep this in mind: THE ENERGY REQUIRED TO DO THE JOB WAS ALWAYS THERE, AND WILL ALWAYS BE THERE.

If you genuinely desire to lose 50 lb., and keep it off, and live a healthy, productive life, gosh darn it, you're going to make sure you're up at 5 am to go to the gym/your basement. **Being tired is not an option.**

"Do the thing, and you will get the energy to do the thing."

--Ralph Waldo Emerson

So that you can be absolutely certain of improving the quality of your life, it is essential that the goal you choose is something special. Something you feel very drawn to. IT HAS TO BE IMPORTANT TO YOU.

You don't have to justify to ANYONE why you want it - not even yourself. BUT YOU MUST WANT IT - you must REALLY want it, with your heart and soul, or the goal will not serve its purpose.

Once you select the proper goal, every aspect of your life will improve because of your increased awareness you'll develop as you move closer to your goal. Not only will you look and feel great, but you'll also start going after other things in your life you've neglected in the past; go back to school, get a promotion, change careers, start a new business, etc.

YOU ARE A GOAL-ACHIEVER - And Goal-Achievers Have A Winning Attitude

You shape your own life, and the shape of your life is determined largely by your attitude.

THIS IS AN AREA YOU CAN CONTROL.

By learning how to control and direct it, you have great power over what is going to happen.

Winners radiate confidence and assurance. **Expect success and you'll get success.** Studies made of the lives of thousands of successful people show that they have about them **an attitude that attracts success.** They are aware of their potential and how to develop and utilize it.

What is "Attitude"?

Goal-achievers (**that's YOU**) know that attitude is the makeup of your thoughts, feelings, and actions. It's your **personality**.

The part of your personality that you and everybody else see is your body, and this is the part that moves into action. **But the body is only an instrument of your mind,** and represents only **ONE** of the ingredients of your attitude.

The other two parts of your personality can't be seen. **They are the MOST important**; they are the **conscious** mind (thoughts), and **sub-conscious** mind (feelings).

The 3 Steps Of Your Attitude

1. Thoughts

You either choose your thoughts or accept them from an outside source (but it's your choice to accept them). These thoughts develop into **images or ideas** in your conscious mind.

2. Feelings

You then **impress these images or ideas** on your sub-conscious mind, causing feelings. And your feelings can only be positive or negative. Let's say your thought is "If I'm going to look and feel great, I need to exercise regularly, and I need to feed my body properly." Well, for many of you, the thought of diet and exercise stirs a feeling of, "Aw, geez, do I have to do THAT?" That's a negative feeling.

3. Actions

Your feelings cause actions, and the actions cause the results you're getting in your life. Look at #2. What kind of action do you think your body will move into? Right, none. Zippo.

Goal-achievers CHOOSE THEIR THOUGHTS carefully and are consciously aware of their actions. Their thoughts are expressed in goal-oriented activities.

The formula is simple: The only way you can improve the results you're getting in life is to **take full responsibility for your attitude.** Only then will you be able to improve your results.

Your Attitude is Uniquely Yours

You can buy another person's car. You can borrow their clothes. You can even steal their money. But you CANNOT borrow, buy, or steal their attitude.

YOU CHOOSE YOUR ATTITUDE, AND THERE IS NO ONE THAT CAN CHANGE IT FOR YOU.

Think of a steering wheel in your car. If you're making a trip from Nashville, Tennessee to Los Angeles and you turn your steering wheel just a 1/4 turn, you'll probably end up in Vancouver, British Columbia.

The point is this: the smallest change or improvement in your attitude will dramatically affect where you will be next week, next month, next year, 3, 5, 10+ years from now. It's the little changes that make a HUGE difference in every aspect of your life.

Your Life Began With Goals

As human beings, we are **goal-seeking machines**. As infants, we had goals, and we attracted whatever assistance was required to achieve those goals. Growth and change were the order of the day from the moment you took your first breath. Eating, crawling, talking, walking, and running took a lot of effort on your part. Hey, we were proud goal achievers, weren't we? Everything we accomplished brought much joy for a number of people.

And the same thing can happen and be enjoyed every day of your life.

See It And WANT It

When **choosing a goal**, be it a leaner, energized, dynamite body, a great job, lots of money, or a great life, the only prerequisite is:

You must SEE AND FEEL yourself, in your mind, already in possession of the goal - AND YOU MUST SERIOUSLY WANT IT.

DO NOT worry about how you're going to get it. Just believe in yourself and have faith you'll get it.

If you are already consciously aware of how to get whatever it is you want, the goal you have chosen is not worthwhile. Sure, you'll achieve it, but there's no growth or increased awareness.

Therefore, the only improvement in the quality of your life has to be provided by the object you were going after. **This is the very reason why so many people live lives of mediocrity. Life is about CREATING and growing,** not about going through the motions each day, like you're hoping to safely make it to death.





Whether we realize it or not, **most of us have general life goals** – such as happiness, a mission, security, wealth, high energy, a dynamite body, and some measure of success - but these goals remain **vague and undefined**.

You may be busy, even overwhelmed with projects and responsibilities spread out all over the place (and spreading yourself thin), but you'll never achieve your goals because your goals were never properly set in the first place.

Without clear, specific goals, we toil in a job but never build a career.

Without clear, specific **FITNESS** goals, we toil in a body, but never build the leaner, energized, great looking, and unstoppable person.

Without goals, work becomes a necessary interruption between weekends. Weekends, to many people, are an escape from a weekly "prison" of purposelessness (is that a word?). Exercise is an interruption to the daily grind you've been so used to. (Notice the **Comfort Zone.**)

Goals provide the energy source that powers our lives. One of the best ways we can get the most from the energy we have is to FOCUS IT. That's what goals do: they concentrate our energy.

No horse gets anywhere until it is harnessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. And no life ever grows great until it is focused, dedicated, and disciplined. --Harry Emerson Fosdick

Becoming A Laser

Laser technology is the best example of focused energy. A laser is a powerfully concentrated form of energy. Basically, it's a rod of light that straightens or amplifies light energy. A laser produces a beam of very pure light in which all the waves are exactly in step and of exactly the same wavelength.

Now, let's look at a **floodlight.** It is unfocused, nondirectional, and lights up a general area. It has no real power to do anything more than flood a general area with light.

So it goes with your goals. With vague, unspecific goals, you're a bunch of floodlights trying to find their way somewhere, somehow, and hoping to project enough light to be noticed and appreciated for being there.

A person with focused, concentrated goals is like a laser. Compared to the floodlight-person, when you're a laser, you can perform a variety of great things.

Laser technology and goal-setting technology are based upon the same scientific principles. When light waves are concentrated and in step they produce a beam of pure light with incredible power. When goals are focused and in progression, they produce a driving force in your mind with awesome creativity and power of accomplishment.

What Could've Been

Imagine being forced, in your later years, to watch a continuously repeating video of **the life you could have led** had you dared to believe in yourself, had unrelenting faith in yourself, and pursue the dreams and goals that were **ALWAYS** there for the taking.

Ouch! Pure torture.

There is a very important lesson to be learned from this "torture." While we all say we "don't have the time" to give justice to our own goals, **WE HAVE ALL THE TIME THERE IS.** (That'll raise a few eyebrows.)

Maybe it's not a time-management problem. I wonder if it's a dream and goalfocus problem.

We spend too much energy worrying about the things we want to do but "can't," instead of concentrating on doing the things we CAN do, but DON'T. That's where the couldas, shouldas, and wouldas come in. It's a tremendous energy-drainer on our focus.

Dreams and Goals

A dream is your creative vision for your life in the future. It's **what you would** like life to become.

A goal is specifically what you intend to make happen. Goals should be just out of your reach, but not out of sight (a pipedream).

Are You A Spectator?

Many of us become spectators, resigning to experiencing success through others' accomplishments. You can see success for others, but you can't imagine it for yourself. I have heard so many people tell me, "You know, I could tell everyone else how to get fit/reach goals, but I just can't do it for myself." Seeing someone lose 100 lb. and keep it off, but you can't even fathom losing just 30 lb. WHY NOT YOU, TOO???

4 Common Denominators of Achievers

1. Successful people BELIEVE their own dreams and goals are valid, even if that's all they have to go on. BELIEF in yourself is the first key. Achievers know that we were not born with the same physical, mental, and environmental attributes. But they DO know that everyone has the same potential and right to feel the excitement and motivation in believing we DESERVE the very best in life - IF we devote the time and energy to achieve it.

2. Achievers have clearly defined goals and action plans.

There is a **specific sense of direction**, based on the achiever's desires (NOT designated by someone else). Successful people know where they're going and how they're going to get there. Their plans have time frames for achievement.

3. Achievers WORK THEIR PLANS.

Sounds simple, doesn't it? Winners give 110% effort, energy, and whatever time it takes to reach their goals. Most people earn a basic income working 40-hour workweeks. Most people have decent health and less-than-average fitness doing the bare minimum exercise per week.

Successful people achieve their greatest accomplishments in the time frames that **go beyond the 40-hour work week/2-3 workouts per week.** They develop knowledge and skills, and associate with like-minded people.

And they PERSEVERE.

4. Achievers are FLEXIBLE.

In today's fast-paced society, change cannot be an occasional thing. If you don't bother developing yourself personally, professionally, and physically, you'll be left in the dust. You will survive and thrive when you are flexible to change.

When your Comfort Zone kicks in, it's time to do some thinking. Are you willing to use a different method to achieve your goal? Are you giving it your all? What are you doing that's getting you results? What are you doing that's not getting you results? Find out what's working, and repeat it. Eliminate what's not working. Change your attitude to change results. Keep learning about yourself, and what you can do to be at your very best.



10 Ways To Think Your Way To Change - And Supercharge Your Health

If you want to change YOURSELF (which you **MUST** do if you want to **change your results**), you have to dive headfirst into a self-improvement program. In other words, you have to first **think about what you want to do and why you want to do it.**

You have to think, too, about **who you are, and who you want to become.** Here are some ideas to get you started in this process, along with a little kick in the butt to keep you going in your efforts to supercharge your health - and your life.

1. ACCEPT RESPONSIBILITY.

YOU are responsible for your own body. It's a simple concept, even obvious, but do you really feel it? Do you really understand, that unless you're being held at gunpoint, there's no reason you have to sit hour after hour watching TV, or eating that apple pie a la mode?

Point is, **the choice is always YOURS.** In fact, you're always making choices, some healthy, some not. These choices form a pattern of behavior. Sometimes you won't like the consequence of that pattern, like when it results in overweight or disease.

BUT YOU CAN CHANGE.

When you begin to truly accept responsibility for how you take care of yourself, you think of the results of your decisions and begin to make healthier choices. And as you start to look and feel better, good judgment is its own reward.

2. Don't Take A 'Band-Aid' Approach To Your Health

Being healthy is more than taking a vitamin or drinking a glass of orange juice. There are habits you need to eliminate, and new ones to develop. It's called the **10 Daily Habits.** This is a routine of habits you WANT to do, and that GIVE YOU ENERGY, and keep you focused and moving faster toward your goals. No room for woulds, coulds, & shoulds.

You can't take vitamin C and smoke a cigarette, take B vitamins to fight stress without getting to the source of the stress, or down a fiber pill to counteract all the saturated fat in your diet. **Sugarcoating** your bad habits is a game you **ultimately lose.**

3. Write Your Way To Self-Understanding

Before you begin any program for self-improvement, it makes sense to really **get to know the "self" you want to improve.** A great way to do this is journal writing. **MAKE the time to keep a journal,** jot down your thoughts, feelings, ideas to stimulate the process of growth and change. With every question you consider, you enter into a dialog with your inner self.

It's a process that honestly **reflects your feelings** without the outside influence of others. Get a notebook and devote 15-30 minutes a day, in a quiet place, to just write. Remember, this is for YOUR EYES ONLY.

4. Set Your Goals

The most successful people set goals, and then go about doing what's necessary to achieve them. You know the difference between you and the most successful people in world?

Only **ONE THING.** And that's **RESULTS.** These people are no better than you or I; they saw the importance of setting tangible goals and making them happen.

Goals keep you **focused** and your **confidence** rising. One big plus of goal setting is that it helps you come to terms with time. **One thing in life you can really call your own is your time.**

WHY WASTE IT?

5. Set Long-Term & Short-Term Goals

Your main focus is from #4. That's the long-term goal. Now, you're going to create a strategy for getting there. That's where short-term goals come in. I have my clients come up with an ultimate goal first; then I help them to devise four 90-day strategies to help them get there faster. Short-term goals enable you to stay focused and moving forward faster.

6. Define Success In YOUR OWN Terms

Success is not a specific level of material accomplishment, but rather as a matter of **choosing what YOU want out of life** - and **cultivating** that dream. (After all, most people don't even get that far.)

Success is also about making a **commitment to completion - EXCELLENCE.** Putting your energies to work daily to achieve excellence. YOU CAN BE A SUCCESS RIGHT NOW. **Stop waiting** for the "right time," when you "have enough time," when you've finally "made it."

Everything originates as an idea in your conscious mind positive or negative. Your idea turns into a feeling, thanks to your subconscious mind. And your feelings turn into actions.

The formula is simple: to change results, change your thoughts, feelings, and actions. What's your definition of success?

7. Get Advice & Feedback From POSITIVE People ONLY!

This process of change you're going through is exciting, and one that you are eager to share with friends and family.

But wait.

Sometimes this is helpful, but not always. There will ALWAYS be someone who doesn't want to see you grow and change - most often a reflection of how the person sees him/herself and his/her life.

You just don't need that.

When you do share your dreams and goals with people, look for those who offer positive support. This stuff's important to you, darn it, and it would be nice to have your personal "cheerleading squad" to pump you up. Connect with like-minded people with similar goals. You'll also find your circle of friends upgraded significantly, too.

8. Know That Your Friends Don't Necessarily Want What's Best For You What??? But they're your friends! They're supposed to want the best for you!

Well, they may THINK they do. But they really like the OLD you - the one that likes to party, eat out every night, and eats every dessert that's shoved in front of your face.

Okay, this is not always the case. You could have friends that offer genuine support. If you do - FANTASTIC! They may even be trying to do for themselves what you're doing for you.

But if you're finding yourself being talked out of a workout or a nutritious, home-cooked meal, you're going to want to establish boundaries. You don't have to break up your friendships; you're basically "drawing the line." Your saboteurs may not even realize what they're doing. So it's up to you to point it out and to protect yourself from it happening again. You'll find a greater respect and admiration from them.

9. CONGRATULATE YOURSELF.

I don't care if you've only lost a quarter of a pound this last week. That's progress! Too many of us focus hard on the big picture, and never realize just how much we're accomplishing along the way. Then you end up feeling overwhelmed, discouraged... and quit. Write down what you've accomplished, no matter how small, and you'll see you're really a goal-achieving machine.

10. What's Stopping You?

You have tremendous potential. All of us do. But you may fall short of realizing it. Are you afraid that once you start on the path to success your life will never be the same (it won't - and that's a good thing!)?

Do you like the familiar, the "comfort zone," the status quo? Even though it's not good for you, you may feel it's better than facing the uncertainty ahead, even if it ultimately leads to great health and a great life.

Each day brings something new to you, IF ONLY YOU GO AFTER IT. Make a list of everything that's holding you back, things you're tolerating, and obstacles you're facing that are keeping you from achieving the success you want. Then start handling 2-3 a week until they're gone. You're unstoppable!





It has often been said that the line that separates winning from losing is as fine as a razor's edge...

And it is.

Let me tell you something. There isn't a big difference among people; there's only a big difference in the things they accomplish.

For example, one person "just about" starts a new diet/exercise program, the other person does it. One person "almost" completes something, the other completes it.

Which one are you? Are you going to start your new program on Monday, or are you going to start RIGHT NOW?

Keep Improving Your Performance

Once people become proficient in the basics in any particular field, they usually stop learning and, of course, from that point forward, they cease to improve.

It's obvious you can easily **rise above your peers with a little extra effort.** The people who put forth that **extra oomph** are the same people who can demand and will receive the lion's share of life successes.

Taking this into account, consider how you're taking care of yourself, and how you feel about yourself:

"How good am I at doing it?" and "How much better could I be?"

That little bit of extra effort you put forth to lose weight, build a younger, healthier body full of energy, and get faster results is what's going to put you head and shoulders above the rest.

Perhaps the factor that will skyrocket you to the "big leagues" in which you lose weight, feel younger and healthier, etc. EFFORTLESSLY, will be **your own ability to PERSIST.** What is your own ability to persevere? Just try **one more time** - with enthusiasm - and you could watch your accomplishments go from the very ordinary to the VERY EXTRAORDINARY.

Here are SIX Razor's Edge Actions you will implement IMMEDIATELY which can make the difference in your health, fitness, and life:

1. Do it.

Stop waiting for the right moment to begin (like Monday). Quit trying to be perfect FIRST; just do something that will move you forward toward your goal. And you're ALWAYS moving forward - you're **using your mistakes as lessons** to learn from to get better.

2. Stay focused.

Create your 10 Daily Habits that will make life easier for you, and give you energy. You'll have a healthy routine, and you'll be attractive to better and better things.

3. Invest in YOURSELF - for health, happiness, and wealth.

You can't sustain one piece of the puzzle, without sacrificing the others. **Be the best you can be.** Get a coach or trainer, surf the Web, attend seminars - become a sponge for knowledge, for knowledge with ACTION is POWER.

4. Be a leader, not a follower.

By **raising your standards** of health, fitness, and life, you raise the standards of everyone around you. You get respect. Admiration. Higher quality people are attracted to you. And your life is more rewarding.

5. Practice EXCELLENCE - daily.

John Kanary defines excellence as "the commitment to completion." Beautiful. Start something; give it your utmost dedication, and **FINISH IT.** Do this everyday, even if you have to start with little things, like cleaning the counter tops after washing the dishes. The effect snowballs into the much bigger things like losing weight and looking fantastic, and making more money.

6. Stay positive.

Choose to see the positive in EVERYTHING, good and bad. **Keeps you happy, optimistic, and healthy.** And achieving whatever you want - because you expect it to happen.



6 Ways To Discover What Motivates You

We all learned to use language when we were very young. In school some of us learned spelling and grammar. The **Language of Influence** takes the art of communication to a new level. The Language of Influence focuses on how we **process language**, the ways we **think**, and how **specific language patterns motivate us**.

The keys to discovering what motivates you in a particular context lie in discovering your **Motivation Traits**. These traits show how motivation is triggered for different people and what type of language is used that captures your interest.

This list serves as an introduction to these powerful tools for **communicating** with **EVERYONE**. Using these tools, not only can you **predict** from your own language in everyday conversation, how you'll **behave** in a given situation, but you'll be able to **predict others' language and behavior** as well.

You're about to learn what motivates you; however, you can learn how to customize your language to trigger motivation and action with **clients**, **customers**, **colleagues**, **family**, **students**, **patients**.... the list goes on. If used appropriately, the Language of Influence will enable you to dramatically improve all your communications.

- 1. How do you decide to take action? Do YOU take the initiative or wait for others?
- Proactive Strategy Act with little or no consideration. Motivated by doing.
- Influencing language: do it; jump in; get it done; don't wait; go for it.
- Reactive Strategy Motivated to wait, analyze, consider and react.
- **Influencing language:** need to understand; think about; wait; analyze; consider; might; could.
- 2. What are the key words that cause you to physically and emotionally respond?

- Criteria are your labels for things that are important to you in a given context.
 They are hot buttons because they are directly attached to emotions, memories, and experiences.
- Influencing Language: Use your own words (criteria) to attract and maintain interest. When you hear your own Criteria, you will immediately feel the emotions attached to those words.

3. What will trigger you into action? What direction do you think in?

- **Toward Strategy** Motivated to achieve or attain goals.
- Influencing language: attain; obtain; have; get; include; achieve, etc.
- Away From Strategy Motivated to solve or avoid problems. What might be missing?
- Influencing language: avoid; prevent; eliminate; solve; get rid of, etc.
- 4. Where do you find motivation? How is judgment made? In external sources, or in internal standards and beliefs?
- Internal Strategy you're motivated to decide based on your own internal standards.
- Influencing language: only you can decide; you might want to consider; it's up to you; what do you think?
- External Strategy You need outside feedback to know how well you're doing and to stay motivated.
- Influencing language: others will notice; the feedback you'll get; results; give references; so and so thinks; other people have.
- 5. How do you reason? How do you choose to take action? Is there a continual quest to find alternatives, or is there a preference to follow established procedures?
- Options Strategy Compelled to develop and create systems and procedures. Have difficulty following set procedures.
- Influencing language: opportunities; variety; unlimited possibilities; lots of choice; options; break the rules just for you.
- **Procedures Strategy** Prefer to follow tried and true set ways. Get stumped when they have no procedures to follow.

• Influencing language: The right way; how to; tried and true; speak in procedures: first-then -lastly; the step-by-step method to.

6. How do you react to change and what frequency of change is needed for you to be happy?

- Sameness Strategy You like things to stay the same. You provoke change only every 15 to 25 years.
- Influencing language: the same as; as you already know; like before; identical.
- **Sameness with Exception Strategy** You prefer situations to evolve over time. You want major change about every 5 to 7 years.
- **Influencing language:** more; better; less; the same, except; evolving; progress; gradual improvement; upgrade.
- **Difference Strategy** You want change to be constant and drastic. You initiate change every 1 or 2 years.
- **Influencing language:** new; totally different; completely changes; switch; shift; unique; one of a kind; brand-new.
- Sameness with Exception and Difference Strategy You like both evolution and revolution. Major change averages every 3 or 4 years.
- Influencing language: Use both Sameness with Exception and Difference language.

These strategies are just the tip of the iceberg. If you want more information, read Shelle Rose Charvet's brilliant book, "Words That Change Minds, Mastering the Language of Influence."

You can purchase this book from **Amazon.com** by clicking here: (You most likely have to cut and paste this link on your Internet browser) http://www.amazon.com/exec/obidos/ASIN/0787234796/qid%3D933308299/002-2192825-4734018



I Dare You To Be Healthy And Strong

You know those amazing, inspiring, and quite moving stories about how this average joe/josephine saves a child or loved one from death with superhuman strength, like lifting trucks, trees, cars - thousands of pounds - without a hitch?

Normally it's attributed to an excessive rush of adrenaline. Now, the capacity to deliver that much adrenaline HAD to be there in the glands. Nothing could have activated what wasn't there. A person normally has a great deal of latent power in reserve.

But situations like this tell us an even more important fact; **something happened to this "average" person to produce the surge of superhuman strength.**And it's more than a physical reaction. **Mental and spiritual forces** were involved.

Think about this. Your mind-response, when you see that your child or loved one might die, motivates you to rescue **with NO THOUGHT** but to get that (car, truck, tree, boulder, etc.) off her.

Such a crisis summons the amazing latent powers with what you might call spiritual adrenaline, and if the situation calls for enhanced physical strength, the mental state produces it.

I DARE YOU To Be Healthy And Strong

Any number of things can serve to activate these reserves of inner power. BUT IT DOESN'T HAVE TO BE SUDDEN DANGER OR CRISIS.

A lot of you talk about building this leaner, energized, fantastic body. That this time you mean it.

Well, I DARE YOU to do it.

You haven't worked out regularly for a long time.

I DARE YOU to get your butt in gear and start TODAY.

You complain you don't have time.

I DARE YOU to MAKE the time to take care of yourself.

You whine about being an addict to a certain food or food group.

I DARE YOU to start feeding your body the proper fuel it needs.

You get easily frustrated because you're not getting results as fast as you'd like.

I DARE YOU to persevere.

You talk a big talk about wanting to make exercise and eating right something you want to do for the rest of your life.

I DARE YOU to follow through on your promises.

I DARE YOU to become an unstoppable human being with an unstoppable body.

I DARE YOU to take control over your thoughts, feelings, and actions.

I DARE YOU to break out of the rut you're in - RIGHT NOW - and start making a difference in your mind, your body, your spirit, your life.

I DARE YOU to go after your dreams – owning your own business, writing a book, making more money, being famous - and MAKE THEM HAPPEN.

Is something happening inside you? Is your blood "up," answering my dares, surging throughout your body, as if ready to go to battle?

Realize that you have reserves of inner force. Let the challenge of your ambitions, your dreams, and fire up your lethargic and often unused powers into ACTION.

DARE to be what your best self knows you ought to be.

DARE to be a bigger human being than you have ever been.

DARE to have great hopes, then DARE to go after them.

DARE to have great dreams, then DARE to live them.

DARE to have high expectations, then DARE to believe in them. And DARE to go get them.

The more you risk to live a wonderful, rewarding life, the more you will find within you what it takes to get on top of things and STAY THERE.

When fate throws a dagger at you, there are two ways to catch it: either by the blade or by the handle. --Old saying

Catch the dagger by the hand, lose your hand. Catch the dagger by the handle, you can use it to fight your way through. When faced with an obstacle, seize it by the handle.

In other words, let a challenge rile up your fighting spirit. Whether you think you have this spirit or not, YOU HAVE IT. You can't get anywhere without a good fighting spirit.

SO GET IT GOING. It will wake up your latent powers into ACTION.



Chapter 6: Mind Power – MOVE Your Body Into Action



How Your Brain Works, How To Re-Program It For Success

All of us have a "success instinct." A guidance system that moves us towards the things we think about.

Think of driving a car. Your brain is constantly comparing the position of the car to the position you want to be in. If you start to veer out of your lane, a signal is sent to your brain to make your body to the things to get the car back in place. Your brain signals your arms to turn the steering wheel to get back on course.

But do you ever **THINK** about any of those things when driving. Of course not. It's all a subconscious act (except for when another driver honks his horn or flips you off).

But think back to when you **first learned** how to drive. You had to **think of EVERYTHING** you had to do. Start the car. Foot on the brake. Shift to drive. Both hands on steering wheel. And so on. Those were all conscious acts. Eventually your thinking mind programmed your sub-conscious mind to function automatically behind the wheel.

Our success instinct serves as our **goal-striving mechanism.** We think about what we want, then we move towards achieving it. But, being human, we don't necessarily program our success instinct correctly.

The major factor that determines our programming and the data it can accept is OUR **SELF-IMAGE**. Our brains have been touted as the most amazing machine, even more amazing than a super-computer. And like the best super-computers, **our programming can be changed**.

Your Conscious Mind

Your conscious mind accepts whatever ideas you give it, good or bad. Once you get the ideas, your conscious mind looks at all the options and makes a choice. Just one. Then it eliminates all the other ideas.

It's like **reading a menu.** You decide what you want, and all the other entrees are eliminated.

What kind of ideas do **YOU** give your conscious mind? I can't, I won't, I'm no good, I'll never, etc.? Or, I am, I have, I can?

Your conscious mind sets the vision of your self-image, and how successful you are.

Your Sub-Conscious Mind

Your sub-conscious ALWAYS, ALWAYS, ALWAYS accepts WHATEVER THE CONSCIOUS MIND GIVES IT. It doesn't have a sense of humor. It can't make choices. It takes everything LITERALLY.

You say, "I can't," you won't.

You say, "I'll never," you never will.

You say, "I hate," you never learn to enjoy.

You say "I'm no good at," and you'll never realize your potential.

See what's happening? Keep feeding yourselves these lies, and you're going to act them out.

Your sub-conscious is the "yes-man." It supports wholeheartedly whatever the conscious mind gives it.

Your body then acts upon the ideas you have created for it. **Start paying closer attention to how you talk to yourself.** Really. You'll be astounded.

Re-Programming Your Success Instinct

It doesn't matter what your "success objective" is. Weight loss, making more money, being a better person, whatever.

We all want to achieve; that's why we all have a goal-striving mechanism. I have never heard of someone who WANTS to lose everything s/he has and live a homeless, helpless life. We all want good things to happen.

But if you keep telling yourself, "I can't, I won't, I don't have time, I'm not good enough, I'm so out of shape, I have no energy, I'm too tired, etc.", how can you expect to move closer to success?

This process is SIMPLE. It's not EASY, but it's simple. It takes **repetition and consistency** to make it work. Did you know EVERYTHING about everything BEFORE you got to school?

No. You had to learn. And to master the subject, you had to go to class every day. Listen to lectures. Take notes. Do homework. Take tests. And that's how you succeeded in them.

Here are the steps you need to take to re-program your success instinct:

1. Stop Feeding Yourself Old, Negative Data

If you find yourself telling you why you can't do something, immediately say, out loud, "Stop!" or "No!" Now you're giving your conscious mind another choice.

2. Give It New, Positive Data

Instead of "I have no energy to exercise. I hate exercise," you tell yourself, "I am energetic. I enjoy exercise because it helps me lose weight, look great, and feel like a million bucks."

3. Affirm Your New Self-Image

Always in the present tense. You see, your sub-conscious doesn't know the past or the future. **It knows RIGHT NOW.** Make it **action-oriented,** i.e., "I am doing," and "I have such-and-such."

4. Focus On Your Image Of Success

Take just 15 minutes each day to visualize your dreams, AS IF YOU ALREADY ACHIEVED THEM. What does it look like? How are you acting? What do you look like? What kind of setting are you in? **Believing is seeing,** in this case.

5. Train Yourself In Your New Attitudes And Behavior

Fake it until you make it. **ACT like the successful person that you ARE.** If you wait until you get there, you'll never get there. What you're doing is enhancing the re-programming of your subconscious mind so you achieve success more rapidly. Eat, sleep and drink success.

What you're doing is telling your conscious mind, "No, not that way. THIS way." It then eliminates the negative baloney, and your sub-conscious, being the "yes-man," is in total agreement. Your body, being an instrument of your mind, then acts upon the ideas your sub-conscious gives it.

Which way do you want to go?



Achieve All The Good You Desire By Understanding The Three Planes Of Your Being

There is more to yourself than meets the eye, and you must comprehend this, if you are to develop yourself properly. In fact, you'll never see the greatest part of you because it is NON-PHYSICAL in nature. What you are about to become aware about is that you are SPIRITUAL, you have an INTELLECT, and you LIVE IN A PHYSICAL BODY.

In a nutshell,

- 1) Your **SPIRIT** gives you the energy to generate **thoughts**
- 2) Your INTELLECT then turns your thoughts into ideas, and
- 3) The PHYSICAL you creates the results.

Let's go a bit deeper.

Your Conscious Mind - How You Think

This is the part of you that **thinks**, **reasons** - your **free will**, in other words. The conscious mind can **accept or reject ANY idea**. **No person or circumstance can cause you to think a certain way without your permission**. All pain, pleasure, and limitation is originated here or accepted from an outside source. The thoughts you choose eventually determine the results in your life.

You become what you think about.

As you accept a thought, it is impressed upon the second part of your personality - the sub-conscious mind.

Your Sub-Conscious Mind - Your Conditioning

This part of you, when understood, is the most powerful and magnificent part of you. The Ultimate Power Center. Every thought your conscious mind chooses to accept, your sub-conscious must accept - IT HAS NO ABILITY TO REJECT.

This part of you operates in an **orderly manner**. It is expressed through you, in feelings and action. Whatever you've accepted in your conscious mind over and over becomes **fixed** as part of your personality. Pretty soon these ideas don't need any conscious thought - they are now **HABITS**.

Which would explain why positive thinking and positive affirmations work so well. **YOUR SUB-CONSCIOUS, OR SPIRIT, KNOWS NO LIMITS.**

Tell yourself, "I am losing weight," and you're going to lose weight. Or, "I am happy," or any positive "I am" statements.

Try doing this, daily, for 30 days. You'll be astonished by the results.

Your Body - The Instrument Of Your Mind

This is the obvious part of you, but **it is the smallest part.** Your actions are a **reflection of your thoughts and feelings**; the "house" you live in. The thoughts or images you consciously choose, must move your body into action. That's when you get results.

YOU are responsible for your own actions. If you weren't responsible, you'd have to send everyone ELSE to a psychiatrist for you to get better!

So.

To change results, change your thoughts, feelings, and actions. That's all. It's that simple, but very effective.

BTW, if you find anything remotely WRONG about this concept, your "hidden greatness," you will. But IT'S **BECAUSE THERE'S SOMETHING RIGHT ABOUT IT.** It's a natural law of the universe - the Law Of Opposites. So why not focus on what's right about it?



The Key To Your Personality

Pay attention here, because what I'm about to tell you is something that you MUST understand.

EVERY ONE OF US ALWAYS ACTS, FEELS, AND BEHAVES IN A WAY THAT IS CONSISTENT WITH OUR SELF IMAGE - REGARDLESS OF THE REALITY OF THAT IMAGE.

It is so very important you understand this. Whether we realize is or not, **each of us carries a mental picture of ourselves.** It may be vague and undefined to our conscious mind. In fact, it may not be recognizable at all. But it is there, right down to the last detail.

And this self-image is reflected when we say, "Well, it's just the sort of person I am." But most of these beliefs have been formed by our past experiences, our successes and failures, how people reacted to us. Once a belief about ourselves goes into this picture it becomes "true," as far as we're concerned. We don't bother to question it. We just act upon it JUST AS IF IT WERE TRUE.

We all know how easy it is to identify with our disappointments and failures. For example, instead of saying, "I failed to lose weight," we conclude, "I'm a failure."

Every one of us is familiar with that inner voice that tells us, "I'm not good enough." As a result, we become trapped in our own internal prison of fear, anxiety, guilt, self-hate, and self-criticism. We have no idea how we got there (other than "I'm no good") and no clue as to how to get out.

This is especially obvious when I talk to people about their fitness and life goals. I get them to tell me their goals, get them a bit fired up, and then ask, "Well, then, WHAT'S STOPPING YOU FROM MAKING THEM HAPPEN?"

"I don't know!" is always the answer.

Well, my friends, here IS the answer: it's **your self-image** that's holding you back. Remember, we act, feel, and behave in a manner consistent with our self-image. But you know what? **IT DOESN'T HAVE TO BE THAT WAY.**

We really limit ourselves. **Our self-image determines our potential.** Achieving a positive self-image is within the capability of EVERY man, woman, and child in this world.

You Have The Power To Create Change

Each one of us has the ability to take control of our self-image and program our goal-seeking machine for ultimate success.

It doesn't matter what **CAUSED** your negative self-image. **ANYONE COULD START A NEW, REWARDING, FULFILLING LIFE BY CHANGING HIS/HER SELF-IMAGE.** And it is an "equal opportunity" self-image, where you can experience ALL the success you want regardless of age, race, gender, religion, etc.

The Key To A Better Life

All too often we focus on our failures and disappointments and tend to forget or disregard our successes. Try this for a week: every day for the next week you will record in a journal what you have ACHIEVED that day that is of benefit to you. And they must be positive achievements.

You will find that **YOU ARE A GOAL-ACHIEVING MACHINE.** Just do it! Focus on the positive achievements you make in a week. What a tremendous boost for your self-esteem, your confidence, your energy, your outlook on life. Just watch your spirits soar.

You see, YOU CAN CHANGE YOUR SELF-IMAGE. And by doing so, you change your attitude - your thoughts, feelings, and actions. Change your attitude, change your results.

Just understand that the key to a better life is in **YOUR OWN HANDS.** If you're living in frustration, doom and gloom, **tell yourself** (with tons of feeling) **"It doesn't have to be this way!"**

You can develop a self-image that enables you to live the life you WANT (and deserve), build a leaner, energized, fantastic body, make more money, be financially independent, etc. **NO MATTER WHAT YOUR AGE.**

Give yourself the power that's always been inside you!



Alter Your "Thermostat" To Build A Winning Self-Image

Your "thermostat" is your **self-image.** You will come back to the way you think of yourself, just like the thermostat in your house kicks in to maintain a set temperature.

And you will ALWAYS come back to the way you think of yourself, no matter how different your circumstances may be. If you have a negative thermostat, you will come back to that. If yours is positive, you will come back to that.

Where is your thermostat set at?

How Your Internal Thermostat Works

Let's say your thermostat is set at "I can't lose weight."

Then you see a weight loss/exercise program you want to try. It works, albeit for a short time. You lose some pounds, get a little fit.

Your thermostat's heat has been turned up.

Then you may get bored, pounds aren't coming off the way you like, you see your favorite forbidden food(s), you feel deprived, your energy is shot, etc.

Then your **thermostat kicks in, bringing it back down to** "I can't lose weight." You binge, stop working out, and give up all hope for getting healthy and fit.

Same goes for any negative thought. "I don't like myself." "I can't do anything." "I am so poor." "I can't sell anything."

Can you see what's happening here?

The results you're getting are not owned by YOU. You haven't made a shift (changing the way you ARE, your being), in the above example, to being a healthy and fit. Or being a positive person, or an awesome salesperson, or someone who deserves every bit of good life has to offer.

It's time to raise your thermostat. Crank it up, high as you can. You have unlimited potential, far more than you're willing to admit to. If you can hold it in your head, you can hold it in your hand.

And you'll own your results - because YOU did it. The motivation, fulfillment, and inspiration are very powerful, and will allow you to keep your thermostat sky high forever.



Keep On Believing In Yourself

Men are born to succeed, not to fail. --Henry David Thoreau

Self-trust is the first secret of success. --Ralph Waldo Emerson

It's amazing how many people do not trust themselves, how many of us are **crippled with the mental attitude of self-doubt.** These are the unhappy individuals that feel they "don't have what it takes," writing themselves off before even starting something big... ANYTHING.

Doesn't matter what the "anything" is; losing weight, having more energy, building a great body, living a wonderful, satisfying life.

But let's take losing weight and getting in shape as an example.

Do you feel like trying to shed those unwanted pounds and having the energy to enjoy life, and going after what you want is something you can't manage? Are you already saying, "I just can't. I just know that. There's nothing I can possibly do. It's just too much - too much trouble, too much time, too impatient, metabolism too slow, too little energy, too this, too that."?

I can't, I can't, I can't.

You may think there's just too much information out there to make any sense of it, plus there's your hectic schedule, your family obligations, outside commitments, etc. "And you expect me to throw in trying to eat well and exercise?" So you feel swamped, and you fold. Give up.

Let me make an observation here. You're reading this newsletter, and more than likely many other health and fitness newsletters (electronic and print), buying books and magazines, joining/belonging to gyms, buying videos, going to seminars, etc.

That says a lot about you. **That shows me aggressiveness and ACTION to make things better,** in this case building a leaner, energized, dynamite body. You have an agenda (getting in shape), and you want some answers.

Your good mind decided on a course of action and you proceeded to put it into effect.

The REAL Truth

Your thirst for knowledge and trying to improve your situation tells me the real truth about you. Your notion of this "getting in shape" problem being too much for you, that you can't, you can't, you can't, IS A FALSE YOU.

I didn't say this is easy. In fact, the going will get tough and it will take intestinal fortitude to keep on. However,

WHATEVER IT TAKES, YOU'VE GOT IT.

In other words, believe in yourself.

When you start to believe in yourself, that you CAN have that leaner, energized, fantastic body, **confidence** begins to flow through you. Keep thinking like this, and **the ability to stay on top of things** will come.

And indeed it will. **Anyone, and I mean ANYONE, can handle his/her difficulties when s/he learns to trust him/herself.** That is the first secret to success.

So keep on believing in yourself. Have confidence.

You achieve great things when you think you can. Hey, if someone can lose 100 lb. and keep it off, have a full time job, a family, commitments, a "slow metabolism," etc., **WHY CAN'T YOU?**

Go After It With Abandon

When you do something, like start a new approach to health and fitness (or a new job, or a Big Dream), don't dabble with it. Don't be hesitant about it. You know what you want, right?

Go after it! Go all out; no holding back. No gray area. You either do, or do not (as Yoda from "Empire Strikes Back" says). Make up your mind to win, to get that body and energy you want, and nothing less. You believe in yourself. You have confidence. That's when you get results.

For weeks, months, even years, you may have felt like a total fitness failure. Bitter and complaining. Life wasn't treating you right by giving you this body and lackluster health. So you mope around, hoping for the magic pill/powder/potion/etc. comes out. But it never comes. Oh, there are wannabe's, but no permanent disappearance of fat and weight.

Then you lose faith in yourself. No hopes for being full of vim and vigor, and looking like it.

Stop waiting for life to "give" you something - it won't give you anything unless you get busy and put more into taking care of yourself and your life. You'll get back what you put into it.

"Life" asks us every day: "Are you with it? Do you believe in yourself?" **Only the believers pick up the prizes in life.**

Belief And Action

Belief is no good without action. Get up an hour earlier for a morning workout. Stop watching TV so much, and substitute an evening workout. Use your lunch hour. This is the first day of the rest of your life; give your health, mind, body, and life the REAL treatment it deserves.

Everything will seem different. You may even be amazed. Sure, there will be times where you have to fight from slumping; this is your comfort zone. Pretty soon you become aware of your comfort zone, and it doesn't grab you anymore. Your new approach to health, fitness, and life is too exciting.

When you discover what you CAN do, it's quite thrilling. Everything's different, because, well, YOU are different. See where I'm going here? If you want to change results, change your attitude. Believe in yourself. You DO have the knowledge and the ability to do what needs to be done. Then GET MOVING.

Your Mind Is Everything

Some of you may have just about lost all faith in yourself to lose weight and get into shape once and for all. Your self-confidence was thrown out the window. And why not? After all, you've been trying all kinds of diets and exercise

programs without success. Diet after diet, months of blood, sweat, and tears. And still nothing.

What's the matter here? I mean, you have the opportunities staring you in the face, you're given programs where all you have to do, is DO them. Everything is spelled out for you.

And yet, you keep failing.

To top it off, age is creeping up on you, what's left of your sagging energy level is enough for you to plop your hindquarters on the couch, blah, blah, blah.

Do you see what's been happening? As you do the diet-hopping-thing, you have already **pre-programmed your mind into failure mode.** Oh, I failed at so-and-so diet, I'm going to fail at this one, too. But, hey, why not give it a try anyway? Okay, that didn't work, on to the next one, even though THAT won't work, and so on.

What you expect is what you get.

When you learn the truth that you CAN if you think you can, you become an entirely different person, physically, mentally, and spiritually.

In other words, anticipate the outcome as successful, and you will be successful. Believe in yourself.

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind. --William James

Key Points

- 1. Remember that self-trust is the first secret of success. Trust yourself.
- 2. Go after that leaner, energized, dynamite body with abandon. Give it all you've got. And life will give it all it has to you.
- **3. Expect the best.** Have the confidence that you can attract the best, not the worst, to yourself.
- **4.** See yourself already in possession of your goals. **We become as we see ourselves.**
- **5. NEVER let ANY mistake cause you to stop believing in yourself.** LEARN from it and keep on keeping on.

6. YOU CAN IF YOU THINK YOU CAN.



Have RELENTLESS Faith

How many times have you had a difficult problem, a problem so big (in your mind), that you wish you could turn it over to someone or something else for the solution?

Judging from the multi-BILLION dollar weight loss industry, millions of people seem to feel that way. Have you ever sat and dreamed about finally taking off that darn weight that's been glued to you for years?

For that matter, how about taking that cruise, buying your dream home, or getting that \$90,000 purple BMW 740iL? (O.K., so that's MY dream car.)

Wouldn't it be great if there were a "magic formula" that would give you the body you wanted, the health you desire, and the life you want?

No, this isn't some pitch for the latest and greatest "miracle weight-loss formula" that pollutes most fitness magazines, tabloids, newspapers, and commercials.

I'm here to tell you the "magic" is here, always has been around since the beginning of time. You can have all the things you want - yes, ALL of them - if you make this particular idea a part of your thinking; a part of your way of life.

Read this over 100 times if necessary, in order for you to grasp its meaning. For NOTHING ELSE matters if you don't take care of this first.

However, once you do understand the meaning of **FAITH**, it's like a light will flash over your head - and **you'll never be the same person again**. **No person**, **thing**, **or circumstance will intimidate you**, **EVER AGAIN**. All the good you desire will be attracted to you, and you'll want to share with others your experience and help them achieve it, too. (Just like I'm doing here with you!)

A word of caution: **some people will "look down" on you,** and think you're kind of odd for having this relentless faith, mental strength, and a dynamite attitude and self-image. I'd even say 9 out of 10 people would do this to you. Just consider what **THEIR** results are in life - not so good. What they may be saying to you is just a reflection of **how disappointed they are with themselves** and their lives.

The Power

"It is the Power that do'eth the work."

Everything comes from one source - and that source power flows into and through each one of us. In other words, the image you form in your marvelous mind can only come to you on the physical plane (your results) in only ONE way, and that way is **by LAW and through FAITH.** This source power is also called **SPIRIT.**

Spirit in this sense doesn't necessarily mean religious. Spirit is an expression of your thoughts. Spirit is actually an expression of everything. But let's keep this about you. Our world works in perfect order:

- 1) By Order, and
- 2) Movement.

What we think about becomes reality by Order, or Law. The way our thoughts become reality is through Movement. We think, we act, we get a result. Therefore, we are spiritual beings living in a physical body.

You Are The Perfect Instrument

You are a perfect instrument for Spirit to express itself through.

YOU choose the picture, image, thought, or idea.

SPIRIT will ALWAYS develop it, with and through...

YOU.

"Faith is the ability to see the invisible - to believe in the incredible. That is what enables you to receive what the masses think is impossible." -- Clarence Smithison

If you can show me a person who has achieved great things, I can show you a person who has great faith in himself and in his ability to achieve what they

image. **FAITH** is the connecting link between the source power (be it God, Jehovah, First Cause, Divine Intelligence, Supreme Being, etc.) and YOU. In fact, FAITH is the cornerstone to everything you will ever achieve in your lifetime.

Unfortunately, few people today realize just how important faith in yourself has to do with achievement, because the great majority of people never seem to conceive of faith as being a genuine, creative force. They think losing weight is impossible, that building a younger, healthier body full of energy is a pipedream, and having a satisfying, fulfilling life is ridiculous.

How do you think people who have lost 50, 100 pounds or more did it? How do you think people who went from being "tub-o-lards" to knockout bodies in a relatively short period of time? And how do you think they keep up with it?

They are people who have great faith in themselves to achieve what they image. A lighter, fantastic-looking body. The picture of health. A walking model of a healthy lifestyle.

Why the heck do you think you **CAN'T** do the very same thing?

It boggles my mind how many people think it's so fabulous that other people can achieve a 100 pound weight loss, look absolutely super, and do all of these wonderful things for their health and their lives - BUT THEY DON'T FEEL THEY CAN DO IT THEMSELVES.

This is one thing I stand for you: **YOU CAN ACHIEVE THE VERY SAME SUCCESS** IN THE "SUCCESS STORIES" YOU SEE IN THE POPULAR HEALTH AND FITNESS MAGAZINES. I believe you can do it. I have FAITH you can do it.

Now the ball is in your court.

I'm telling you, Faith is not only a **bonafide power**, **it is the greatest one you will ever encounter**. I would go so far as to say that **whatever you accomplish in your lifetime** will be in **direct proportion** to the:

- 1) Intensity, and
- 2) Persistence

...Of your Faith.

There's a difference between wishing and believing you can receive success. You can wish all you want to lose weight, have more energy and motivation, build a younger, healthier body, and live a wonderful, satisfying life. BUT YOU MUST BELIEVE. When you believe and have FAITH, your body will

automatically move into action to materialize your image of that fantastic-looking body, abundant energy, unstoppable motivation, and a great life.



Removing Mental Blocks

Spirit (your thought energy), NEVER expresses itself other than PERFECTLY. We were not put on this earth to fail. Therefore, whatever imperfection does exist, it's always the result of our way of thinking. Since this is true, it is not necessary that you hold onto anything "for fear of losing it."

In fact, the truth is you'll never truly enjoy anything you MUST hold onto, because freedom in all areas of your life is absolutely essential if you are to grow into the awesome, healthy, and fit human being who you're quite capable of one day becoming.

At this point you might be asking, "What are these obstacles? What "stuff" am I tolerating that's holding me back?" Some obstacles include doubt, fear, guilt, resentment, and thoughts of limitation. They include any negative ideas, and they block the flow of creative energy to and through you.

Your problem, whether you realize it or not - is that **you haven't created the space** for the incredible image you're trying to create. A leaner, energized, fantastic body. A happy, wealthy person. A satisfying, rewarding life. Thus, you must resolve to let go of ALL of these obstacles, so **enabling you to make a space for the all the good you desire.**

Visualize your body as the instrument through which this creative energy flows.

Let's use clothing as an example. Almost all wannabe weight losers want to decrease the size of their clothing. "I want to go from a size 14 to a size 8," or "I want to go from a 42" waist down to a 36."

Now, although most ambitious weight-losers like to have new clothes, most people have no room in their closets for hanging any new clothes. In fact, when YOU hang something in YOUR closet, you probably have to push clothes aside

just to fit another hanger on the bar. How ironic, that many of the clothes that are hanging in your closet, you probably don't even wear!

I am well aware that some of your clothes may have been expensive, even the clothes you don't want to wear any more (your "fat" clothes, as some of my clients would say). So you're reluctant to get rid of them. However, you know as well as I do, that some of the clothes which you have hanging in your closet are hanging there simply because **they don't feel comfortable** when you put them on (you don't like them anymore, too tight, too revealing, makes you look heavier, etc.)

Give them away. Yeah, that's right. Give them away.

By doing this, **you'll automatically be making room** for the NEW, slimming, smaller, beautiful clothes, which are inevitably going to follow.

This is your next weight loss project. Carry it out, right now, today. Check your own clothes closet VERY CAREFULLY - sift through it – and remove all of the clothes you no longer wear, or want to wear. Once you have done this, SIMPLY GIVE THEM AWAY.

By doing this, you thereby **create a vacuum or a void.** And **nature absolutely despises a vacuum or void.** It will only be a relatively short period of time before your closet is once again full of clothes. Only this time,

IT WILL BE FULL OF THE CLOTHES YOU REALLY WANT TO WEAR.

And you have this great looking, unstoppable, lean body that makes this so.

This is a **never-ending process**. Therefore, it is something that you should plan to **practice every day for the rest of your life**. You must constantly be **"making space" for all the good you want in your life**.

ALWAYS KEEP THIS IN MIND: YOU MUST LET GO OF YOUR OBSTACLES AND YOUR TOLERATIONS BEFORE YOU WILL **EVER** MAKE ROOM FOR THE RESULTS YOU DESIRE.



The Horse And The Rider

Quick review: we basically have two minds: conscious and subconscious. Your conscious mind takes in any idea, positive or negative. Your subconscious accepts whatever your conscious mind gives it - it knows no other way.

"Whether you think you can, or think you can't, you're absolutely right."

"If you think your thought is powerful, it is POWERFUL."

These two minds work together like a **horse and rider**. It's easy to train a horse to follow a path. Every day you ride it out along the same route: one mile south, turn left, 1/2 mile east, turn right, 1/2 mile, stop; return.

After a while, the horse gets it. Boy, does it get it. Once a horse has become used to following a route, it is exasperating to try to get it to follow another. If it habitually turns right at a particular spot, it is almost impossible to get it to turn left, even if you threaten it with the glue factory. Doesn't matter who the rider is; the horse will carry ANY rider along the same trail, day after day.

The subconscious mind is the horse; the conscious mind is the rider. The horse agrees and complies with what the rider says. It is the rider's job to teach it a new path by looking at all the options, and chooses the best one.

Sounds simple, doesn't it? Well, it is simple. Not easy, but simple. If the horse is used to turning left, it isn't going to turn right unless you pull the reins HARD at the proper place and do it the same way day after day. Anything the horse perceives as different it automatically treats as wrong. The rider (your conscious mind) is a slave to the horse (your subconscious mind) until you provide a new route for it to follow.

Are you satisfied with your current "path" your horse is riding on? Or are you going to pull hard on the reins to get on a better path?





You will never achieve any significant measure of success if you insist upon living your life as if you're looking through a rear-view mirror of a car. This seems to be a very common error that many people have turned into a habit.

"Let The Dead Bury The Dead"

Stop looking back on your life, worrying about things which have already occurred, and which you can no longer alter. I'm not going to step over anything here, I'm going to make a point.

Look. You gained weight, maybe too much weight. You haven't exercised regularly for weeks, months, even years. You're just not taking care of yourself to be your BEST. You've made excuses. Procrastinated. And everything else that has kept you from losing weight, building a younger, healthier body full of energy, and getting great results fast.

Fine. What's done is done. Let the dead bury the dead.

But pursuing the mental activity of dwelling on your failure will NEVER lead to any worthwhile accomplishment in your health and your life. You should also understand that all of the great achievers past and present have been VISIONARY FIGURES: they were men and women who projected into the future, live in the present, and DO NOT WORRY WHAT HAPPENED YESTERDAY.

They thought of what is and what could be, rather than what already was, and then they moved themselves into ACTION to manifest their goals.

LIFE IS EITHER A SERIES OF ENDINGS OR A SERIES OF BEGINNINGS.

Resentment

Resentment represents mental resistance to what has happened. It is an **emotional rehashing of some UNCHANGEABLE past event.** Like a broken record, a person will keep reliving past injustices and failures, and the resentment becomes more potent with each replay.

What has happened, happened. Let it go!

Guilt

Guilt is another powerful negative emotion connected to resentment that forms part of the failure mechanism of a negative self-image. Guilt is an attempt to make right in the present, something one did or thought of as wrong in the past. Since you cannot change the past, guilt is inappropriate.

It is time for you to **free yourself** from this ball and chain of the past. Start by getting in touch with a wide variety of beautiful images you form on the screen of your mind. Then, **EXPECT to receive the physical form of these images in your own life.**

Here's an **affirmation** to release resentments and guilts for you to use:

"I willingly release the thoughts and things that have cluttered my mind. I release (fill in the blank of anyone/thing you hold a resentment for) to their highest good, happiness, health, and wealth, and me to mine."

Put **passion and emotion** into this powerful statement. You'll feel like the weight of the world has been lifted from your shoulders.

Key points

- If you let your present and past results dictate your thinking, you WILL
 NOT achieve all the good you desire.
- Build an image of the kind of results you want. Don't worry about how it will come together and when, it just WILL by law (the Law of Attraction).
- If you're SERIOUS about the results you want, there is absolutely NO REASON why you can't achieve them.

How can you apply these points in your life?

- Think of how things will go RIGHT, and EXPECT them to happen.
- Quit comparing yourself to others physiques, money, lifestyle, homes, cars, etc. You are improving your position in life, your health, and your body, for you and YOU ONLY.
- Don't let ANYBODY tell you you can't do something; that doesn't matter.
 Even if it's from loved ones. It's what YOU think and believe what YOU can do.

If you've been guilty of **allowing** your current physique, health, bank account, or whatever, control the way you feel, think, or view your body, your life, I can assure you as certain as night follows the day there will not be any marked improvement in **ANY** of those areas.

Therefore, look up, look ahead and form the image of the life you choose to live; then everything you touch or come in contact with will grow and expand and express itself, in a greater and greater way.



Chapter 7: Stop Procrastinating





When Are You Going To Get Started?

Millions of people, with otherwise good intentions, postpone important things they know they should be doing. Like losing weight and building an energized, dynamite bod. Living a rewarding, fulfilling life. You're one of them if you respond positively to each of the following statements (Be honest!):

Are You A Procrastinator?

- 1. I know who and what I am... but I want something better!
- 2. I'm frustrated because I can't do everything I want to do.
- **3.** I'm delaying an important task I know I should be working on and that bothers me.
 - My Task:
- **4.** My task is important because this is what will happen if I don't do it:
 - > Consequence:
- **5.** My task has a beginning, an ending, and a definite outcome.
 - Beginning:
 - > Ending:
 - > Specific Outcome:
- **6.** There is a specific day, month, hour, or year on which I hope to have my task completed and I know what's early and what's late.
 - Completion date:
- **7.** I am deliberately doing something else (unrelated to your objective) to avoid my task.
 - **1.** My Delaying tactics:
- **8.** 8. I know in my heart that I really should be doing this task and I feel guilty about not doing it.
 - > Yes
 - No

IF YOU DON'T FEEL GUILTY, YOU AREN'T PROCRASTINATING.

A little anxiety about slacking off **can develop into serious depression** if you're really into procrastination. But generally you'll just sweat a little when you postpone a sales call or avoid a confrontation with your boss.

If you don't feel guilty, you're probably just being **selective about the things you choose to do.** In other words, you're not procrastinating about losing weight by focusing more on strength training, even though most people still think you need to do aerobics first.

Are you a procrastinator? Here's a simple formula:

A= you postpone things you should be doing B= you feel guilty about doing it

Hence, A + B = Procrastinator

How To Stop Procrastinating For Good

Are you angry and frustrated? Do you routinely have delays and postponements that keep you from reaching your goals? Here's a simple, four-step procedure that will help you break the procrastination habit and get you moving on the fast track to success:

1. Acknowledge the simple fact that you procrastinate.

You're not a bad person for it. You just need to be aware of it so you can get rid of it. THEN MAKE UP YOUR MIND TO STOP DOING IT. "I, (your name), have procrastinated in the past, but I'm not going to do it anymore."

- > Signed:
- Date:

Print out this page, sign and date it, and make several copies of it to post wherever your eyes wander during the day to strengthen your commitment to getting things done.

- 2. Learn as much as you can about procrastination.
- Recognize what it is.
- Figure out why you do it.
- Find out what you can do to stop.

How? First, you could absorb books that deal with procrastination and the solutions. **Become a procrastination expert.** I did a "procrastination search" at Amazon.com. There is a WEALTH of "How To Stop Procrastinating" books, videos, and cassette programs. Here is the search result page so you can take a gander and buy what you need:

http://www.amazon.com/exec/obidos/generic-quicksearch-query/002-1310687-8179027 (You may have to re-type in the whole link in your browser)

3. Make a list of specific things you're going to start doing right away to break this lousy habit:

- First, I'm going to...
- > Then, I'll...
- Finally, ...

(To get rid of the extra stress you get from thinking, "There's so many things I want to do, I don't know what to do first," simplify it to the **THREE MOST**IMPORTANT things you want to accomplish.)

4. Execute your action plan.

"Try not," said Yoda, the Jedi Master. "Do. Or do not. There is no try." --George Lucas, "The Empire Strikes Back"

Commit to getting rid of procrastination - and do it NOW!

People procrastinate for lots of reasons. Psychologists often say it's because of frustration, insecurity, or fear of failure. But those are just a few of the things that can bring on delays and postponements.

Sometimes a **subconscious fear** keeps people from taking action. Especially when they know they should be doing something, but are unable to do it and can't figure out why.

I say this with strong conviction that **procrastination is rooted inside a person's self-image. Procrastinators generally have a poor self-image.** They've either been told "you can't do that," or "why do you think YOU can do that?", or "you're setting yourself up for a HUGE disappointment," and so on.

Procrastinators, unfortunately, are not fully aware of the power they have within themselves to change. Some procrastinators do understand the power within, but... well, they procrastinate doing something to harness this power.

It all starts within your heart. What is your heart's desire? Not what others think, or what you want others to think you think. What do you TRULY desire?

Then why don't you go get it? (It's waiting for you, you know.)

If you're like most procrastinators, **you're actively concerned** about the things you do. And you'd like to do better than you're doing right now. You know you're

out of shape, lazy, lethargic, and stressed. You know it's only going to get worse EVERY DAY you don't do something about it.

You recognize and understand some of the major causes of your procrastination, but there are others that you just can't put your finger on. The "others" is your self-image. And that's where the following exercise will help.

I want you to write down at least 10 reasons why you procrastinate.

What Causes Me To Procrastinate

(Be honest - you're not fooling anyone but YOURSELF.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Major Causes of Procrastination

1. Confusion

You run into a big, complex task, **get confused and uncertain about what to do next.** You see many places where you can start, but **you can't decide WHERE to start.** You're afraid you'll make a mistake no matter what you choose to do. So you wish the task would shrink to something more manageable. **So instead of doing SOMETHING, you do nothing at all.**

2. Lack of Priorities

You have **no sense of urgency** about what needs to be done first. You jump from task to task, all the while **getting little or nothing done.** You also find it **hard to say "no" to other tasks,** sometimes unrelated, to what you're trying to achieve. **Too much to do, no organized way of doing it.**

3. Lack of Responsibility

Pointing the finger. OOoohhh... I have a problem with people like that. "He MADE me eat that," "She looks at me funny because I'm working out," "Grandma makes me feel guilty if I don't eat her cookies," ad infinitum. YOU WILL KEEP PROCRASTINATING UNTIL YOU'RE WILLING TO BE ACCOUNTABLE FOR YOUR ACTIONS AND CONTROL YOUR OWN DESTINY.

4. Fear Taking A Risk

You like "security" too much. You bask in the status quo. It's better to stay the way you are, your way of protecting yourself from building a leaner, energetic, great-looking body and a great life (doesn't make sense, does it?). Until you accept that risk is a natural part of life - the "lessons" you learn, the experience you gain - your chances of success are zip.

5. To Escape

Some people use procrastination as a means of escape when confronted with an unpleasant task. **Instead of finding a solution** to a problem, you avoid it altogether **so that it might go away**. When the problem is your body and health, the problem will never go away. **You can run, but you can't hide.**

6. Anxiety and Depression

Anxiety is a sense of **fear, apprehension, or painfulness of mind.** When anxiety continues for a long period of time, it can easily turn into depression. Dejection, despair. The feeling of "I can't do anything about my situation." So you neglect your body, your health and your life. But depression can be overcome with the **right guidance and supervision.**

7. The Perfectionist

You work hard, but get very little done; you want to make sure the outcome is flawless. This obsessive habit of "doing, but not finishing" or "I'm working on it" is procrastination. It's like people who say, "I want to lose weight first before I start working out." What??? You feel like taking on the world before you even complete the tasks you started with.

8. Boredom

Let's face it: if a task is boring, unfulfilling, and monotonous, it's going to be hard to get it done... **UNLESS you change your perception of it.** How can you make the task more interesting for you? How can you be more creative to make it fun? Do you need to change your attitude?

9. Fatigue

Fatigue can kill anybody's chances of accomplishing anything. Lack of sleep, hard labor, stress. Physical and mental. Your job is to figure out the source of your fatigue, and come up with a plan to conquer it.

10. Letting Your Circumstances Control You

Pressure from your spouse, family, and friends can be immediate or extend over a long period of time. And you let it get to your head. Then it controls you. Your actions are reflected in this thinking. Start taking control of your own life.

11. Forgetfulness

You know what you're supposed to do and when you're supposed to do it. You know you're supposed to eat healthy, pack your lunches, work out, etc. **Instead**

of working on it, you mentally put it aside. If I ask you if you packed your lunch, you say, "Oh, shoot. I completely forgot about it." Sorry, that's unacceptable.

Go back to your "top ten" list. Do you recognize any of these eleven causes in your list? Do have your own causes to add to the list? Now you have a better understanding of why you do what you do. It will also help you start planning to get rid of procrastination. That's a big step. Good for you!

How To Stop Procrastinating
NOW. Right this minute is the best time to stop procrastinating. Think for a moment all of the important things you've been putting off – exercising regular eating healthy, losing weight, living the life you want. List them here:
➤ Things I've Been Postponing
1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
(You don't need more than this, do you? If you do, just how much have you been putting off?)
> My Reasons For Procrastinating
1. 2. 3. 4. 5.
Compare your list of things you should be doing with your reasons for not doing them. If the things you should be doing are REALLY IMPORTANT, then

ng there's NO WAY you're going to reconcile the two lists.

Get Off Your Butt!

Stop procrastinating right now and do **one single thing** that relates to each of the tasks you have on your "postponed" list.

- 1. Get a notebook for your new training/diet/life journal.
- 2. Drop to the floor and do ten pushups.
- 3. Go for the drinking fountain instead of the vending machine.
- **4.** Take the stairs instead of the elevator.
- **5.** Arrange for a consultation with a fitness professional or coach to get yourself on track.
- 6. Pack your lunch for the next day immediately after dinner.
- **7.** Go for a walk at your lunch hour.

ADD YOUR OWN:

- 8.
- 9.
- 10.

(1 - 7 are examples do get your thinking gears moving.)

You CAN'T Do It???

You say you can't work out because the nearest health club is 45 miles away? You know how to walk, so get moving! You also know how to do pushups... walk the stairs... or else get to your exercise equipment store and get the necessary equipment ASAP.

Go back to your reasons for screwing around and see if they're really as tough as you think they are.

Sometimes you'll have to **get rid of a bad habit or change some other pattern of behavior before you can stop procrastinating** and start being more successful.

"Whether you think you can or you think you can't, you're ABSOLUTELY RIGHT." Most of the time the "I can't" thinking is a reflection of your self-image. Your attitude. And your attitude is the composite of your thoughts, feelings, and actions. The formula is simple: to change results, change your attitude.

Techniques To Get Going Now

1. Be Positive

May be corny to some, but it is VERY effective in getting the job done faster. If you're positive, **the task will seem virtually effortless**, you'll have fewer problems, and you'll be able to enjoy life more.

"You're about as happy as you make up your mind to be." --Abraham Lincoln

2. Know Yourself

Learn to **recognize and understand your moods.** They are your conscious states of mind and determine which emotions control your behavior. Make a point of recognizing which ones help you and which ones cause you to procrastinate. **Make your moods work for you,** not against you. Keep a journal and track your moods. **Tackle hard tasks when you're in a productive or energetic mood.**

3. Conquer Your Fears

Most fears will wither and die if you meet them head-on. Work on the problems you're facing today, especially those that make you procrastinate.

- List 3 major things you think could go wrong with building a leaner, healthier body:
- 1.
- 2.
- 3.
- How would you handle each problem if it were the only thing you had to worry about?

Solution 1:

Solution 2:

Solution 3:

Force yourself to do this little exercise whenever you start worrying about your body and your health. You'll be surprised to find that often your fears will disappear in a flash.

4. Reward Yourself

If you procrastinate because you lack motivation, are depressed, or feel sorry for yourself, then you have your work cut out for you.

You need to remind yourself that you are a good person, and that **you deserve everything good to happen to you.** Whenever you hear yourself talk negatively, say "STOP!" and replace it with it's positive opposite.

Reward yourself for a job well done. **Feed your self-esteem with the pleasure that comes from success.** Make a point system. Assign more points for harder tasks, bonus points for exceeding your standards.

Your rewards can be simple, like a new dress or double-breasted sport coat, new shoes, a massage, or a night at the movies. Use these rewards as long as you really enjoy them. **But you must stick to your reward system.** Take it when you earn it, and if you don't earn it, you don't take it.

5. Break It Up

Sometimes tasks are very complicated. Cut it up into little pieces and concentrate on how it's put together. You'll find it's a lot less complicated than you first thought.

Write down the "pieces." **Make it a checklist.** Check off each "piece" as it gets done. If you do a thorough job of sub-tasking, you can complete many in just a few minutes. You get a lot more done and it'll be easier to do and accomplish.

Break it up into tasks, or time spent working on each task. Make the task doable, manageable, and as enjoyable as possible - and you'll get the job done.

6. Organize And Plan

Organize your tasks ahead of time and plan how you're going to get them done will zap procrastination. The more time you spend planning, the less time you'll need for doing.

What do you want to accomplish that you've been putting off?

Make a checklist of everything you need to do to accomplish your goals. Forget the "busy," non-urgent, unimportant time-wasters and zero in on the things that will lead to ultimate success. Do this first thing in the morning, or last thing the night before. Prioritize your list. Take a few minutes at the end of the day to reflect on how much you accomplished - and do what's necessary to get better.

7. Manage Your Time

You knew this was coming sooner or later, didn't you?

The distance between being late and being too late is like the difference between being struck by a lightning bug and being struck by lightning.

Set deadlines for yourself, with serious consequences if you don't achieve them. Time needs to be budgeted like any other valuable resource. If you waste time, it's lost forever. Gone. And never coming back.

Know your deadlines and stick with them. Run a tight ship that prevents goofing off and procrastination. Give yourself a pat on the back and reward yourself for doing a good job. Keeps you at a steady pace.

8. Take A Break When You Honestly Need It

Sometimes it helps to take a break from a difficult task. Just be sure you're keeping track of your progress and know exactly where to pick up from where you left off.

Exercise is an EXCELLENT diversion. It clears your mind, gets the blood flowing, enhances mental sharpness, stimulates your heart, and gives you energy to finish your task. You may come up with winning ideas or approaches to your task.

9. Exercise Your Mind

It's time for some **mental aerobics.** Practice these simple exercises every day and you'll develop more brainpower, get more done, and do your job better than you ever thought possible.

Contemplate

Think about the **mental aspects** of diet and exercise, for instance. Use your sense of taste, touch, smell, sight, or sound to create vivid images of the things diet and exercise require. Feel the tightness of your newly developed muscle. Feel the surge of motivation when you hear your favorite music. Reflect on how energetic exercise makes you feel, and how eating healthy gives you energy.

Study

Learn something about health, fitness, and personal growth every day. You're already doing something about it with this book. Be a sponge. Absorb everything you can to get the best results from your program and your life.

Reflect

Start a journal. Hindsight is 20/20, yes? **Learn from mistakes, and move on.** Learn from your successes, and build upon them. Find patterns of success, and replicate them. Eliminate all other patterns. Talk to people with experience in what you're trying to achieve.

Action

Do SOMETHING that requires initiative and creativity. Get to the gym one more day this week. Get your workout done before you eat breakfast JUST ONE DAY this week. Eat impeccably ONE DAY this week. See? You're doing SOMETHING, even if it's only ONE thing, to move you faster toward your goal. The effect will surely snowball.

Achieve

Wrap up an aspect of your body and health that you've been neglecting. Go for five days with flawless nutrition. Work out six days instead of four. Schedule your workouts for the next week in your appointment book and stick with it.

The more you are involved with building a leaner, unstoppable, fantastic body – or any worthwhile goal – the less likely you'll be to procrastinate about doing something about it.

"Your ability to get involved is limited only by your imagination."

10. Analyze Your Reasons For Procrastinating

Lack of knowledge can cause **apathy**, a forerunner of procrastination. **Learn as much as you can about what needs to be done**, and you'll conquer procrastination.

Remember the list you made about your reasons for postponing a task? If you can come up with more GOOD reasons for delaying the task than doing it, then forget doing it NOW. Drop it and move on to something else.

If the task is worth doing, then it's worth knowing about. The more you learn, the more you want to know. Knowledge is power. HOWEVER... Knowledge is power ONLY IF YOU APPLY IT.

11. Be Decisive

Make up your mind NOW to move forward or forget about it. Act without reservation or regret. You can always adjust along the way. Go for excellence - which is defined as "the commitment to completion." Be responsible for your decision and avoid the anxiety and indecision that comes with procrastinating.

12. Make A Commitment

You have a far greater chance of achieving a goal if you not only **commit yourself** to doing it, but also **share your commitment with people you feel good about. Reputation is not built on what you're GOING to do.** Once you tell people, you have a reputation to uphold.

Get your circle of influence to help you by setting deadlines, giving you added motivation and support. Your fears and anxieties will be less important to their expectations, and **sharing your accomplishments with others will make all worthwhile.**

13. The Ice-Breaker

This "igniter" gets you involved in a larger task that you've been putting off, e.g. losing weight and getting in shape. The ice-breaker is a simple task that requires little planning or conscious effort.

It can be something as simple as getting a notepad to record your workouts, or more involved like doing ten pushups immediately upon awakening.

An ice-breaker will only be successful if it launches you on a course of action that overcomes your procrastination. Otherwise, it just serves as busy work.

14. Visualize

You know how big I am about visualization. This technique is vital for changing undesirable habits, like procrastination. You can do any task faster and better if you can see yourself successfully completing it.

Think about how you're putting off building a leaner, healthier body. Clear your mind of stressful thoughts. See in your marvelous mind the steps needed to achieve your goal. **See yourself carrying out these steps EFFORTLESSLY.** Then picture yourself with the unstoppable, fantastic body you want.

- ➤ The thought: the body, health, and life you want.
- ➤ The feeling: yes! I want that! I can see me with it, right now!
- ➤ The action: your body moves into action to get you that goal quickly.

15.It's About YOU

Outside influences can bring about procrastination and unnecessary anxiety. If you procrastinate because of what other people say and think, YOU'RE LETTING THEM CONTROL YOUR LIFE. Nobody "makes" you do anything. In fact, nobody can "make" you feel, think, or act any way unless you give them permission to do so. YOU are in control, if you want to be.

16. Set Up A Productive Environment

Your procrastination may be due to noise, poor lighting, temperature, etc. So change your environment. But first, you need to determine what kind of environment is best for your productivity. Journal what works for you: working alone vs. with others, loud/soft music, your own/gym's music, early/late workouts, etc. Keep track of these results. Then you can best identify the optimum environment to get the job done.

Your Plan Of Action

"Yesterday is only a dream, you'll never get it back. Tomorrow is only a vision, it can't be guaranteed. But, today is real and if you live it with heart and soul from beginning to end, yesterday will become a dream of accomplishment and tomorrow will become a vision of hope."

Start Planning Now!

You've taken some huge steps since you've started this journey. You've learned some of the causes of procrastination and techniques to help you get rid of it.

I'm sure many of you already knew some of what you've read. Part of it may have been new, and some may have sparked new ideas, too.

Time to plan your work, and work your plan.

Your plan will contain elements of everything you've read. It becomes a guide that allows you to decide what has to be done when and how to do it. Then you IMPLEMENT your plan (if it's to do you any good).

There's no magic wand here, folks. If you want to stop procrastinating, as the tireless and true Nike statement goes, JUST DO IT. But it will be so much easier once you know more about it and how to conquer it.

Here And Now

Get started as soon as you're done reading this. And I mean **IMMEDIATELY.** Clear your desk, table, whatever, and clear your mind of unrelated thoughts. Then take action NOW.

If you want to lose weight and get in shape, start by going for a walk. Or schedule a consultation with a coach or trainer. Or stock up a reserve of foods you're supposed to eat by going grocery shopping right after work today. If you want to manage your time better, get a day planner.

If the task you choose is a positive one (and should be), you'll get rid of the ball-and-chain of procrastination and send you speeding toward your goals. You're on your way, with a whole new range of POWER.



Chapter 8: Take Control – NOW





When you were an infant and in the early years of your life, the ability to control what ideas entering your sub-conscious mind had not been developed.

Consequently, you have been **CONDITIONED** to accept many limitations. This is why **so many of us will fight to hold onto our limitations.** 95% of our population would rather give up their rights than their customs.

Ask yourself: "Who and/or what is in control of MY life?"

"As a person thinketh in their hearts, so are they." -- James Allen

You are no longer an infant. You DO have control over what enters your subconscious mind. Whether you're exercising that control or not is another subject.

EVERYTHING originates as an idea. We are forever moving in thought. An idea will enter your **conscious** mind first. You either accept it or not accept the idea; in any case, your thought then enters your **subconscious** mind. Your subconscious takes everything at face value; it neither accepts nor rejects. You subconscious "feeling" then moves your **body** into action.

So, if you think to yourself, "I'll never lose weight. I've failed so many times, how can I possibly succeed this time," that's EXACTLY what's going to happen to you. Our bodies are only instruments of our minds. Wouldn't you agree it be crucial to feed your body with positive thoughts? To visualize yourself as healthy and fit, successfully breaking through all weight-loss obstacles along the way?

You CAN control what enters your sub-conscious mind. When you say, "I can't help feeling like this," or "That really makes me mad," or "S/he upsets me," YOU are the one that caused these feelings. You definitely have the God-given ability to CHANGE the old conditioning. By doing this, you have transformed your life.

Why do you think people who have shed 50, 75, 100 pounds or more have successfully kept the weight off? They changed their old conditioning that was keeping them overweight and out of shape. It takes effort, but it is simple.

"Your world and everything in it is a reflection of your own mental attitude toward yourself." --Earl Nightingale

Let's recap. Your conscious mind filters everything before it goes to the subconscious mind. Then your body moves accordingly. Don't leave this great power of yours sitting on the sidelines. Move it into place; use it to "think."

How Your Great Power Works

Your conscious mind is blessed with these intellectual factors:

- Reason
- Intuition
- Perception
- Will
- Memory
- Imagination

Reasoning gives us the ability to THINK for ourselves, to control what ideas enter our sub-conscious minds.

We reason in two ways:

- 1) Inductively, and
- 2) Deductively.

Deductive Reasoning

Your Deductive reasoning factor does NOT have the ability to REJECT ideas, suggestions, or images. It only has the ability to ACCEPT whatever ideas are offered it, and turn them over to the sub-conscious mind.

When your Inductive Reasoning factor is not in use, you are NOT THINKING for yourself.

Your Conscious mind thinks Deductively.

If you were in a **very positive environment** when your conscious mind was in a Deductive state, you would automatically become the **beneficiary** of all the positive energy you're surrounded by.

But the same holds true if you were in a **very negative environment**. All that **negative energy...** yuck! Who'd want to be on the business end of that?

A person who is continually in a negative environment and whose conscious mind is Deductive, will very quickly become a product of that environment.]

In other words, the ideas control your actions.

Inductive Reasoning

This factor is your "thinking cap." It is sometimes also referred to as your critical or analytical factor. This is what separates us from the rest of the animal kingdom.

Properly developed and applied, your Inductive Reasoning factor will **TURN YOU ON and TURN YOU INTO an excellent channel for creative energy** to flow through.

Your Inductive Reasoning factor has the ability to collect a series of thoughts from an infinite ocean of energy. When harmonious thoughts are brought together, they build creative ideas, ideas that can change your old conditioning and literally build your world more beautiful than you ever imagined.

But you MUST properly plant these creative ideas into your sub-conscious mind - the part of your mind that transforms every impression into physical form.

Your Inductive Reasoning factor is also a mental tool that can and should question every idea entering your conscious mind, to decide if the idea is good or bad for YOU. What's good for you might be bad for another.

Ask yourself: "WILL THIS IDEA IMPROVE THE QUALITY OF MY LIFE?"

If yes, great! Then what are you waiting for? Go for it!

If no, it would be wise for you to use your Inductive Reasoning and reject the idea, without hesitation.

"Will getting down on myself everytime for eating a no-no food improve the quality of my life?"

"Will punishing myself for not exercising 5 days this week (even though I did get in 4 days) improve the quality of my life?"

"Will complaining about my weight improve the quality of my life?"

"Will whine about how hard it is to work out improve the quality of my life?"

"Will making excuses about not exercising and eating healthy improve the quality of my life?"

No, no, no, no, and no. Weight loss is an example. You can use any worthwhile goal when asking the "life improving" question. SO REJECT THESE IDEAS AND REPLACE THEM WITH CREATIVE, POSITIVE IDEAS THAT MOVE YOU TOWARD YOUR GOALS FASTER.



Seven Ways To Overcome Fear And Live The Life You Want

Did you know there are 101 secret fears? According to a hospital "fear inventory" there are. They can range from fear of open spaces, fear of closed spaces, heights, visits to the dentist, public speaking, and death. Even **fear of failing, and fear of success.**

If you want to live effectively and be an enthusiastic, happy person, it is **crucial** to conquer fear.

The reason why worry kills more people than work is that more people worry than work. --Robert Frost

You do NOT need to be controlled by fear. The **power of faith** can eliminate fear. You can gain victory over your fear **if you learn to think that you CAN and apply this faith relentlessly.** Reflect on these tips:

- 1. Two great forces operate in the mind: **fear and faith.** Fear is very powerful, **but faith is MORE powerful.**
- 2. The power of faith in your mind, like adrenaline in the body, releases amazing powers within you in times of crisis.
- 3. But remember, the same power is there within you apart from crisis and may be drawn upon at all times to keep fear in its place.
- **4. Look fear right smack in its face.** Give the bully a taste of its own medicine. Realize fear for what it is energy to do your best in a new

situation - and work WITH IT to give you **MORE energy** to achieve greater things.

- 5. Feel the fear and do it anyway. Then your fear dwindles away.
- **6. Self-knowledge and insight overcomes fear.** When you know what fears you, you are in a better position to kick fear's ass. (Pardon the language.)
- 7. Have a deep, strong faith in yourself. Stop waiting for the "right time" to have the faith. That's why it's called "taking the leap of faith." Just do it have faith in yourself to do great things. Fear withers away as your faith grows.



How To Avoid Living Someone Else's Script

I've often likened **self-image** to a **thermostat**. It's like a pre-established status quo that you keep returning to. If you've maintained a weight of 150 lb. for years and suddenly lose 20 lb., your body will work to get back up to 150. When a good, challenging workout causes your body to overheat, its cooling system will work harder to maintain the set-point temperature of 98.6 degrees.

So it goes with your mind. There is a **direct relationship** between **what you strive for** and **what you actually achieve.** If you consciously establish a set "temperature" with your internal thermostat, you will **automatically adjust** toward that set point. If you have no clear and specific goal - **your definition of success** - impressed upon your subconscious mind, that is your set point.

How DO you define success? Do you feel that you truly deserve success? Do you dare to dream of success? How willing are you to take risks? This is how you **determine your set point.**

The Yabbits

As you already know, from this book, my newsletter and maybe from your own personal experience, a poor self-image can trap you in limited thinking. For the person with low self-esteem, goal setting is erased with self-talk like

- "I can't."
- "I'd like to, but..."
- "If only I had..."
- "If only I hadn't..."
- "Yeah, but..." (Most common of all)

Want to know what a "yabbit" is? It's someone who wants to get out of a rut BUT KEEPS MAKING EXCUSES NOT TO: "Yeah, but I don't have time." "Yeah, but I'm too out of shape." "Yeah, but I've got work to do." "Yeah, but..." "Yabbit..."

Instead of setting goals, a yabbit sits around wondering when life is going to get better.

Well, when IS your life going to get better? What are you doing about it?

ARE you doing something about it?

You have set and achieved goals, from getting your driver's license, your first job, your first love. But this is a dead end trap. **It's not goal setting, it's stagnation.**

The goals you've achieved my not have been particularly positive and fulfilling. **Everything you have done so far in your life has been the realization of goals,** whether or not you recognize them as such. But think how effective you could be if you turned goal achievement into a conscious, **purposeful** act.

There's no such thing as life-will-get-better-at-the-next-milestone. Life is going to get better NOW. Because NOW is all you have. And life gets better when you know you've MADE it better.

How To Avoid Living Someone Else's Script

Whose life are you leading? **Are you living the life YOU choose?** Or are you trying to satisfy your parents or relatives?

What do you want out of life? WHAT DO YOU REALLY WANT?

Why What You Believe Conditions Your Goals

We all have that voice inside us, playing like a broken record, telling us "I CAN'T." That's your belief system talking, the ball and chain of a poor self-image. Every time you play this record - "I could never lose 50 lb.; it's too hard" - THAT'S A GOAL, as far as your internal thermostat is concerned. It's a negative goal, and it's not even your own.

IT'S SOMEONE ELSE'S - your parents' most likely. Yet your subconscious mind is heading straight down the I CAN'T path.

Try this: get a pen and paper and see if you can get an idea of what your life's script is like. Write down some of the things your parents or other early role models told you about life. What was it supposed to be like? What was your role in life supposed to be?

- Life is tough.
- Life's not fair.
- What will other people think?
- You'll never amount to anything if you don't...
- Be satisfied with what you've got. When *I* was your age...
- Better to be safe than sorry.
- You can't have your cake and eat it too.
- Be careful what you wish for you just might get it!
- Can't teach an old dog new tricks!

(Any of these ring a bell?)

Many of us didn't have very good role modeling when it came to setting goals. Your early childhood scripting may have **programmed in a lot of negative feelings and assumptions.** And your **subconscious mind** has been **agreeing and complying** with them ever since.

When you replay the record that goes, "Who ever told you life would be easy," you're **subconsciously complying** with the notion that life is... difficult. Or if you play, "What will other people think," then every time you take a risk, you start worrying about people looking over your shoulder and judging you.

When these records play, here's what you should do:

- 1. Say "Cancel," or "Stop!"
- 2. Replace negative thoughts with positive ones.
- **3.** Affirm your ability to achieve your goal.
- **4.** Become emotionally involved with your goal.
- **5.** Fake it 'till you make it: act as if the goal has already been achieved.

Most importantly, have a clear, positive goal to shoot for.

How Your Self-Image Conditions Your Goals

Seems like many of us are **tolerating** the fact that we are holding ourselves back from achieving everything we desire. Take a look at these **"rational lies"**:

- It's _____ fault that I can't get ahead in life.
- I can't; _____ doesn't want me to succeed.
- I can't; I don't have the time/money/education/intelligence/etc.
- I can't; I'm the wrong sex/color/size/age/etc.
- If I do that, I'll lose _____.
- I could, if only I had _____.
- I could, if only I hadn't _____.
- I know my limitations.

This is the constant dialog that **keeps us where we DON'T want to be.** If you know your limitations, then you are chained to them. **You can build a great case for failure.**

You can tell yourself that so and so "really makes me angry"; that so and so "upset me so much I just lost it." Or the classic, "Now look at what you made me do."

NO ONE "MAKES YOU" ANYTHING unless you let them. The only person who really stops you, is YOU.





If you want to **find the real enemies** that stand between you and the leaner, energized, dynamite body you want and/or the life you dream, take a moment to determine what your "Persistence Inventory" is; this may lead to discoveries that will **give you a new grip on yourself.**

Here you'll find not only the **weakness of your persistence**, but also the deeply rooted **subconscious causes** of this weakness. **STUDY THIS LIST CAREFULLY.** Take a good, hard look at yourself if you really want to know who you are and what you're capable of doing. So here are the weaknesses you need to master.

- 1. Failure to recognize and define clearly EXACTLY what you want.
- 2. Procrastination (backed up with one excuse after another).
- 3. Lack of interest in learning more about getting what you want.
- **4. Indecision.** Either you do or you don't. Quit waiting.
- 5. Coming up with 40,000 reasons NOT to do something instead of creating a plan to solve your problem.
- **6. Indifference.** In other words, giving in to your comfort zone. E.g., Comfort Zone (talking to you): "Aw, you had a hard day. Just skip this one workout and get some rest." YOU: "Uh, Okay. Yeah, I am tired. ZZZzzzzz."
 - You are at the ready to compromise YOURSELF, rather than **meeting your obstacle and fighting it.**
- 7. Pointing the finger, and playing the victim. "I would've, if only" or "Oh, woe is me, I guess this is the way it is to be" language. Please.
- **8. No desire,** or not a strong enough desire to GET YOUR BUTT IN GEAR. (Okay, this one's a no-brainer.)
- 9. The willingness, even eagerness, to quit at the first sign of defeat.
- **10.No organized, written plan.** How can you get better when there's nothing to analyze?
- **11.**Being a lump on a log. **You let ideas and opportunities pass you by.** Then you live by shouldas, couldas, and wouldas.
- **12. You continue to wish...** and that's about it. You're not willing to act on the idea.
- **13. Thinking negative.** Ambition is down the toilet.
- 14. Searching for all the shortcuts, a something-for-nothing mentality, trying to get without giving a fair equivalent. Diet pills, fitness gadgets,

and get-rich-quick schemes make a killing off this weakness found in many people.

15. Fear of criticism, failure to create plans and take action on them, because of what OTHERS may think, say, or do. You let other people control YOUR life, because you're trying to make THEM happy, instead of yourself.



Who's The Boss? The Top 12 Areas Where YOU Have Control

Although many things in life are beyond anyone's control, **you DO have a GREAT DEAL of control - more than you're willing to acknowledge** – over many circumstances and conditions. Here are a dozen of the most important:

- 1. YOU CAN CONTROL what you do with most of your free time each day.
- 2. YOU CAN CONTROL how much energy you exert and effort you give to everything you do.
- 3. YOU CAN CONTROL your thoughts and imagination.
- 4. YOU CAN CONTROL your ATTITUDE.
- 5. YOU CAN CONTROL your speech. You can choose to keep silent, or choose to speak up. If you choose to speak, YOU CAN CONTROL your words and your tone of voice.
- **6. YOU CAN CONTROL** who you choose as your **role models**, who you'll seek out for motivation and inspiration, mentoring and counseling. **YOU CAN**

CONTROL who you spend your free time with - and with whom you communicate (to a great extent).

- **7. YOU CAN CONTROL** your **commitments**, the things you absolutely promise yourself and others that you'll do.
- **8. YOU CAN CONTROL** your "purpose behind the purpose"; what you give your time and energy to to get the results you want.
- 9. YOU CAN CONTROL what groups you belong to.
- 10.YOU CAN CONTROL how you "play your cards." Fate is PARTLY the hand you're dealt. You can't control that, but your job is to do the best you can with what you've got.
- **11.YOU CAN CONTROL** your **concerns and worries** and whether you'll choose to **take action** about them.
- **12.YOU CAN CONTROL** your **response** to challenging times and difficult people.

Take your specific situation, be it getting in shape, making more money, having more time, increasing your business, etc., and **give yourself a "YOU CAN CONTROL" test.** How much are YOU in control? What needs working on? How can you gain control?



You Are What You Choose Today

How do you describe yourself? In order to answer this question, you'll have to look back into your past, a past you are obviously tied to and find hard to escape.

What kind of **self-descriptors** do YOU have? These descriptors come in the form of "I'ms", like I'm fat, I'm tired, I'm afraid, etc.

But you also may have many **positive** I'ms, too, such as I'm honest, I'm a hard worker, I'm a good person, etc. **These particular I'ms are proof that YOU ARE A WINNER.**

Now, once you transform your negative I'ms into positive ones, you'll be even stronger and better!

Not all I'ms are inappropriate, but they can be **VERY dangerous** to your self-image, and keep you from growing and improving. It's like you're **trying to justify staying the same.**

Think about it: when you label yourself with negative I'ms, the self ceases to exist. You're forever an **underachiever**, never realizing your potential for growth.

Chained To Your Past

"That's me."

"I've always been that way."

"I can't help it." (Ooooohhh, this one irks me.)

These are the types of self-defeating thoughts that keep you from growing, changing, and making your life as exciting as you want it to be.

I have heard people actually use all three statements in one shot when confronted with their behavior. I'll ask what they're doing about getting healthy and fit (and why they're not doing it), and they'll say, "Oh, that's just me. I've always been that way. I can't help it."

Whew!

All of them at once, each being used as **justification** for why s/he will never be different and never even consider changing.

These I'ms can very likely be traced to something you've learned in the past. Every time you use these phrases, you're really saying, "And I intend to continue being the way I've always been."

Whatever I'ms you tell yourself are your CHOICE. **You CHOOSE to label yourself** shy, a loser, fat, lazy, afraid, procrastinator, stubborn, anxious, bored, etc. **You ALLOW yourself** to hold on to them.

BUT YOU'RE NOT FOREVER BALL-AND-CHAINED TO THESE SELF-DESTRUCTIVE I'MS.

It's a matter of **eliminating** them. If you're happy with your I'ms, then that's great. However, if you can admit that there are many I'ms that get in your way, **THEN IT'S TIME TO MAKE SOME CHANGES. NOW.**

6 Common I'ms

1. I'm poor at...

This guarantees that **you won't put in the effort required** for change. By labeling yourself inept, you have a built-in reason for avoiding the task.

2. I'm lousy at...

This assures you won't have to do any of these things in the future and justifies any performance of the past. This attitude **reinforces your inertia**, and causes you to hang onto the ridiculous idea that you shouldn't do anything if you don't do it well - the first time.

3. I have no willpower...

This choice of behavior is a way of **avoiding being assertive** in situations that have been tough challenges for you. Like you can't think for yourself.

4. I'm clumsy, uncoordinated...

This is something you learned as a child to help you avoid ridicule from peers because you weren't as physically gifted as you or others thought you should be. But this thought of lack is from believing what others say, not on what you can do. You get good at something by DOING IT - regularly - not by avoiding it. So, you stand on the sidelines, watching and wishing... PRETENDING you don't like that sort of thing.

5. I'm unattractive, ugly, big-boned, etc.

If you describe yourself in this fashion, or let others describe you this way, you have an EXCUSE for not putting ALL of yourself into making yourself attractive, physically, mentally, and spiritually. WE SEE EXACTLY WHAT WE CHOOSE TO SEE - EVEN IN MIRRORS.

6. I'm too old, middle-aged, tired, etc.

If you don't use it, you lose it. That means EVERYTHING, physically and mentally. This is just an excuse (again) for avoiding things like beginning an exercise program, dating, divorce, or death of a spouse. You'll have eliminated any risks that go with trying something new to develop and improve yourself. You might as well just shrivel up and blow away.

The Vicious Cycle

It is true that if you tell yourself a lie often enough, you start to believe it. And these lies of who you THINK you are will trap you, unless you DECIDE to change. Or you can remain as you are for the rest of your life. Just don't expect different, or better, results.

Consider the cycle of someone who believes they're "born to be fat," "cursed with a slow metabolism," etc.

- **1.** I'm fat. I've always been that way.
- 2. Here's what I have to do to get healthy and fit.
- 3. I think I'll get them done.
- **4.** (After a week) Man, I can't do all this stuff.
- **5.** Why not?
- 6. Because...
- **7.** Go to (1).

Start CHALLENGING your self-defeating behaviors; identify the REAL REASONS why you want to change. Don't deny yourself the positive rewards of change. Here are some tips to ridding yourself of destructive labels:

Eliminate them.

Stop yourself dead in your tracks when you catch yourself labeling yourself. Affirm to yourself, "Okay, I've chosen to be like that. As of today, that will never apply to me. I'm different now."

• Tell people close to you that you're working on eliminating your negative self-talk and replace it with positive statements.

Ask them to remind you whenever they hear you talk negative.

Set goals to act differently than you've ever acted before.

If you consider yourself lazy, **get off your butt** and do a 20-minute workout in your basement, or an exercise video. Or get in the car and head for the gym. Simple as that.

Keep a journal.

Record when you've caught yourself in negative self-talk, and what you did to overcome it. Work at **reducing the number** of negative entries.

• Watch out for those negative sentences (That's me, I've always been that way, I can't help it) and correct yourself OUT LOUD.

I.e. "That's me. NO. That WAS me." "I can't help it. NO, I CAN help it."

Work on eliminating self-destructive labels daily.

Challenge them. You want to change, so this is something you need to do.

Bottom line: any old "I'm" that keeps you from growing, changing, and learning **MUST BE REPLACED.** Do this, and **YOU ARE READY FOR ANY CHALLENGE.**





For those of us who are trying to build a leaner, energized, dynamite body and live a rewarding, satisfying life, every day can seem like a challenge.

It's easy when the going gets tough, to accept defeat. "Oh, I'm doomed to a life of overeating, being overweight, being stuck at a job I hate, never doing what I really want to do, and feeling awful about myself. I couldn't do it before, I can't do it now, why bother, etc."

IF you are thinking thoughts of defeat, I URGE you to rid yourself of such thoughts. If you think defeat, as sure as the night follows the day, you're going to get it.

Never accept defeat.

The "Obstacle Person"

Are you an obstacle person? Do you, regardless of whatever suggestion, technique, or method of HEALTHY, PERMANENT weight loss, exercise, nutrition, goal setting, success achievement, and positive thinking was "brought to the table," your mind instantly goes to all possible obstacles connected with it?

Here's the scenario: You've got a project ahead of you - building a leaner, energized, healthy body. It will take **dedication**, **commitment**, **belief in yourself and relentless faith** that it WILL happen.

As you're thinking about the journey ahead, discuss it with people close to you about what's involved, do you say something to the effect of, "Hold on now. Let's consider the obstacles involved."

Most people do this. "I don't have time, I have too much work to do, I have no motivation, I have to do this, I have to do that, I don't have this, I can't do that..."

Why do you constantly emphasize the obstacles in being healthy and strong instead of the POSSIBILITIES?

"Get real, Gar. I have to be **realistic** here. It's the smart way to go. If I'm going to eat right and exercise, and basically alter my life significantly, there are going to be certain definite obstacles involved with doing this. What attitude would YOU take toward these obstacles, Mr. Coach?"

Remove them. Eliminate them. Forget them.

"Yeah, right, Gar. Easier said than done. What world are you from anyway? Okay, I'll humor you. What is your **technique** for 'removing' and 'forgetting' these obstacles?"

I've spent most of my life removing my own obstacles as well as help others remove theirs. And I never saw ONE obstacle that couldn't be removed provided you had enough faith and guts and were willing to work. There is tremendous power in belief, faith, and determination.

The primary fact about an obstacle is... don't be afraid of it.

Busting Through Obstacles

First of all, **STAND UP TO THEM.** Quit complaining and whining, then **ATTACK THEM.** Stop crawling through your life (and wasting your body) on your hands and knees **half-defeated**. **DO** something about your obstacles. **You'll find they haven't half the strength you thought they have.**

Say to yourself right now, "I don't believe in defeat." Repeat it often, every day, until it is firmly planted in your subconscious mind. You'll develop a **powerful** faith and belief in yourself. You'll learn to know yourself, your own ability, and your power to do things.

Second, when the dynamite-body "game" seems to go against you - plateaus, overeating, no exercise, inconsistencies, etc. - do NOT let discouragement creep in or negative thoughts pollute your mind and then lose the power needed to succeed.

Anybody can keep going when the going is good, but some **extra ingredient** is needed to **enable you to keep "fighting"** when it seems like nothing's going right. **That ingredient is FAITH.**

You can if you think you can.

"But Gar, you don't know MY situation. I am in a different situation than anybody else. I'm at my worst shape ever; I've put on pounds and pounds of weight over the last few months. I have no energy. I can't seem to get going no matter what I try to do, and believe me, I've tried many, many different things. And I've failed every time. I feel terrible about myself, and I can't get out of this rut. I'm about as far down in health and fitness as a person can get."

Remember this: YOU ARE GREATER THAN ANYTHING THAT CAN HAPPEN TO YOU. There is "a way out" of your problem.

A very wise African-American man once said:

"How do you get through an obstacle? Try to go around it, and if you can't go around it, try to get under it, and if you can't get under it, try to go over it, and if you can't get over it, just plow right through it."

Expect that things will turn out well, and they will.

What We Do With Obstacles Is Directly Determined By Our Mental Attitude

"There you go again, Gar. MY obstacles are real, not mental."

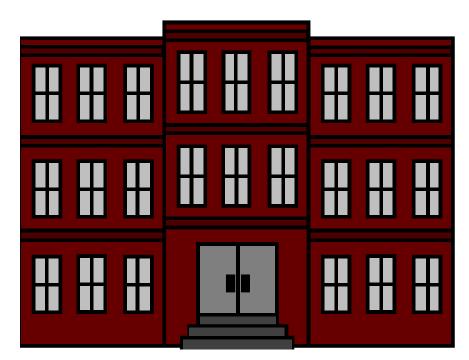
Sure, some of your obstacles are real, but your **attitude** toward them is mental. The only way to have an attitude is through the mental process. And **what you think about your obstacles largely determines what you do about them.**

If you have the attitude that you cannot remove an obstacle, then you will not remove it. You need to **plant the seed that obstacles ARE removable.** Even if the seed is faint at the beginning, you have effectively begun the removal process. "Mighty oaks from little acorns grow." This little change in attitude will develop into serious power.

NEVER ACCEPT DEFEAT.



Chapter 9: The School Of Life



15 Major Causes Of Failure

Life's greatest tragedy consists of men and women who really, truly try, and fail. The tragedy lies in the overwhelmingly large majority of people who fail, as compared to the few who have succeeded. Somewhere around 95% of all people fail, and continue to do so.

But you don't have to be in the majority, do you??????????

I'm going to describe 15 of the most common causes of failure. I want you to go down this list and check yourself by each one, point by point, for the purpose of discovering how many of these causes-for-failure stand between you and success. Then start THINKING of making things happen.

(Keep in mind, this can apply to ANY area of your life - health, personal, and professional - so be sure to think them as you go down the list.)

1. Lack of a Well-Designed Purpose In Life.

There is no hope of success for the person who does not have a central purpose, or DEFINITE GOAL to shoot for. Lose weight and get in shape, or make more money mean NOTHING unless there is something definite about them. This purpose should make you want to jump out of bed in the morning with excitement; if it doesn't, then there is a shift in attitude that's necessary or the goal isn't for you.

2. Lack of Ambition To Rise Above Mediocrity.

There is no hope for the person who is so indifferent, so apathetic, as to not want to get ahead in life, build a fantastic body, or whatever, and who is not willing to pay the price.

3. Insufficient Education.

It's the self-educated, the "self-made" if you will, that have the best education. It takes more than a college degree to make one person highly educated. Education consists not so much of knowledge, but effectively and persistently applying that knowledge. In other words, you get results not for WHAT you know, but for what you DO with what you know.

4. Lack of Self-Discipline.

Before you can control conditions, you must first control yourself. If you do not conquer your self, your self will conquer you. You may see, at the same time, when you look in the mirror, your worst enemy or your best friend.

5. Poor Health.

No person may enjoy outstanding success and a great life if you're sick all of the time. Many of the causes of poor health can be handled with **mastery**, **self-control**, **frequent**, **vigorous exercise**, **and a positive attitude**.

6. Procrastination.

You didn't think I was going to leave this one out, did you? This is one of the most common of the common causes of failure. Most of us go through life "waiting for the right time" to start doing something with ourselves.

STOP WAITING.

No time will ever be "just right." So **start RIGHT NOW**, wherever you are and with whatever tools you've got. **Better tools will be found as you go along.**

7. Lack of Persistence.

Many of us are "Wish Positive, Think Negative" people. We're great starters, but lousy finishers. Plus, most people quit at the first sign of defeat.

There is no substitute for persistence. Failure cannot handle persistence.

8. Negative Attitude.

There is no hope of success for the person who rubs people the wrong way with a negative attitude. Success comes through the application of power, and negativity has no success power. Too, if you want other people to help you achieve your goals, you want like-minded, positive people to support you. That has incredible power.

9. Trying to get Something For Nothing.

The magic pill or powder to produce a supermodel body is NOT out there, nor will it ever be. Earning a substantial income does not come with the snap of the fingers. If you're willing to pay the price of success, you will get it.

10. Lack of a Well Defined Power of Decision.

Every darn diet out there works. And so does every darn fitness program. Want to know why?

Decision.

People who succeed reach decisions promptly, and change them (if at all), very slowly. People who fail reach decisions (if at all) very slowly, and change them frequently (the "been there, done that" crowd, like diet failures).

Indecision and procrastination are siblings. If you can't decide to improve yourself, you're procrastinating. Kill off this pair before they make you a permanent failure.

11. Wrong selection of a marriage partner/significant other.

Ironically, this is a **common cause of failure**. Think about it: you're in contact with this person daily and intimately. If your relationship is out of whack, failure ensues. If you're miserable and unhappy with your partner, you can bet that will destroy all signs of ambition.

12. Being Over-Cautious.

The person who takes no chances has to take whatever is left when others are through choosing. Security is death. Life is risk. You either create or disintegrate. You either grow or die. LIVE LIFE!

13. Lack of Enthusiasm.

Without enthusiasm, you cannot be convincing. Moreover, enthusiasm is contagious. An enthusiastic person is generally welcome in any group of people.

14. Having A Closed Mind.

The person with a closed mind on any subject seldom gets ahead. A closed mind means stopping acquiring knowledge. There are lots of programs, techniques, and methods for success in all areas of your life. Learn about them, then do something about them.

15. Intentional Dishonesty.

"Honesty is the best policy." There is no hope for the person who is dishonest BY CHOICE. Sooner or later, this choice will come back and haunt you, and you will pay by loss of reputation, loss of money, loss of health.

It may also be helpful if you can get someone who knows you well to go over this list with you, and help analyze you by these 15 causes. However, it may be beneficial if you try this alone. **Most people cannot see themselves as others see them.** If you do use someone else, **that someone better be one who is supportive and WANTS to help you.**

Then with the newfound knowledge of yourself, go out and MAKE SOMETHING HAPPEN (see Cause #3).





How To Change Habits Of Failure Into Habits Of Success

Our self-image begins with others' opinions about us. Our awareness of these opinions forms our self-worth - our subconscious mind's basic program. We then "confirm" this program by acting in accordance with it.

If you've been unsuccessful in, say, losing weight, owning a small business, or earning more money, and you've got your circle of influence telling you:

- "Oh, forget trying to lose weight. You've done everything in the book, and you keep failing. Face it, you just can't do it - so why bother?"
- "You don't know how to run a business. Do you know how much risk is involved? 90% of businesses fail after 5 years. What makes you think people are going to buy from you?"
- "You can't earn more money doing what you're doing. You don't have the skill or smarts to make that kind of money. So just be happy with what you're making."

Chances are your self-image has taken a serious beating. As a result, your self-image, your goal-striving mechanism, is operating as a failure mechanism. Your self-image has you so convinced that you're a failure that you're unable to visualize yourself as successful. Or maybe you established goals of success, but kept bumping into obstacles (imposed by your self-image) along the way.

Whatever the case may be, your self-image had nothing to do with reality. It was something that had been LEARNED. Anything that has been learned can be reevaluated and challenged. Anything that has been challenged can be "relearned" with new data to replace the old.

Let me repeat that:

Whatever the case may be, your self-image had nothing to do with reality. It was something that had been LEARNED. Anything that has been learned can be reevaluated and challenged. Anything that has been challenged can be "relearned" with new data to replace the old.

A negative self-image can be erased, like a tape recording, and replaced with a new, positive self-image. You developed your self-image through subconscious habit. Now, it's not EASY to change this habit... but it is SIMPLE.

It takes **willingness and a persistence** to practice repeatedly the new desirable habit. Fold your arms. Now, fold them the other way. Notice the difference between the two. Folding your arms the familiar way required no conscious thought. Folding your arms the new way required conscious thought. Fold your arms the new way enough times, and it becomes an unconscious habit.

Changing the programming of your subconscious mind, your goal-striving mechanism, is no more complicated than that.

Five Steps To A New Self-Image

How YOU are going to take control of your subconscious mind and reprogram it as a success mechanism goes like this:

- 1. Be AWARE of your negative self-image
- 2. CHALLENGE the bad habits that support this image
- 3. Then CREATE a new, positive self-image that allows you to set and achieve worthwhile goals.

1. Cancel old, negative data.

Anytime you hear yourself thinking negative thoughts, like why you can't do something or bad a person you are, say the word "cancel!" or "no!" or "stop!" or "Enough!!!" OUT LOUD. This makes you conscious of your negative beliefs and forms the habit of challenging these beliefs.

When you hear yourself speak the thought of "cancel!" etc. (instead of just thinking of it), YOUR ears hear YOUR voice giving the order. Your focus is

clearer. Ever notice when you mutter to yourself, "Okay, now WHERE did I put the darn keys?" it actually seems to help you find them?

Move toward real cancellation of your old-self image by **HEARING your own** voice cancel your negative programming.

2. Replace it with new, positive data.

Once you're conscious of your old habits, replace the old program "I'm tired. I hate exercise. I'll never lose weight. I have no motivation," with "I am full of energy. I love to exercise. I am healthy and fit. I am UNSTOPPABLE." Or if you want to earn more money, follow the same principle.

Repeat this new data several times a day. Every time your old programming pops up, immediately after saying "cancel!" **reaffirm your new program to yourself.**

3. Affirm your new image to yourself.

Make affirmation "flash cards" by writing out the statement defining your new, positive self-image. Place a card on your desk at work, tape a card to your bathroom mirror, and put one on the refrigerator where you see them everyday. By doing this, you remind yourself to reinforce your new self-image on a repeated basis.

4. Visualize an image of a successful YOU.

Set aside 15 minutes a day to sit by yourself, relax, and picture yourself living out your new self-image, already in possession of all the good you desire. Enter the theater of your imagination to cause your subconscious mind to respond as though you are actually successful.

This is not some transcendental or metaphysical process. **Your brain works in pictures.** Visualization is critical to reprogramming your success mechanism, and relaxation is critical to visualization.

5. Train yourself for real, lasting results.

"Act as if" you're already operating under your new program: getting up in the morning refreshed and ready to go, working out and feeling invigorated and motivated, eating healthy, balanced meals, becoming leaner and more attractive. Practice this whenever the opportunity comes up.

A new self-image is not going to magically put this information into your head. BUT IT ALLOWS YOU TO SEE YOURSELF AS CAPABLE OF DOING IT. Under your old programming, you wouldn't even consider the idea. Meanwhile,

take EVERY opportunity to tell yourself "I'm full of energy, I love my workouts, I'm leaner and attractive, I eat healthy."

Maybe this process seems TOO simple. **Just give it time to work.** It WILL work if you **practice it daily for six weeks.** Think about what you want to change about yourself. **You must get fired up about it!** Then go through these five steps to make that change.





If there is an "entry fee" for success, it's total commitment. We all know that. That's the first key quality in the mindset of a champion.

The second key quality in the mindset of a champion is the willingness to pay the price of success.

Winners (that's YOU, remember) never wait for opportunity or success. They go out and make things happen. George Bernard Shaw once said, "Winners look for circumstances in their lives, and if they can't find them, they MAKE them."

You are success waiting to happen.

Your Key Success Factor

The **key success factor** is to **learn from others, and rely on YOURSELF.** I call this "creative emulation." I've used this principle to build my business. What you do is **take what's worked for others, and apply it to your own situation.** For example, from a fitness standpoint, let's say you're having trouble melting off those last 5-10 lb. "I've tried everything," you're saying to yourself, and you're near the breaking point of abandoning your goals.

Well, maybe you HAVEN'T tried everything. How many weight/fat loss methods have you tried? 5? 15? 25? 100? Be honest! Especially with yourself. Most people have tried anywhere from 5 to 10 different methods at most. What's

worked for you? Learn all you can from all successful weight losers. Take the ideas and apply them to your personal situation. You've learned about it from others, now you need to rely on yourself to make it work.

You can if you think you can.

Being A Champion At Anything

To be a champion at ANYTHING... you must first begin with commitment. And to be your best, you must LIVE that commitment. Reach farther than you've ever reached before. Stretch your personal limitations. You'll find yourself achieving more than you've ever achieved before.

Now commitment alone doesn't always guarantee success, but the **LACK of commitment** ensures that you'll **fall short of your potential.**

Being a champion has little to do with your physical makeup; it's the MINDSET that's everything. That's what separates you from the rest of the population; because you work at things the masses won't even CONSIDER trying.

Fundamental Guidelines Winners Play By

1. Taking Extreme Care Of Yourself

That means taking care of your **physical health**. You're proactive and preventive about it, because you realize that **your physical health is your most precious gift**. What do you have if you don't have your health?

2. See Life As A Continuous Learning Experience

We are all enrolled in the School of Life. And in school, there are lessons to be learned (also known as "mistakes"). Learn from your lessons, and move on to the next chapter. If you're alive, there are lessons to be learned. You see, success is a process, not an event. Always learning, always getting better. Keep reaching.

3. "You Get What You Pay For"

This means a couple of things. First, it means putting time and effort into mastering something. Second, it literally means that there is an investment in money if you want top-notch results. Something for nothing DOES NOT work here.

4. Use "Mistakes" As Stepping Stones For Future Success

There are no failures, only lessons. See #2. I'd rather you see you "fail" with dignity than give up before even trying at all. If something doesn't work, try something else.

5. Keep The Drive Alive

In three words: "Believe, And Succeed."

6. You Can Be Your Own Worst Enemy, Or Your Own Best Friend
Which one do you want to be? The success of others has little to do with your
own success. Compete with yourself. Raise your standards. Live your 10
Daily Habits. The happiest people in life know they don't compete with
others; their success comes from doing their best with what they've got.
Do the same, and many of your frustrations will disappear.

7. CHOOSE To Be A Champion

There are no rewards unless you try. Champions never, ever give up.

8. Keep Training And Gaining Without Complaining
If you want to survive in life, work a 40-hour week. If you want to succeed
in life, work the extra hours. If success is important to you, you'll make the
necessary adjustments to achieve it.





Failure no longer is a "taboo" word. As more people take greater risks, there are simply more failures; however, these failures are increasingly viewed as **"paying the price."** Very prominent and famous people and companies have failed. Look at Oprah Winfrey. She started in the ghetto. Bill Gates started in a garage. Look where they are now.

That may be small consolation, particularly in a failure (read: LEARNING) situation. So here are ten things you can do:

1. Send in the Damage Control Team NOW.

If you're confronted with a situation you or others see as a "failure," it's really **easy to point the finger, get scared, or think the sky is falling.** That is almost always is never the case.

It's how you perceive the situation. What you see as a failure, someone else sees it as a stepping-stone.

No matter how hard the going gets, YOU BOUNCE BACK. Our minds are so wonderfully amazing that way. With the right guidance and support structure, you become resilient.

So TAKE A STEP BACK. When you encounter a "failure," **STOP REACTING.** That gets you nowhere fast. Besides, nothing gets solved or handled. Put some thought into the situation by asking yourself:

- What is it that has really happened? (As opposed to what I think has happened)
- How bad **IS** it? (Is it as bad as I thought?)
- What is the worst thing that can happen under the circumstances?
- If it does happen, how bad will it be?
- What can I do about it? And
- If I take all possible steps and they don't work, what is it that I might have to face, then?

2. "What can I learn from this?"

Sometimes an event you experienced weeks, months, even years ago was just terrible, so you thought **AT THE TIME THE EVENT HAPPENED**. But as you've come to realize now, was a **pivotal turning point** in your life **that caused you to grow**. Many of us have these memories, but in times of great stress, they are forgotten.

What happened, happened. So, **THINK about what happened. What's the lesson being taught?**

3. Remove yourself from the "Scene Of The Crime."

When you're in an **environment** that has only been a **haven for negative emotions and feelings of failure,** your subconscious mind feeds on that. Remember, **your subconscious mind is the perfect "yes-man."**

If you're with some friends and all they talk about is how terrible everything is, how out of shape they are, how little money they have, and they keep stuffing their faces with junk... Let's put it this way: **misery loves company.**

If you're fighting an internal battle of exercise, diet, making more money, getting a promotion, finding your niche in life, etc. and YOU'RE trying to make things better, it's pretty darn difficult when you have a bunch of people whining and crying in your face.

Get up, and GET OUT. Go for a walk. A drive. Rent a movie. **Go work out** (highly recommended), or whatever. **Just get away from it.** The purpose is to jolt your mind that this "failure" situation does NOT reach everywhere.

4. Talk to someone.

When you pick someone to talk to, **BE SURE you tell them what you want** from them **BEFORE you talk to them.** You don't want solutions, you want a LISTENER. Tell them that. Don't expect them to read your mind. "Jane, before I say anything, I just need you to listen. Don't give me answers, just LISTEN." A real friend or family member will respect your wishes.

At this point, your "failure" situation doesn't offer obvious solutions - at the moment. **Talking it out** with someone else, even though the other party has nothing to contribute - **enables your mind to start putting things in order,** especially when you use Damage Control (#1). You re-focus, your thinking is clearer, and the solutions come more easily.

5. Take action, ANY ACTION.

Wherever you are, and with whatever you've got, DO SOMETHING. Think about it: the only place you CAN start is wherever you are now. Problem is, many of us look for the end result NOW, good or bad, either where we would like to be, or where we don't want to end up.

So, nothing gets done.

Just taking ONE, SINGLE step gives you the visibility to take the next step, and the next, and the next. The first step is the hardest. BUT, **through wisdom and experience, each step means more success.**

6. Let Go, And Let God.

Doubts, fears, pessimism, and negative thinking **poison the very source of life**, especially if you're coming off a bad experience. They sap energy, enthusiasm, ambition, hope, faith, and everything else that makes life purposeful, creative, and rewarding.

"Tough times never last, but tough people do." -- Dr. Robert Schuller

You see, **God** (or whatever your version is of God) **put us on this earth TO SUCCEED.** You are perverting your greatness by giving in to thoughts and actions of failure and dejection. **Let Spirit lead you in the only direction it knows - the RIGHT one.**

When you're in a "failure" situation, and you recognize it for what it is and then reaffirm your image of success, Spirit will pick up right where it left off.

7. What does your voice inside you, tell you?

This is sort of a catch 22. Most likely, you won't have much to work with until you willingly take the actions encompassed in the first six steps above. What you DO get is an inkling, or a "gut feeling." But when it comes, no matter how small or subtle it seems, it could be that "one step" you've been looking to take. TAKE IT.

8. Do what you've always done, and get what you've always got.

A minute ago, I said that it's really easy to fall back into old habits when we're scared, anxious, and stressed. If you're going to dig yourself out of a failure "hole," you're going to have to approach things differently. No ifs, ands, or buts. That's just the way it is. You may have to go back to the basics to survive, but they will be NEW basics. Consider: would you rather voluntarily give up something, or would you rather be FORCED to give it up?

9. Do something for someone else.

You've just been through a tremendous emotional and mental trauma. But just when you feel you have nothing to give, DO IT ANYWAY. Maybe it's just a kind word, or a sincere concern with how someone else is doing. This helps you put things into perspective - you'll ALWAYS find someone whose situation is worse than yours.

10. Every day is perfect.

What life has given you, life has given you. We are enrolled in the **School of Life, a process of learning and growing.** How did we learn in school? Read books, listened to teachers, took tests, got a grade. Read more books, listened to more teachers, took more tests, got better grades. The mistakes we made, we learned from, so we didn't make the same mistake again. See the correlation to Life? **So enjoy everyday, and keep reaching for more!**

It doesn't matter what you want to attain - a leaner body, high energy and motivation, more money, or a rewarding life - everything comes with a certain "price tag." Your job is to make the shift from failure-thinking to success-machine.



Peak Performance Quotes

Peak Performance Quotes

"Now" is the operative word. Everything you put in your way is just a method of putting off the hour when you could actually be doing your dream. You don't need endless time and perfect conditions. **Do it now.** Do it today. Do it for twenty minutes and watch your heart start beating." --Barbara Sher

People who exercise their embryonic freedom day after day, little by little, expand that freedom. People who do not will find that it withers until they are literally "being lived." They are acting out scripts written by parents, associates and society." --Stephen Covey

Life is a succession of moments. To live each one is to succeed. --Corita Kent

You can't build a reputation on what you are going to do. -- Henry Ford

Persistent people begin their success where others end in failures. --Edward Eggleston

There are countless ways of **attaining greatness**, but any road to reaching one's maximum potential must be built on a bedrock of **respect for the individual**, **a commitment to excellence**, **and a rejection of mediocrity**. --Buck Rodgers

I believe a little bit of success lies in everyone! Will you be the one to deny that? Or rather be the one who chooses to be guided by it? I hope you choose as I to do the latter! --Josh S. Hinds

Where the heart is willing it will find a thousand ways, but where it is unwilling it will find a thousand excuses.

What you do speaks so loudly that I cannot hear what you say. --Ralph Waldo Emerson

Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil. --James Allen

Quitters simply give up in the face of adversity. They abandon their mountain and stop pursuing their real purpose. If you're gearing up for the short-term burst, you're fooling yourself. You'll be disappointed and confused. --Paul Stoltz

It is not how much we have, but how much we enjoy.... -- Charles H. Spurgeon

Someone's sitting in the shade today because someone planted a tree a long time ago. --Warren Buffett

Only an idiot would kill the goose that lays golden eggs. --Aesop

It is not what happens to you, but how you react to it that matters. -- Epictetus

There is only one corner of the universe you can be certain of improving, and that is your own self. --Aldous Huxley

The **INNOVATION point** is the pivotal moment when talented and motivated people seek the opportunity to **act on their ideas and dreams.** --W. Arthur Porter

Expect people to be better than they are; it helps them to become better. But don't be disappointed when they're not; it helps them to keep trying. --Merry Browne

Winners expect to win. They know that so-called `luck' is the intersection of preparation and awareness --Dr. Dennis Waitley

Ultimately, whether or not you achieve a goal is not half as important as **the type** of person you become in pursuit of it. --Tony Robbins

Yes, you can be a dreamer and a doer too, if you will **remove one word from your vocabulary: impossible.** --Robert Schuller

LIFE IS A GRINDSTONE. But whether it grinds us down or polishes us up **depends on us.** -- L. Thomas Holdcraft

Never Let Go Of Hope

One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed And you will ask yourself...
"How did I get through all of that?"

Just never let go of hope.

Just never quit dreaming.

And never let love depart from your life. -- Jancarl Campi

The only place where your dream becomes impossible is in **your own thinking**. --Robert H. Schuller

The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary. -Thomas Edison

Trust your hunches. They're usually based on facts filed away just below the conscious level. --Dr. Joyce Brothers

When faced with a mountain, I will not quit. I will keep on striving until I climb over, find a pass through, tunnel underneath – or simply stay and turn the mountain into a miracle, with God's help!

You cannot build character and courage by taking away a person's initiative and independence. You cannot help people permanently by doing for them what they could and should do for themselves. --Abraham Lincoln, 1861.

FORGIVE

Sometimes we are so dang hard on ourselves, that we never achieve what we really want. "You're a bad person for eating that," you say to yourself. "You're bad because you didn't work out today," or "Why can't you just eat right and exercise like you're supposed to?" Bad, can't, don't, won't, shouldn't have, couldn't, etc. Start FORGIVING yourself, and watch your achievements soar.

FORGIVE

That slight misdeed of yesterday, Why should it mar today? The thing he said, the thing you did, Have long since passed away; For yesterday was but a trial; Today you will succeed. And from mistakes of yesterday Will come some noble deed.

Forgive yourself for thoughtlessness,
Do not condemn the past;
For it is gone with its mistakes;
Their mem'ry cannot last;
Forget the failures and misdeed;
From such experience rise,
Why should you let your head be bowed?
Lift up your heart and eyes!
--Selected

We are what we repeatedly do. **Excellence**, then, is not an act, but a habit. --Aristotle

Success is achieved and maintained by those who TRY, and keep TRYING. Where there is nothing to lose by TRYING, and a great deal to gain if SUCCESSFUL, by all means, TRY. DO IT NOW! --W. Clement Stone

Unless you try to do something beyond what you have already mastered, you will never grow. --Ralph Waldo Emerson

We cannot direct the wind . . . but we can adjust the sails.

"Health is the first wealth." --Unknown

"Today, you have 100% of your life left." -- Tom Hopkins

"Make your life an exclamation, not an explanation." -- Unknown

"I have met the enemy; and it is the eyes of other people." --Ben Franklin

"You are your own authority. Choose not to be affected by the negative opinions or attitudes of others." --Unknown

"A 'should' is a 'have to' with no teeth; it is dead energy." --Ruth Ross

"Just because someone is a travel agent for guilt trips doesn't mean we have to buy their tickets." --Michael Angier

"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of **attitudes.**" --Hugh Downs

"Most folks are about as happy as they make up their minds to be."
--Abraham Lincoln

"The minute you settle for less than you deserve, you get even less than you settled for." --Maureen Dowd

Dr. Randy Kunkel, lecturer and motivator, **studied peak performers** and found they shared these common attributes:

- Peak performers have a high level of trust in themselves and others
- Peak performers have a high level of creativity and energy
- Peak performers focus on building their strengths and don't dwell on their weaknesses
- Peak performers exercise for at least 30 minutes, at least four times a week
- Peak performers don't smoke or use drugs and average only about two drinks per week
- Peak performers ate a diet heavy in fruits and vegetables and shunned salt and sugar

- Peak performers zealously carved out an hour a day for personal time to do what appealed to them
- Peak performers encouraged others and made others feel good about themselves
- Peak performers took a 1 day mini-vacation each month, often combined with a weekend for a 3-day vacation
- Peak performers avoid repetitious activity: they pay others to do it for them
- Peak performers maintain a flexible work schedule
- Peak performers make time to keep their creative juices flowing by making time to study and learn
- Peak performers have written goals
- Peak performers **rise early** and make early-in-the-morning accomplishments
- Peak performers have psychological advisors and use them often
- Peak performers spend time being in nature and learning from the natural order of things.

"The pessimist sees the difficulty in every opportunity. **The optimist,** the opportunity in every difficulty." --Winston Churchill

"A focused mind is one of the most powerful forces in the universe." -- Unknown

"Always bear in mind that **your own resolution to succeed** is more important than any other one thing." --Abraham Lincoln

"When we realize one dream, sometimes a deeper dream reveals itself. At other times a parallel dream appears. **The one that scares the hell out of you is probably it.**" --Peter McWilliams

"The harder you try, the harder it is to surrender." --Vince Lombardi

DON'T QUIT

When things go wrong, as they sometimes will, When the road you're trudging seems all up hill, When the funds are low and the debts are high, And you want to smile, but you have to sigh, When care is pressing you down a bit, Rest, if you must - but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow You might succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.

Success if failure turned inside out The silver tints of the clouds of doubt And you can never tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit It's when things seem worst that you mustn't quit.
--Author Unknown

IT'S UP TO ME

I get discouraged now and then When there are clouds of gray, Until I think about the things That happened yesterday.

I do not mean the day before Or those of months ago, But all the yesterdays in which I had the chance to grow.

I think of opportunities
That I allowed to die,
And those I took advantage of
Before they passed me by.

And I remember that the past Presented quite a plight, But somehow I endured it and The future seemed all right.

And I remind myself that I

Am capable and free, And my success and happiness Are really up to me. --James J. Metcalfe

Two seeds lay side by side in the fertile spring soil.

The first seed said, "I want to grow! I want to send my roots deep into the soil beneath me, and thrust my sprouts through the earth's crust above me... I want to unfurl my tender buds like banners to announce the arrival of spring... I want to feel the warmth of the sun on my face and the blessing of the morning dew on my petals!"

And so she grew.

The second seed said, "I am afraid. If I send my roots into the ground below, I don't know what I will encounter in the dark. If I push my way through the hard soil above me I may damage my delicate sprouts... what if I let my buds open and a snail tries to eat them? And if I were to open my blossoms, a small child may pull me from the ground. No, it is much better for me to wait until it is safe."

And so she waited.

A yard hen scratching around in the early spring ground for food found the waiting seed and promptly ate it.

MORAL OF THE STORY:

Those of us who refuse to risk and grow get swallowed up by life. -- Patty Hansen

THE BUILDER

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed a key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Who could say it more clearly? Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and the choices you make today.

~~Author Unknown~~

WHO AM I?

I am your constant companion.

I am your greatest helper or your heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half the things you do, you might just as well turn over to me,

And I will be able to do them guickly and correctly.

I am easily managed; you must merely be firm with me.

Show me exactly how you want something done,

And after a few lessons I will do it automatically.

I am the servant of all great men

And, alas, of all failures as well.

Those who are great, I have made great.

Those who are failures. I have made failures.

I am not a machine, though I work with all the precision of a machine

Plus the intelligence of a man.

You may run me for profit, or run me for ruin;

It makes no difference to me.

Take me, train me, be firm with me

And I will put the world at your feet.

Be easy with me, and I will destroy you.

Who am I?

I am HABIT!

The Ten Most Powerful Two-Letter Words In The English Language:

IF IT IS TO BE, IT IS UP TO ME.

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes YOUR destiny --Frank Outlaw

In his **Creed for Optimists**, Christian D. Larsen tells you how you can be SOMEBODY.

- **Be so strong** that nothing can disturb your peace of mind.
- Talk health, happiness, and prosperity to every person you meet.
- Make all your friends feel there is something special in them.
- Look at the sunny side of EVERYTHING.
- Think only of the best, work only for the best, and expect only the best.
- Be as enthusiastic about the success of others as you are about your own.
- Forget the mistakes of the past and press on to the greater achievements
 of the future.
- Give everyone a smile.
- Spend so much time improving yourself that you have no time left to criticize others.
- Be too big for worry and too noble for anger.

"If you hear a voice within you saying 'You are not a painter,' then by all means paint... and **that voice will be silenced.**" --Vincent Van Gogh

Failure does not count. If you accept this, you'll be successful. What causes most people to fail is that after one failure, they'll stop trying. --Frank Burford

Years later, people look back upon their darkest day and say – as Churchill said of London's war years -- "This was our finest hour." In a tough spot right now? You may be on the very edge of winning!" --Guy Lynch

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one. --Mark Twain

Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some. --Charles Dickens

If you don't know where you are going, how will you know when you get there?

We all walk in the dark and each of us must learn to turn on his or her own light. --Earl Nightingale

The **glue** that holds all relationships together -- including the relationship between the leader and the led is trust, and **trust is based on integrity.** --Brian Tracy

The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires.
--William Arthur Ward

If you want to succeed you should **strike out on new paths** rather than travel the worn paths of accepted success. --John D. Rockefeller

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use. --Earl Nightingale

There is no moment like the present. The man who will not execute his resolutions when they are fresh upon him can have no hope from them

afterwards: they will be dissipated, lost, and perish in the scurry of the world, or sunk in the slough of indolence. --Maria Edgeworth

In your heart, keep one still, secret spot where dreams may go and sheltered so may thrive and grow. --Louise Driscoll

No change of circumstances can repair a defect of character. --Ralph Waldo Emerson

Difficulties are things that show what men are. -- Epitetus

There are risks and costs to action. But they are far less than the long-range risks of comfortable inaction. -- John F. Kennedy

If I care to listen to every criticism, let alone act on them, then this shop may as well be closed for all other businesses. I have learned to do my best, and if the end result is good then I do not care for any criticism, but if the end result is not good, then even the praise of ten angels would not make the difference.
--Abraham Lincoln

A wise man will make more opportunities than he finds. -- Francis Bacon

Visionary is a self-fulfilling prophet. Don't predict the future. Create it. --Leland Kaiser

If you wait to do everything until you're sure it's right, you'll probably never do much of anything. --Win Borden

What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. --Thomas Paine

The real glory is being knocked to your knees and then coming back. That's real glory. That's the essence of it. --Vince Lombardi

The best thing about the future is that it comes only one day at a time.

--Abraham Lincoln

If you cannot work with love but only with distaste, it is better that you should leave your work. --Kahlil Gibran

The purpose of man is in action not thought. -- Thomas Carlyle

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. Who are we not to be brilliant, gorgeous, talented and fabulous? You are a child of God. Your playing small doesn't serve the world. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in us all. --Marianne Williamson

It's not the will to win, but **the will to PREPARE to win** that makes the difference. --Coach Bear Bryant

Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. **Believing a solution paves the way to solution.** --Dr. David Schwartz

The mind is its own place, and in itself can make a Heav'n of Hell, a Hell of Heav'n. --John Milton

There is no such thing as can't, only won't. If you're qualified, all it takes is a burning desire to accomplish, to make a change. Go forward, go backward. Whatever it takes! But you can't blame other people or society in general. It all comes from your mind. When we do the impossible we realize we are special people. --Jan Ashford

It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through. --Zig Ziglar

Without ambition one starts nothing. Without work one finishes nothing. **The prize will not be sent to you. You have to win it.** The man who knows how will always have a job. The man who also knows why will always be his boss. As to methods there may be a million and then some, but principles are few. **The man**

who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.
--Ralph Waldo Emerson

We are continually faced by great opportunities brilliantly disguised as insoluble problems. --Lee lococca

Dream no small dreams for they have no power to move the hearts of men.

If one advances confidently in the directions of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. --Henry David Thoreau

Formal education will make you a living; self-education will make you a fortune. --Jim Rohn

When I was a young man I observed that nine out of the ten things I did were failures. Not wanting to be a failure, I did ten times more work.

--Teddy Roosevelt

We all sorely complain of the shortness of time, and yet have much more than we know what to do with. Our lives are either spent in doing nothing at all, or in doing nothing to the purpose, or in doing nothing that we ought to do. We are always complaining that our days are few, and acting as though there would be no end of them. --Seneca

The most absurd and reckless aspirations have sometimes led to extraordinary success. --Vauvenargues

Lord, grant that I may always desire more than I can accomplish. --Michelangelo

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible. -- Doug Larson

An optimist is someone who goes after Moby Dick in a rowboat and takes the tartar sauce with him. --Zig Ziglar

You must pay the price if you wish to secure the blessings. --Andrew Jackson

Change yourself and your work will seem different. -- Norman Vincent Peale

Winning is a habit. Unfortunately, so is losing. --Vince Lombardi

Pennies do not come from heaven. They have to be earned here on earth. --Margaret Thatcher

Whatever you do, **you need courage.** Whatever course you decide upon, there is always someone to tell you you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to the end, requires some of the same courage which a soldier needs. --Ralph Waldo Emerson

When you get in a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for **that is just the place and time that the tide will turn.**" --Harriet Beecher

Though no one can go back and make a brand new start, anyone can **start from now and make a brand new ending.** --Carl Bard

Slow down and enjoy life. It's not only the scenery you miss by going too fast -- you also miss the sense of where you are going and why. --Eddie Cantor

The spirit is the master; imagination the tool, and the body the plastic material...The power of the imagination is a great factor in medicine. It may produce diseases in man and in animals, and it may cure them. Ills of the body may be cured by physical remedies or by the power of the spirit acting through the soul. --Paracelsus, Father of Modern Medicine.

He who has health has hope; and he who has hope, has everything. --Arabian Proverb

A step in the wrong direction is better than staying on the spot all your life. --Maxwell Maltz

The rung of a ladder was never meant to rest upon, but only hold a man's foot long enough to enable him to put the other somewhat higher.
--Thomas Henry Huxley

If not you, then who?
If not now, then when?
--Hillel

If only the people who worry about their liabilities would think about the riches they do possess, they would stop worrying. --Dale Carnegie

For every failure, there's an alternative course of action. You just have to find it. When you come to a roadblock, take a detour. --Mary Kay Ash

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps. --David Lloyd George, Former Prime Minister of England

The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat. --Napoleon Hill

Failure is success if we learn from it. -- Malcolm S. Forbes

Shared joy is joy doubled. Shared sorrow is sorrow halved. --Anonymous

It takes two to speak truth – one to speak, and another to hear. --Henry David Thoreau

The less a man thinks or knows about his virtues, the better we like him. --Ralph Waldo Emerson

A good sermon leaves you wondering how the preacher knew all about you.

A steady salary is an invitation to mediocrity.

Don't wrestle with pigs; you get dirty and they enjoy it.

Never discourage anyone who continually makes progress, no matter how slow. --Plato

Dreams never hurt anybody if you keep working right behind the dreams to make as much of them become real as you can. --Frank W. Woolworth

Nature gave men two ends - one to sit on and one to think with. Ever since then man's success or failure has been dependent on the one he used most. -- George R. Kirkpatrick

Many people take no care of their money till they come nearly to the end of it, and others do just the same with their time.
--Johann Wolfgang Von Goethe

Don't be afraid to give your best to what seemingly are small jobs. **Every time you conquer one it makes you that much stronger.** If you do the little jobs well, the big ones tend to take care of themselves. --Dale Carnegie

I try to avoid looking forward or backward, and try to keep looking upward. --Charlotte Bronte

You can tell more about a person by what he says about others than you can by what others say about him. --Leo Aikman

We first make our habits, and then our habits make us. --John Dryden

Acquire the courage to believe in yourself. Many of the things that you have been taught were at one time the radical ideas of individuals who had the

courage to believe what their own hearts and minds told them was true, rather than accept the common beliefs of their day. --Ching Ning Chu

"Successful people aren't born that way. They become successful by establishing the habit of doing things unsuccessful people don't like to do. The successful people don't always like these things themselves; they just get on and do them." --Steve Ibbotson

When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow, it will split in two; and I know it was not that blow that did it, but all that had gone before. --Jacob Riis

Good leaders make people feel that they're at the very heart of things, not at the periphery. Everyone feels that he or she makes a difference to the success of the organization. When that happens people feel centered and that gives their work meaning. --Warren G. Bennis

Never look down on anybody unless you're helping them up. --Jesse Jackson

For the resolute and determined there is time and opportunity. --Ralph Waldo Emerson

No man is free who is not master of himself... Is freedom anything else than the power of living as we choose? --Epictetus

Dreams are never destroyed by circumstances; **dreams are born in the heart** and mind and only there can they ever die; because while the difficult takes time the impossible just takes a little longer.

The measure of a man's real character is what he would do if he knew he never would be found out. --Thomas B. Macaulay

Nobody can do it for you. -- Ralph Cordiner

Our plans miscarry because they have no aim. When a man does not know what harbor he is making for, no wind is the right wind. --Seneca

Being right too soon is socially unacceptable. --Robert A. Heinlein

Rapidity does not always mean progress, and hurry is akin to waste. The old fable of the hare and the tortoise is just as good now, and just as true, as when it was first written. --Charles A. Stoddard

There's no substitute for guts. -- Paul "Bear" Bryant

They say a person needs just three things to be truly happy in this world. Someone to love, something to do, and something to hope for. --Tom Bodett

To be nobody but yourself -- in a world which is doing its best, night and day, to make you like everybody else -- means to fight the hardest battle which any human being can fight, and never stop fighting. --E. E. Cummings

What happens is not as important as how you react to what happens. -- Thaddeus Golas

For every disciplined effort there is a multiple reward. --Jim Rohn

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. --Napoleon Hill

I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time I am right. --Albert Einstein

The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is. -- C.S. Lewis

You can become blind by seeing each day as a similar one. Each day is a different one, each day brings a miracle of its own. It's just a matter of paying attention to this miracle. --Paulo Coelho

The biggest block to any man's success is in his head.

All courage is a form of constancy. It is always himself that a coward abandons first. After this all other betrayals come. --Cormac McCarthy

When the going seems easy, you may be going downhill.

Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little coarse, and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice? Up again, you shall never be so afraid of a tumble. --Ralph Waldo Emerson

The great end of life is not knowledge, but action. What men need is as much knowledge as they can organize for action; give them more and it may become injurious. Some men are heavy and stupid from undigested learning.

--Thomas Henry Huxley

No wind favors him who has no destined port. --Michael de Montaigne

When you have eliminated the impossible, whatever remains, however improbable, must be the truth. --Arthur Conan Doyle

It's not whether you get knocked down. It's whether you get up again. -- Vince Lombardi

A ship in harbour is safe, but that is not what ships are built for. --William Shedd

A great deal of talent is lost to the world for want of a little courage. Every day sends to their graves obscure men whom **timidity prevented from making a first effort.** --Sydney Smith

What we are today comes from thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind. --Buddha

Life itself cannot give you joy unless you really will it. Life just gives you time and space – it's up to you to fill it.

You can have two things in life: reasons and results. And reasons don't count.

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.

--Helen Keller

If your not busy being born, you are busy dying. -- Jody Victor

Any fear is an illusion. You think something is standing in your way, but nothing is really there. What is there is an opportunity to do your best and gain some success. If it turns out that my best isn't good enough, then at least I'll never be able to look back and say I was too afraid to try. --Michael Jordan

Pessimism never won any battle. -- Dwight D. Eisenhower

The Challenge

Let others lead small lives, but not you.
Let others argue over small things, but not you.
Let others cry over small hurts, but not you.
Let others leave their future in someone else's hands, but not you.
--Jim Rohn

Living on the edge, living in and through your fear, is the summit of life. People who refuse to take that, dare condemn themselves to a life of living death.

--John H. Johnson

Great minds have purposes; others have wishes. -- Washington Irving

Ideals are like stars; you will not succeed in reaching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny. --Carl Schurz

Procrastination is the thief of time. -- Edward Young

Whatever does not destroy me makes me stronger. -- Friedrich Nietzsche

Correction does much, but encouragement does more. Encouragement after censure is as the sun after a shower. --Johann Wolfgang Von Goethe

Only passions, great passions can elevate the soul to great things. -- Denis Diderot

It's kind of fun to do the impossible. -- Walt Disney

Laziness is nothing more than the habit of resting before you get tired. --Jules Renard

If you trap the moment before it's ripe,
The tears of repentance
You'll certainly wipe;
But if once you let the ripe moment go
You can never wipe off the tears of woe.
--William Blake, 1791

He who hesitates is poor. --Zero Mostel (The Producers)

The superior man thinks always of virtue; the common man thinks of comfort. --Confucius

Minds, like bodies, will often fall into a pimpled, ill-conditioned state from mere excess of comfort. -- Charles Dickens

Guilt is never a rational thing; It distorts all the faculties Of the human mind, It perverts them, It leaves a man no longer In the free use of his reason, It puts him into confusion.
--Edmund Burke

Guilt is the source of sorrows,
The avenging fiend
That follows us behind with whips and stings.
--Nicholas Rowe

I think I'd like to be remembered as someone who **beat the odds through just plain determination**... that I persevered. Because I think that being somewhat of a pest to life, constantly plaguing and pursuing, will bring results. --Sylvester Stallone

Research is the process of going up alleys to see if they are blind.
--Marston Bates

Glass, china, and reputation are easily cracked, and never mended well. --Benjamin Franklin

Life isn't about finding yourself. Life is about creating yourself. --George Bernard Shaw

There's no scarcity of opportunity to make a living at what you love. There is only a scarcity of resolve to make it happen. -- Wayne Dyer

The most distinguishing feature of winners is their **Intensity of purpose**. --Alymer Letterman

Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile. --Pierre Coneille

The bird of paradise alights only on the hand that does not grasp. --John Berry

I am in earnest;
I will not equivocate;
I will not excuse;
I will not retreat a single inch;
And I will be heard.
---William Lloyd Garrison

You will make all kinds of mistakes; but as long as you are generous and true, and also fierce, you cannot hurt the world or even seriously distress her.
--Sir Winston Churchill

If you want to win anything - a race, your self, your life - you have to go a little berserk. --George Sheehan

They always say that time changes things, but you actually have to change them yourself. --Andy Warhol

It's a good idea to obey all the rules when you're young just so you'll have the strength to break them when you're old. --Mark Twain

In the last analysis, our only freedom is the freedom to discipline ourselves. --Bernard Baruch

Leisure time is the five or six hours when you sleep at night. --George Allen

Self-respect is a question of recognizing that anything worth having has a price. -- Joan Didion

Many of life's failures are people who did not realize how close they were to success when they gave up. --Thomas Edison

Fall seven times, stand up eight. -- Japanese proverb

The real secret of success is enthusiasm. -- Walter Chrysler

The human body experiences a powerful gravitational pull in the direction of hope. That is why the patient's hopes are the physician's secret weapon. They are the hidden ingredients in any prescription. --Norman Cousins

I am not judged by the number of times I fail, but by the number of times I succeed. And the number of times I can fail and keep on trying.
--Tom Hopkins

Prefer a loss to a dishonest gain; the one brings pain at the moment, the other for all time. --Chilon

It doesn't matter how much milk you spill as long as you don't lose the cow. --Harvey Mackay

Unless commitment is made, there are only promises and hopes; but no plans. --Peter F. Drucker

Bring ideas in and entertain them royally, for one of them may be the king. --Mark Van Doren

All that is necessary to break the spell of inertia and frustration is this: **Act as if it were impossible to fail.** That is the talisman, the formula, the command of right-about-face which turns us from failure towards success. --Dorothea Brande

It takes time to succeed because success is merely the natural reward of taking time to do anything well. --Joseph Ross

A man has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable or dangerous to do so. --Walter Lippmann

Do not let what you cannot do interfere with what you can do. --John Wooden

You have to expect things of yourself before you can do them. --Michael Jordan

The best reformers the world has ever seen are those who begin on themselves. --George Bernard Shaw

It is human to put things off, It is divine to start things off. --W.H. Danforth

Great men are said to have four things in common: they speak softly, have the capacity for hard work, a deep conviction for their cause, and a consuming belief in their ability to do it. --John D. Hess

You are given the gifts of the gods;
You create your reality according to your beliefs.
Yours is the creative energy
That makes your world.
There are no limitations
To the self
Except those you believe in.
--Jane Roberts

Man is what he believes. -- Anton Chekhov

In the province of the mind, what one believes to be true is either true, or becomes true. --John Lilly

The grand essentials to happiness are something to do, someone to love, and something to hope for. --Joseph Addison

Laughter is inner jogging. --Norman Cousins

Heaven never helps the men who do not act. --Sophocles

Believe. No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new gate to the human spirit. --Helen Keller

Reality is not found in the pages of a book, the tracks of a tape, or the grooves of a record. Reality is found in the works of strong men. **Reality is found in the deeds, not the words, of men who dare to change the world.**--Randall Clague

If a man would reap praise, you must sow the seeds, gentle words and useful deeds. --Ben Franklin

There can be no failure to a man who has not lost his courage, his character, his self-respect, or his self-confidence. He is still a king. --Orison Sweet Marden

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life. --Edward B. Butler

Someone once said to me, 'Reverend Schuller, I hope you live to see all your dreams fulfilled.' I replied, 'I hope not, because if I live and all of my dreams are fulfilled, I'm dead.' It's the unfulfilled dreams that keep you alive.
--Robert Schuller

Treat people as if they were what they ought to be and you help them become what they are capable of being. --Goethe

The work of the world is not done by intellectual geniuses. It is done by men (and women) of ordinary capacity who use their abilities in an extraordinary manner. --Gordon B. Hinckley

Many of life's failures are people who did not realize how close they were to success when they gave up. --Thomas Alva Edison

Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his powers of accomplishment. --Eric Butterworth

Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you. --Jim Rohn

Real champions fight back. Don't let adversity stop you from becoming what you know you can achieve.

To be without dreams is to be without hope; to be without hope is to be without purpose.

May you live all the days of your life. -- Jonathan Swift

Use what talents you possess; the woods would be very silent if no birds sang except those that sang best. --Henry Van Dyke

Dreams come a size too big so that we can grow into them. -- Josie Bisset

Everyone has inside of him a piece of good news. **The good news is that you don't know how great you can be!** How much you can love! What you can accomplish! And what your potential is! --Anne Frank

There is a voice inside which speaks and says: "This is the real me!" --William James

Action is the foundational key to all success. --Anthony Robbins

We must not allow other people's limited perceptions to define us. --Virginia Satir

Genius is one percent inspiration and ninety-nine percent perspiration. --Thomas Alva Edison

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself. --Ralph Waldo Emerson

Unless you try to do something beyond what you have already mastered, you will never grow. --Ralph Waldo Emerson

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone. --Orison Swett Marden

It's the constant and determined effort that breaks down all resistance, sweeps away all obstacles. --Claude M. Bristol

If you find yourself in a hole the first thing to do is stop diggin! --Unknown Cowboy

Sometimes we stare so long at a door that is closing that we see too late the one that is open. --Alexander Graham Bell

There is one thing stronger than all the world, and that is an idea whose time has come. --Victor Hugo

Do not follow where the path may lead. Go instead where there is no path and leave a trail. --Ralph Waldo Emerson

Reading is to the mind what exercise is to the body. -- Joseph Addison

Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has. --Margaret Mead

Only passions, great passions can elevate the soul to great things. --Denis Diderot

People do not lack strength; they lack will. -- Victor Hugo

If you have a great ambition, take as big a step as possible in the direction of fulfilling it. The step may only be a tiny one, but trust that it may be the largest one possible for now. --Mildred McAfee

He who laughs, lasts! -- Mary Pittibone Poole

Well done is better than well said. --Benjamin Franklin

For they conquer who believe they can. -- Virgil

If anything goes bad, I did it. If anything goes semi-good, then we did it. If anything goes real good, then you did it - That's all it takes to win football games. --Coach Bear Bryant

Security can only be achieved through constant change, through discarding old ideas that have outlived their usefulness and adapting others to current facts. --William O. Douglas

Every adversity, every failure, every heartache carries with it the seed on an equal or greater benefit. --Napoleon Hill

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: **you don't give up.** --Anne Lamott

The only place where success comes before work is in a dictionary. --Vidal Sassoon

Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible. --Cherie Carter-Scott

Vision without action is merely a dream. Action without vision just passes time. Vision without action can change the world. A true leader must first see an idea as opportunity, then choose to act upon it. --Joel Barker

Aggressive fighting for the right is the greatest sport in the world. --Theodore Roosevelt

When you cannot make up your mind which of two evenly balanced courses of action you should take - choose the bolder. --William Joseph Slim

Tell a person they are brave and you help them become so. --Thomas Carlyle

A leader is someone who helps improve the lives of other people or improve the system they live under. --Sam Ervin

The man is no fool who gives up what he can't keep to gain what he can't lose. --Jim Elliot

We learn wisdom from failure much more than from success. We often discover what will do by finding out what will not do, and probably he who never made a mistake never made a discovery. --Samuel Smiles

The great thing in the world is not so much where we stand as in what direction we are moving. --Oliver Wendell Holmes

In great attempts it is glorious even to fail. --Longinus

People with goals succeed because they know where they're going. --Earl Nightingale

I do not think there is any other quality so essential to success of any kind as the **quality of perseverance.** It overcomes almost everything, even nature. --John D. Rockefeller

When we seek to discover the best in others, we somehow bring out the best in ourselves. --William A. Ward

Success stops when you do. --H Jackson Brown, Jr.

Success isn't forever and failure isn't fatal.

The lure of the distant and the difficult is deceptive. The great opportunity is where you are. --John Burroughs

Faith has won many a race.

In today's economy there are no experts, no 'best and brighest' with all the answers. It's up to each one of us. The only way to screw up is to not try anything. --Thomas J. Peters

The road to success is a toll road.

The things I've done in my life have required a lot of years of work before they took off. --Steve Jobs

Every job is a self-portrait of the person who did it. Autograph your work with quality.

Life is like riding a bicycle. You don't fall off unless you stop pedaling.

It is a funny thing about life; if you refuse to accept anything but the best, you very often get it. --Somerset Maugham

Small opportunities are often the beginning of great enterprises. --Demosthenes

Accept the challenges, so that you may feel the exhilaration of victory. --General George S. Patton

Learn to get in touch with the silence within yourself and know that everything in life has a purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from. --Elisabeth Kubler-Ross

The highest reward for a person's toil is not what they get for it, but what they become by it. --John Ruskin

A great pleasure in life is doing what people say you cannot do. --Walter Gagehot

Never turn down a job because you think its too small, you don't know where it can lead. --Julia Morgan

When an archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bull's-eye is never the fault of the target. **To improve your aim – improve yourself.** --Gilbert Arland

The only time you can't afford to fail is the last time you try. --Charles Kettering

While aimlessly waiting for their so-called "ship" to come in and change their life for the better, far too many people miss the boat that could actually carry them to a brighter future. They are often so afraid of testing new waters that they spend an entire lifetime waiting on the shore... Begin Your Journey Now!
--Josh Hinds

There are no shortcuts to any place worth going.

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.
--Douglas Everett

Remember, people will judge you by your actions, not your intentions. You may have a heart of gold -- but so does a hard-boiled egg.

Skillful pilots gain their reputation from storms and tempests.

-- Epicurus

There is no substitute for hard work. -- Thomas Jefferson

An individual who doesn't consciously select his goals is not really in control of his life. He is controlled by the expectations of others, habits, procrastination or by desires that he may not want to nurture.

Surmounting difficulty is the crucible that forms character. --Anthony Robbins

The sun is always shining. Even though clouds may come along and obscure the sun for a while, the sun is always shining. The sun never stops shining. And even though the earth turns, and the sun appears to go down, it really never stops shining. --Louise L. Hay

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.

--Theodore Rubin

Until one is committed, there is always hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one element of truth, the ignorance of which kills countless ideas and splendid plans - that moment one commits oneself, then providence moves all. --Goethe

All the world is full of suffering. It is also full of overcoming it.

--Helen Keller

Luck is what happens when preparation meets opportunity.
--Elmer Letterman

No problem can stand the assault of sustained thinking. -- Voltaire

The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.

--Albert Einstein

An optimist sees an opportunity in every calamity; A pessimist sees a calamity in every opportunity. --Sir Winston Churchill

If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother and hope your guardian genius. -- Joseph Addison

The universe is full of magical things just waiting for our wits to grow sharper. --Author Unknown

Apply yourself. Get all the education you can, but then, by God, do something. **Don't just stand there, make it happen.** --Lee lacocca

Never tell people 'how' to do things. Tell them 'what' to do and they will surprise you with their ingenuity. --General George S. Patton

If we knew what it was we were doing, it would not be called research, would it? --Albert Einstein

All things are difficult before they are easy. -- Thomas Fuller

A winner is sensitive to the atmosphere around him. A loser is sensitive only to his own feelings.

Until he extends the circle of his compassion to all living things, man will not himself find peace. --Albert Schweitzer

The difference between ordinary and extraordinary is that little extra.

A bone to the dog is not charity. Charity is the bone shared with the dog, when you are just as hungry as the dog. -- Jack London

We always have enough to be happy if we are enjoying what we do have – and not worrying about what we don't have. --Ken Keyes, Jr.

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away. --Henry David Thoreau

Don't judge each day by the harvest you reap, but by the seeds you plant. --Robert Louis Stevenson

The place to improve the world is first in one's own heart, head and hands. --Robert M. Pirsig

He conquers who endures. --Persius

The poor man is not he who is without a cent, but he who without a dream. --Harry Kemp

In the middle of difficulty lies opportunity. --Albert Einstein

I will persist until I succeed. Always will I take another step. If that is of no avail I will take another, and yet another. In truth, one step at a time is not too difficult... I know that small attempts, repeated, will complete any undertaking. --Og Mandino

Man is free at the moment he wishes to be. --Voltaire

The man without a purpose is like a ship without a rudder--a waif, a nothing, a no man. Have a purpose in life, and, having it, throw such strength of mind and muscle into your work as God has given you. --Carlyle

All things are created twice. There's a mental or first creation, and a physical or second creation of all things. You have to make sure that the blueprint, the first creation, is really what you want, that you've thought everything through. Then you put it into bricks and mortar. Each day you go to the construction shed and

pull out the blueprint to get marching orders for the day. You begin with the end in mind. --Stephen Covey

Everything you need for better future and success has already been written. And guess what? All you have to do is go to the library. --Jim Rohn

Where I was born and how I have lived is unimportant. It is what I have done with where I have been that should be of interest. --Georgia O'Keefe

The characteristic of genuine heroism is its persistency. All men have wandering impulses, fits and starts of generosity. But when you have resolved to be great, abide by yourself, and do not try to reconcile yourself with the world. The heroic cannot be common, nor the common heroic. --Ralph Waldo Emerson

There is a close connection between getting up in the world and getting up in the morning.

Intelligence is not to make no mistakes, but quickly to see how to make them good. --Bertolt Brecht

Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character. --Stephen Covey

The more deeply the path is etched, the more it is used, and the more it is used, the more deeply it is etched. --Jo Coudert

Intelligence without ambition is a bird without wings. -- C. Archie Danielson

I look at victory as milestones on a very long highway. -- Joan Benoit Samuelson

True friends visit us in prosperity only when invited, but in adversity they come without invitation. --Theophrastus

Man who stand on hill with mouth open... wait long time for roast duck to drop in. --Confucius

How different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most. --Stephen Covey

The future belongs to those who believe in the beauty of their dreams. -- Fleanor Roosevelt

A good listener is not only popular everywhere, but after a while he gets to know something. --Wilson Mizner

How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever. --David Norris

A real friend is one who walks in when the rest of the world walks out. --Walter Winchell

Winners expect to win. They know that so-called `luck' is the intersection of preparation and awareness. --Dr. Dennis Waitley

You've got to get up every morning with determination if you're going to go to bed with satisfaction. --George Lorimer

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life. --Ralph Waldo Emerson

Carpe diem, quam minimum credula a postero. Seize the day, and put the least possible trust in tomorrow. --Horace

Two roads diverge in a wood, and I took the one less traveled by, and that has made all the difference. --Robert Frost

Perpetual optimism is a force multiplier. -- Colin Powell

Many a man thinks he is buying pleasure, when he is really selling himself to it. --Benjamin Franklin

Great things are only possible with outrageous requests. -- Thea Alexander

If a man can write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door. --Elbert Hubbard

One of the secrets of life is learning to make stepping stones out of stumbling blocks. -- Jack Penn

A teacher affects eternity; he can never tell where his influence stops. --Henry Brooks Adams

Beware lest you lose the substance by grasping at the shadow. --Aesop

Motivation is everything. You can do the work of two people, but can't be two people. Instead, you have to inspire the next guy down the line to get him to inspire his people. --Lee lacocca

No matter how far you have gone on the wrong road, turn back. --Turkish Proverb

First say to yourself what you would be; and then do what you have to do. --Epictetus

Don't complain about what you don't have. Use what you've got. **To do less than your best is a sin.** Every single one of us has the power for greatness, because greatness is determined by service -- to yourself and to others. --Oprah Winfrey

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can.

Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense. --Ralph Waldo Emerson

A child's hand in yours -- what tenderness and power it arouses. You are instantly the very touchstone of wisdom and strength. -- Marjorie Holmes

Drag your thoughts away from your troubles.... by the ears, by the heels, or by any other way you can manage it. --Mark Twain

An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men. --Thomas Fuller

One man with a dream, at pleasure, Shall go forth and conquer a crown. And three with a new song's measure, Can trample an empire down. --Arthur O'Shaughnessy

A winner respects those who are superior to him and tries to learn something from them. A loser resents those who are superior to him and tries to find chinks in their armor.

Fear is the fuel to your success and failure.... the difference is embracing it, or running from it. --Andrea Morley

The man who is born with a talent which he is meant to use finds his greatest happiness in using it. --Johann von Goethe

Only I can change my life. No one can do it for me. -- Carol Burnett

Acceptance of what has happened is the first step to overcoming the consequences of any misfortune. --William James

To be wronged is nothing unless you remember it. --Confucius

Think highly of yourself because the world takes you at your own estimate. --Unknown

All mankind is divided into three classes: those that are immovable, those that are movable, and **those that move.** --Benjamin Franklin

There's often no way you can look into the game of life and determine whether or not you'll get that big break tomorrow or whether it will take another week, month, year or even longer. But it will come! --Zig Ziglar

Burn Your Boats

A long time ago, a great warrior faced a situation which made it necessary for him to make a decision which insured his success on the battlefield. He was about to send his armies against a powerful enemy whose men out-numbered his own. He loaded his soldiers into boats, sailed to the enemy's country, unloaded soldiers and equipment, then gave the order to burn the ships that had carried them.

So he addressed his men before the first battle, and said, "See the boats going up in smoke? That means we cannot leave these shores alive unless we win! We have no choice - WE WIN - OR WE DIE!"

They won.

MESSAGE: Don't give yourself a chance to retreat. Never surrender to your circumstances. And you'll come out on top.

I bargained with Life for a penny, And Life would pay no more, However I begged at evening When I counted my scanty store.

For Life is a just employer, He gives you what you ask, But once you have set the wages, Why, you must bear the task.

I worked for a menial's hire, Only to learn, dismayed, That any wage I had asked of Life, Life would have willingly paid. --Unknown The biggest things are always the easiest to do because there is no competition. --William Van Horne

Integrity breeds credibility. -- Wayne Cheng

Respect the past in the full measure of its desserts, but do not make the mistake of confusing it with the present nor seek in it the ideals of the future.

--Jose Incenerios

If you want to increase your success rate, double your failure rate. --Thomas Watson, Sr.

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.

--Vince Lombardi

Mind is the master power that molds and makes And man is mind, and evermore he takes The tool of thought, and, shaping what he wills Brings forth a thousand joys, or a thousand ills He thinks in secret, and it comes to pass Environment is but his looking glass.
--James Allen

Make no little plans;

They have no magic to stir men's blood And probably themselves will not be realized. Make big plans; aim high in hope and work, Remembering that a noble, logical diagram Once recorded will not die.

-- Daniel Burnham

People are anxious to improve their circumstances but unwilling to improve themselves, they therefore remain bound. --James Allen

The miracle, or the power, that elevates the few is to be found in their perseverance under the promptings of a brave, determined spirit.

--Mark Twain

It is a sin to be poor. -- George Bernard Shaw

Unless you try to do something beyond what you have already mastered, you will never grow. --Ronald E. Osborn

Don't wait for your ship to come in, swim to it. -- Unknown

A goal that is casually set and lightly taken is freely abandoned at the first obstacle. --Zig Ziglar

Some men see things as they are and say why? I dream things that never were and say why not? --George Bernard Shaw

Believe and your belief will create the fact. -- William James

An Optimist

I've dreamed many dreams that never came true, I've seen them vanish at dawn, But I've realized enough of my dreams to thank God, And to make me want to dream on.

I've prayed many prayers when no answer came, Though I waited patient and long, But answers have come to enough of my prayers To make me keep praying on.

I've trusted many a friend that failed, And left me to weep alone. But I've found enough of my friends true-blue, To make me keep trusting on.

I've sown many seeds that fell by the way, For the birds to feed upon, But I've held enough golden sheaves in my hands, To make me keep sowing on. I've drained the cup of disappointment and pain And gone many days without song, But I've sipped enough nectar from the roses of life, To make me want to live on. --Unknown

The greatest achievement was at first, and for a time, a dream. The oak sleeps in the acorn; the bird waits in the egg; and tin the highest vision of the soul, a waking angel stirs. **Dreams are the seedlings of realities.**

Your circumstances may be uncongenial, but they shall not long remain so, if you but perceive an ideal and strive to reach it.

You cannot travel WITHIN, and stand still WITHOUT.
--James Allen, from "As A Man Thinketh"

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything. --George Lois

There is no security on this earth, there is only opportunity. --General Douglas MacArthur

The truth is that all of us attain the greatest success and happiness possible in this life whenever we use our native capacities to their greatest extent. --Dr. Smiley Blanton

You can have anything you want if you want it desperately enough. You must want it with an inner exuberance that erupts through the skin and joins the energy that created the world. --Sheila Graham

You've got to create a dream. You've got to uphold the dream. If you can't, go back to the factory or go back to the desk. --Eric Burdon

ORDER OF VISUALIZATION

The exercise of the visualizing faculty keeps your mind in order, and attracts to you the things you need to make life more enjoyable, in an orderly way.

If you train yourself in the practice of deliberately picturing your desire and carefully examining your picture, you will soon find that your thoughts and desires proceed in a more orderly procession than ever before.

Having reached a state of ordered mentality, you are no longer in a constant state of mental hurry. "Hurry" is "Fear," and consequently destructive.

In other words, when your understanding grasps the power to visualize your heart's desire and holds it with your will, it attracts to you all things requisite to the fulfillment of that picture, by the harmonious vibrations of the law of attraction.

You realize that since Order is Heaven's first law, and visualization places things in their natural order, then it must be a heavenly thing to visualize.

Everyone visualizes, whether they know it or not. Visualizing is the great secret of success.

The conscious use of this great power attracts to you multiplied resources, intensifies your wisdom, and enables you to make use of advantages which you formerly failed to recognize.

--Genevieve Behrend, "Your Invisible Power"



COMMENCEMENT

Phew!

You dove right into the wealth of information in this book, and you made it to its conclusion. Congratulations!

You are now ready to embark on the most exciting **journey** of your life... a journey that will help you build a leaner, energized, strong, vital, unstoppable body... a journey that will help you make more money... be more confident... get more done in less time... feel better physically and emotionally... substantially increase the quality of your life... and eliminate the people and things that hold you back... a journey that will literally transform your life!

Now you have just what you need to accomplish all these objectives. You know how to:

- Boost your energy levels, either by producing it through diet and exercise or digging into "secret energy" sources you already have;
- Get the most out of your workouts for **great results in less time**, whether you're training at home, gym, or traveling;
- MAKE time to take care of your body;
- Blast fat and wake up your metabolism;
- Get and stay motivated to break through fitness barriers;
- Feed your body the proper fuel you need, when you need it;
- How to grow and develop not just physically, but mentally, personally, and professionally;
- JUST DO IT;
- How to harness the power of your mind to achieve whatever you want;
- Stop procrastinating;
- Take control of your own life and use your life's experience as stepping-stones for future success.

Yes, all this can be yours... will be... as long as you put to good use the guidance set forth in this book. Knowledge with ACTION is the ultimate power.

Fortunately, for us both **our journey together** need not end here. I have been with you this far, and I wish to be with you as you evolve into a leaner, energized, unstoppable human being, living the life you truly want. If you got this book through me, **you'll be hearing from me regularly** with additional suggestions about how I can help you. If you didn't get this book through me, **you have to take the initiative to get in touch. Do.** It's very much in your interest... whether you simply want additional self-improvement suggestions, or whether you want me to help you directly design the life you desire.

But whether I work with you as your personal coach or not, I want you to tell me about your success. Share your tips and helpful information about the new things you discover about yourself that I need to know to make this book and all other self-improvement products and services better. You see, my learning journey is not over nor my desire to discover all that I can to assist people like you to build a healthy, strong, vital body and a rich, rewarding life. And nothing would thrill me more than to learn these new things from you, my new friend, the person who is now ready to take your life to the next level. I salute you and look forward to hearing from you soon!