



LEAN STRONG AND LONG

Burn Fat, Build Lean Muscle and Play Your Best Golf



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Introduction

When training at the highest levels for athletic performance, ‘timing’ is one of the key concepts.

When you introduce a new swing change or consider some swing adjustments, there is a good time to do this and a bad time.

When you make changes to a pre shot routine, dietary changes, exercise programming changes or swing thoughts, there is a good time to do this.

When you are competing in golf or in high season, this is not the time to make significant changes to your program.

Any change of substance is typically done in the off season or the time when you are not competing.

The simple reason behind this is because adjustments and new techniques take time.

Weight loss and getting in peak shape is no different.

The best time to embrace weight loss, muscle gains and jump into a new program is late Fall, Winter and early Spring.

This is the time to tackle aggressive fat loss goals, recoup from injuries and push yourself a bit. Achieving these goals will push your body and mind and require a certain effort and focus.

During peak competition season, you can’t afford to redirect your focus to anywhere but the golf course.

The Lean, Strong and Long program is specifically designed for rapid fat loss, muscle gains and getting in shape in the shortest time possible so you can get back on the course and start competing with a stronger, fitter body.

Two great examples of players who accomplished some amazing fat loss goals are Jason Dufner and Christie Kerr.

“If I didn’t do it, I wasn’t going to be able to play golf”, said Jason Dufner. He lost 20 lbs. and looks healthy and strong.



Bubba did it too. Several years ago, Bubba realized he had more to give the game of golf, but it was time to get more serious about his fitness and nutrition.

Then he lost 30 lbs. and began playing great!

Phil too.

Two of his main goals were to drop 20 lbs. and increase his ball speed by 10 mph.

Here is Christie Kerr.



Talk about an amazing transformation!

I interviewed Christie after her transformation and she talked about her poor physical condition overall. At 5'3, she was 185 lbs. and she felt this extra weight was really holding her back.

Following a diet of roughly 1500 calories, cardio and strength training, she dropped 50 lbs. and began playing much better.

It doesn't matter who you are and it makes no difference what path you have traveled to get to where you are now.

You have the power to change.

If you have looked in the mirror recently and no longer recognize the person who is staring back, then it's time to lose weight, get back in shape and *really* start living.

Live with confidence. Live with freedom. Live with peace of mind. Live with pride for the body you have built and the life you deserve. Not because it was given to you, but because you earned it.

If you are frustrated with the way you play sometimes and you know your physical condition has something to do with it, let's change that...starting today.

Whether you have 10, 20, 50 or more pounds to lose, need to refine muscle tone, or build strength, your journey begins now.

While many weight loss books have been written over the years, this one is quite different.

This program is broken down into fat loss nutrition, fat burning workouts and techniques for success. I also scoured the internet to bring you some of the actual workouts of the pros for inspiration.

After following this program, you *will* emerge a stronger, leaner, healthier golfer.

To living a healthy, fit, vibrant life while enjoying the game of golf...for as long as possible

Lean, Strong and Long

Chapter 1

GET LEAN



GETTING STARTED

Do you think diet and exercise are the only two things that matter when it comes to losing weight and getting lean? If you do, then it's time to learn an important truth about weight loss—one that is very revealing and critical to your success.

Outside of diet and exercise, there lies an important factor that can determine whether or not you will succeed. This critical factor is called *motivation*.

Those who have a strong reason or incentive to get in shape are the ones who tend to do best as they are the most motivated.

And, motivation has many different faces as it is unique to each person. When faced with challenges and temptations, it's your motivation and determination that will keep you on the right path.

One of the basic elements of human psychology is that we are hard-wired from birth to avoid pain and to seek pleasure. Sadly, you may not have realized this principle has been working against you for a long time. However, it's not too late and you can learn how to use this innate drive to help you as you move forward.

To understand the power of the pain and pleasure equation, let's address a critical question – why do you want to get lean and healthy? Most people tend to respond along the lines of “to get healthier”, “to feel better”, or “to have more energy.” On the surface these seem like good answers, but the reality is that these reasons are **not powerful motivators**.

While getting stronger and becoming healthier provide great benefits, they do not offer strong enough emotional motivators to get most people to take serious action. You must think in terms of what specific goal you want and *why* you want it.

The *why* will either be a pain that you want to avoid or a pleasure that you want to receive. For example, “I will lose 20 pounds of fat so that I will look better and feel confident in my swimsuit.” That’s a specific goal that has a pleasure associated with it.

Here are some examples of reasons why people want to get into shape:

- to have energy to enjoy golf and life, in general
- to have stamina so I’m not embarrassed when you’re with friends
- to be confident getting together with old friends (and new)
- to drop 10 pounds and enjoy your vacation
- to once again be admired by the opposite sex
- to fit into your clothes
- to be complimented on your lean, toned body
- to have the same waist size you recall in your younger years
- to become physically active with your partner again without fear of your body being a turn off

Can you see what makes a powerful motivator? Generally, the stronger the emotion behind the desire, the more success you are likely to see. Therefore, don’t just think of a goal like losing 30 pounds and having more energy. Think of the reason *why* you want to lose 30 pounds and *why* you want to have more energy.

A Plan and a Vision

Fit people know that success with weight loss comes down to two important things you must have: a solid plan to follow and the ability to stay motivated to see it through. The *Lean, Strong and Long* program is your PLAN. It is carefully crafted and laid out so that all you need to do is show up (mentally and physically) and follow it through.

Another secret ingredient is to develop the right mindset to help you achieve your goals. It's ironic that many people who start a weight loss plan continue to have a voice in the back of their heads who continually says things like, 'you'll probably fail with this one, like all the others' and 'you're never going to lose this weight'. These thoughts are traveling through your head at the very same time you are making an effort! That seems crazy, right?

“Whether you think you can or can't, you're right.” Henry Ford

It's important to have a positive mindset, self-image, and *know* that you will achieve your goal or goals. In fact, it's thought by some experts that if you view yourself as an overweight or out of shape person, then you will remain just that. Take time each and every day to visualize yourself as the fit person that you will be, and actually already are.

Adherence

Even the best nutrition and exercise plan in the world is worthless if you don't follow it. It all starts with a decision you make to lose weight. But, it is much more than this simple decision. It comes back to your ability to adhere to the principles and commit to the plan regardless of what comes your way.

Can you guess why most people fail at weight loss? These reasons have been studied and researched for many years and the answers are quite revealing.

Do you think it is lack of information? No. People have more access to great nutrition and exercise information than ever before.

How about lack of time? No way. ‘Where there is a will, there is a way’ is a common saying among people. Despite people working harder and longer than years past to meet busy schedules and life’s demands, there is always a way to squeeze in a quick workout-if it is a priority for you. In fact, with the workouts we have designed and prepared for you, you can work out as little as 20 minutes and still get in the best shape of your life.

Is it bad genetics? Everyone is built different. That we know for sure. Less favorable genetics can make it tougher or easier to be lean, but it’s still possible to lose weight and get your body back.

Then, what exactly is this mystery cause of weight loss failure?

Habits. It comes down to the poor habits you refuse to change and the habits you fail to embrace that keep people from achieving their goals.

Habits for Lean Body Success

Would you be surprised to learn the vast majority of our day consists of doing things that aren’t given much thought? In other words, our habits take over as though we are running on autopilot.

We often roll out of bed at a certain time each day, grab that cup of coffee directly after the shower (and never before), jump in the car and off we go. We also find ourselves sitting down to relax at the end of a long day and grabbing that glass of wine. That one glass of wine leads to two. Not because we necessarily ‘actively’ choose to have another glass, but mostly because having two glasses of wine is a habit we have formed over the years. The same thing is true of eating for psychological reasons and a host of other things we do.

We’re going to help you replace some bad habits with some new and improved productive habits. And, in a short amount of time you’ll be spending 20 minutes per day on improving your body without even thinking about it.

To build strength, vitality, and a healthy body, you have to break certain habits. Some will be fairly easy to conquer, while others will be quite difficult to overcome. Let's identify some of these habits ahead of time so it will be easier for you to break them as you go through the *Lean, Strong and Long* program.

Probably the most common habit to break is *eating for psychological reasons*. Society teaches us to celebrate with bad food. Christmas, Thanksgiving, Fourth of July, birthdays, graduations, retirements, and weddings are all examples of excuses to eat a terrible diet.

How about celebrating by eating something that will actually do your body good? You'll certainly feel better in the long run if you'll find alternate ways to celebrate.

On the other end of the spectrum, we routinely drown our sorrows in bad food. At least this habit makes a little sense. Eating a meal high in carbohydrates serves to temporarily increase the feel-good neurotransmitter - serotonin. Notice the use of the word 'temporarily'.

As soon as insulin causes your blood sugar to skyrocket then plummet, you aren't feeling so great any more. This usually leads to a vicious cycle of ups and downs that tends to manifest itself in energy highs and lows throughout the day.

Recognizing this cycle for what it is becomes an important milestone to work through. It starts with questions to ask yourself like...will you *really* feel better with more body fat and worse health? Also, reminding yourself that the serotonin high is brief, but the havoc you cause your body has a more lasting effect, and not a good one.

What about exercise?

Exercising is known to create an endorphin release – the ‘feel-good’ hormone. ‘I feel terrible after working out and wish I hadn’t done it’-**said no one EVER.** That’s because it feels good and no one ever regrets a workout after it is complete. However, getting to the gym or to the spare bedroom to do a workout is another story.

Priorities

There is, at times, an interesting disconnect that happens between fit people and unfit people. Oftentimes fit people are criticized by the unfit for having a boring life, making too many sacrifices, and eating in the most uninspiring way. But, ask any fit person if they think they make too many sacrifices or feel like their life is less fulfilling than an unfit person?

A fit person will tell you they feel amazing. They will also tell you that a strong, fit body with a sharp mind, plenty of energy and a zest for life is worth every single repetition of an exercise they ever did and worth every dish of ice cream ever turned down. **Their body is a priority.** It is number one because they absolutely know it is this exact body that will fight illness and ward off dangers. It is THIS body they will call upon when times are tough and life gets challenging. It will sustain their self confidence and self esteem.

Fit people often criticize the unfit for being lazy and unmotivated, lacking self respect and a strong enough work ethic. But, that’s not fair either. Life can be frustrating and challenging for most people and there are times in life when you get sidetracked with other more pressing issues.

If you are an unfit person reading this right now, please remember that this is your time. It is time to place your health, wellness and fitness as your primary responsibility. We promise it will make all of the difference.

You’ll no doubt encounter people who will try and pull you away from your exercise and nutrition routine. They’ll encourage you to skip workouts to go do something else that’s more “fun.”

The satisfaction that you'll experience when you have a body that you're proud of will far outweigh the minor sacrifices you've made along the way. There's plenty of time for "fun" without allowing it to cut into the plan that is outlined for you.

When times like this become challenging and you are not receiving the social support you had hoped for, go back to your **motivators**. Keeping these in front of you will help you to keep getting closer to your goals.

Choices

You are the product of your choices. You don't *have* to do anything. You're probably thinking something along the lines of, "I *have* to go to work." No, you don't. You *choose* to go to work because you want to get paid.

The same goes for fitness. You *choose* what to put into your mouth, and you *choose* whether or not to exercise. Likewise, your body and your health will be a reflection of the choices you have made until now.

Realize that you have control over whether or not you're overweight. You have control over this because you control your daily actions and the choices you make. If you take the right actions, easily formed with good habits and choices, then you'll be getting closer to your goal. Knowing this should empower you!

As you continue to pay closer attention to your thoughts, remember to choose to be a victor as opposed to a victim. It will help clear your mind and put things in proper perspective going forward.

What are some other things that will help you with your weight loss success...

Take responsibility.

There is a big difference in taking responsibility for something and punishing yourself forever for mistakes you have made in the past. The harsh truth is that the choices you have made up until now have brought you to this point.

However, you have an important set of choices before you. You can continue looking and feeling the way you do now, you can get worse or you can step in and take control. Think about the choices before you and make the decision to change because it is important.

Once you begin these steps towards improvement, try hard not to look back. It serves no purpose to berate yourself or store negative feelings and memories in your brain.

Take responsibility, then move on. Be at peace with yourself and it will make the process much easier for you as go forward.

Embrace the change.

Change isn't easy. Over time we develop patterns of behavior that become habits. Once these habits form, it can be challenging to break them and reset new standards of behavior, especially if you have been overeating for many years or not taking care of yourself.

It is not hard to do, but it is important to understand and embrace the effort involved. It is *effort*. The word 'effort' should not have a negative or positive attachment in your mind. It is a statement of the reality of making any sort of change. Whether you were trying to change your eating patterns, relationship patterns or anything else of consequence, you will need to do things differently than you have done before.

Reset your mind and you go through this process. Think about how amazing you will feel, all of the energy you will have and the future positive feedback you will receive. Think about how good you will feel about yourself and how proud of yourself you have become. Doesn't that sound so much better to you?

Learn to manage stress.

Every person goes through periods of stress or experiences stressful events from time to time. It is part of the human experience. But, the difference is how you learn how to manage these stressors in your life that makes the biggest difference.

YOUR STARTING POINT

This is not mandatory, but very helpful to you in your body transformation journey. The day before you begin this program, be sure to write down some key measurements. Most people are not excited to do this because it serves as a reminder to what you already know-it's time to lose weight! Even if your numbers aren't flattering and the thought of standing on a scale is not very motivating, it will serve a purpose later in your transformation.

Use the following chart to record your starting and ending points so you know how much progress you really made. You can also record your progress at one week intervals so you can stay energized and focused in the weeks ahead.

Beginning and Ending Measurements

Weight	
Chest	
Bicep	
Waist – (narrowest part of your midsection)	
Abs – across your belly button	
Hips – at widest point	
Thigh – at widest point	
Calf – at widest point	
Bicep – at widest point	

How to Take Your Measurements

Chest: Place the measuring tape across your nipples and measure around the largest part of your chest.

Waist: You will be taking 2 different waist measurements. There is a natural curvature in your body where the midsection is the smallest. This is typically below the breast bone and above the belly button. Take this 'waist' measurement. Then, take a measurement we refer to as 'abs' which is straight across the belly button.



Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Thigh: Measure around the largest part of each thigh.

Calves: Measure around the largest part of each calf.

Bicep: Double your fist and curl your forearm toward your shoulder. Flex your bicep as hard as possible and hold the flex. Place the measuring tape atop the highest point of the bicep.

Take a Photo

Thank goodness for the power of selfies so you don't have to ask anyone to take a photo for you. Stand in front of full length mirror and take a photo. Again, this will serve a bigger purpose later. It's really hard to see yourself the way you look now and later. The photo will provide a more objective reminder of what changes have taken place.

METABOLISM, ENERGY AND FUEL

There is no real need to understand the bio-chemical processes within the cells that result in fat loss. But just like you don't really need to understand the dynamics of the internal combustion engine to drive your car safely – you just need to know where to put the gas, what kind of fuel to use, and what all those pedals, buttons and levers are for. But there are certain principles involved with fat loss – such as, 100 calories of ice cream isn't the same as 100



calories of broccoli – and the more you understand them, the more successful your fat reduction efforts will be.

Ironically, it's not really about *fat* at all. At least not at the most basic bio-physical level. In fact, fat is really

nothing more than a back-up system. Fat is simply *stored fuel*. It's what happens when there is an imbalance of fuel-in and fuel-burned. No, the real science here is about *energy* – how and why our muscles and organs require it to function, and how to supply it in sufficient quantities and with specific, optimal formulations that increase the likelihood that it will be burned instead of stored. It is in the *management* of those variables where we find the power to change our bodies.

Muscles are all about *movement*, and the Physics 101 textbook says that all movement in the universe requires energy. Especially inside our bodies. Where muscles are concerned, they receive energy most efficiently from a specific type of fuel called *carbohydrates*. This is not to be confused with protein, which while easily mistaken as a “fuel,” is really more of a building

block used to repair and grow muscle cells. Remember this: fueling and growing are different things, and they require different forms of nutrition.

All food delivers one or more of the three types of nutrition: carbohydrates, protein, and fat. Carbohydrates are what deliver *energy* to the muscles and organs. The body converts carbohydrates into glucose, which flows in the bloodstream to nourish muscle and organ cells. Those cells convert the glucose into a second-cousin substance called glycogen, but that's a bit too specific than we need to be, because it all starts with carbohydrates, and everything occurs from there as a chain reaction.

When the muscles do their thing, they “burn” the glycogen for energy. When the glycogen supply runs out, they must turn somewhere else for the fuel required to move. This is why endurance athletes do what is known as “carbohydrate loading” – they are cramming as many carbohydrates into their bodies as possible to make it available to the muscles they are about to run ragged.

But what happens when there is a lot of available glucose in the body – possibly the result of that extra slice of garlic bread at dinner – yet the muscles are at rest, and there isn't enough going on to use it up? As I bet you can already guess - the body *stores* it.

But first it converts it into a substance that in effect removes it from the bloodstream and puts it in a place where it can be retrieved later and reconverted into glucose – those are called *fat* cells.

Too many carbs (calories) and too little movement equal expanded fat cells. The equation is just that simple: reduce the carbs (but be careful here, you don't want to over-react to this part of the equation) and increase the movement; and stored fat will be consumed to supply the energy the body requires. When the body adapts to an optimal inflow of energy, the need to store energy as fat is reduced.

Your body has a finite number of fat cells, like rooms in a house. But unlike rooms in a house, the body is able to cram more and more fat into each cell as necessary, which makes them bigger. Their walls literally stretch. The more unused glucose arriving in the blood as a result of excessive caloric intake, the bigger those fat cells become.

At this point, it's important to understand that the human body is a marvelously adaptive mechanism. If it is accustomed to a certain level of movement, it develops a routine – or a rate of consumption – for the pace at which it stores excess fat cells. This is important to remember as you move forward, because the essence of changing the nature and shape of your body involves altering the expectations, or bio-chemical patterns, that your body has come to know.

There is one more piece of the puzzle before we get to the good part. And it isn't just about the carbohydrates. Protein and fat deliver energy to the body, too, and if too much of it is on hand – more than the body can readily consume – the body has two options: store it, or eliminate it through waste. Units of energy from food are called calories and they are not remotely created equal. A gram of carbohydrate has the same energy level, measured as four calories, while a gram of fat delivers nine calories. In other words, a bite of sour cream is over twice as fattening as a bite of chicken or spaghetti.



Whether the body stores this energy or not is something over which you have at least *some* measure of control – that's called *metabolism*. The body will

always look for energy from the glucose created from ingested carbohydrates first, and if there is enough of that on hand, and then a bunch of fat energy arrives in addition, it will have no choice but to store the excess as fat.



If any of this seems too complicated, then just remember this: you have two options. You can reduce the quantity of unused glucose by either cutting down on the amount of carbohydrates consumed, or by increasing the body's demand for glucose fuel by increasing the amount of work the muscles are engaged in. Or even better, both.

Protein, on the other hand, has another role: it is used to repair cells and create new ones as part of the growth process. When you use a muscle you are actually breaking down, or *consuming*, muscle cells. Here's where the previous lecture on losing lean mass kicks in: if you starve your body of the carbohydrates it craves, it will burn both protein and fat (that's the seductive lure of cutting carbs), which means there will be less protein available for muscle repair, and less energy available to the muscles and organs. This means that the weight you're losing will be at least partially lean mass, which is never a good thing, and pretty soon you'll not want to get out of bed in the morning.

More is *not* better where calorie reduction is concerned. Why? Because if you deprive the body of energy, especially through eliminating carbs from your diet, your body will adapt. And not in a good way. If the caloric input is too low and lasts for too long, the body will actually *hoard* its stored fat, rather than depleting it. Why? Because it believes it is *starving*, and it will sacrifice lean mass in order to preserve its stored fat, which will, it believes, be needed for conversion into life-giving glucose to operate its essential organs.

When we diet, we are deliberately limiting the supply of glucose in the bloodstream, which forces the body to look elsewhere for energy. Elsewhere, in this case, meaning *stored fat*. That's the idea, and if it's done correctly, it works. It's also where things get tricky. Because the depletion of calories – a daily caloric deficit – can neither be too severe or too insignificant, because the body will *adapt*. The adaptation we are after is a reduction of stored fat, rather than lean mass, and rather than the hoarding of fat, both of which are what happens when we get the levels wrong.

Think of the body as having two types of fuel tanks, both fed by a fuel line called the bloodstream. One tank stores fuel in the form of fat. The other is muscle tissue, which like fat can be broken down and used for fuel, but only in extreme, starvation-impending circumstances. The objective of dieting is to send signals to the body that ensures it will use fat instead of muscle for this purpose.

How do we do this? By understanding the nature of a healthy diet plan accompanied by a strategic exercise regimen: by optimizing fuel-in, fuel-burned. By “healthy,” we mean the creation of a caloric deficit that does not kick the body into an adaptive mode that causes it to hoard fat because it believes starvation is at hand, while providing enough protein to care for the muscles and organs and enough of the healthy, essential fats that keep the heart ticking happily along.

Remember, the body won't burn stored fat before it has consumed the available glucose from the bloodstream. This is why we must *manage* the carbohydrates we consume to make sure there is sufficient blood glucose to maintain normal body functions, yet enough of a deficit to trigger a fat-burning response sooner. It isn't as simple as reducing calories and hitting the treadmill. That's too simplistic. It's *how* and at what levels you reduce those calories in terms of quantity and the specific type of food involved, combined with the rate at which you burn it off, that comprises the fat loss equation.

BELLY FAT AND BEYOND

Most people who want to lose body fat include the fat around their waist at or near the top of their list of problem areas. Sometimes they can grab a handful and show you the problem, other times their tummy is as firm as a fully inflated spare tire and just as symmetrically plump. That's because the girth around the middle is some combination of two sources: excess subcutaneous fat beneath the skin, resting on top of the abdominal muscles – that's the handful of flab – or a more sinister and stubborn deposit of fat residing *beneath* the abdominal muscles. It's called the *omentum*, and there's nothing pretty about it.

The omentum is designed for storing fat. It's a large sack of lard that can inflate like a balloon full of rancid butter, located strategically near the important organs and intestines for quick energy access. It's a tough character because it is particularly resistant to fat loss. In fact, when the body kicks into that dreaded starvation mode and begins to hoard stored fat, the omentum is the last place it will allow a cell of fat to be taken away. This means you have only one option: a total reduction in your percentage of body fat through diet and exercise. The key to a smaller mid-section and to the attainment of the holy grail of fitness – highly defined abdominal muscles, or a “six pack” – is simply diet and nutrition.



KICKING YOUR FAT BURNING ENGINE INTO HIGH GEAR

You may or may not really understand what the word “metabolism” really means, since it is one of the most improperly used words in the fitness vocabulary. Metabolism is the rate at which your body consumes fuel. It is not the *act* of consuming fuel – you don’t metabolize your food – though the act of burning calories is precisely what causes an increase in one’s metabolism.

Think of it as horsepower – a 150 horsepower vehicle can cruise at 70 miles per hour on the freeway, just as a 350 horsepower vehicle can.

Which vehicle uses more fuel to get the job done? The monster truck, of course. Same highway, same speed, different mileage. One vehicle has a much higher metabolism than the other, and thus, burns significantly more fuel to do the same work as the smaller vehicle.



Bottom line: you want *bad mileage* out of your body, at least in terms of fuel consumption. You want to burn as much fuel as possible, for as long as possible, per unit of work. Metabolism is the name for the process by which our cells react to and interact with the chemical environment surrounding it. The goal is to raise your metabolic rate, to actually burn more fuel, and you can do it in a variety of ways.

Most of us know people who are naturally lean or heavy set, the latter sometimes referred to as “big boned.” But are these folks *born* that way? Is it DNA or the neighborhood buffet? That’s hard to say. Some people can eat anything and never seem to gain an ounce, others can look at a bowl of lasagne and pop a belt notch. What’s going on with these people? And what can be done about it?

Sometimes metabolism is a *lifestyle* issue – one likes their pasta more than the other – and sometimes we label it a *genetic* trait, which isn't always precisely correct. While we can debate the source of these different metabolic rates, we don't dispute that they are indeed different among different body types. But it is interesting to note that, when you take a closer look, you'll usually see that the *faster* metabolism person, the leaner one, actually *moves* more, they are *active*. The so-called *slower* metabolism person is more likely to lead a more



sedentary lifestyle, usually with less exercise, a slower pace in all things, and a demeanor that makes it easy to predict they'd much prefer to take the bus than walk.

Cause, or effect? Genes, or lifestyle? The answer will surprise you. And if you're one of those with a slower metabolism who truly wishes you could drop body fat, the answer should make your day. Because *anyone* can raise their metabolic rate.

When it comes to losing body fat, a *faster* metabolism is a good thing. By this we mean someone who burns more calories per unit of work than

someone with a slower metabolism. The good news is that there are certain things we can do to speed it up, enabling your body to consume more calories at a faster rate than before. And the news gets even better when you consider that a faster metabolism doesn't just gobble up more calories while doing the work, it consumes more calories at rest, too, even when you are asleep.

To understand one of the key ways to increase your metabolism, let's look at two people of identical height and weight. One is muscular and therefore

appears more lean, while the other has a higher percentage of body fat. Let's say they both go for a long walk, the same distance at the same pace. Here's where the difference in their metabolism comes into play: the muscular guy will burn more calories. Not only during the walk, but for hours afterward. Even when he's sleeping. Why? Because muscles require more nourishment in the form of calories than fat. Muscles consume the glucose in the blood, and the more lean mass you have, the quicker that glucose will be consumed. Which means there won't be as much left over after the walk to store as fat.

In case you haven't figured it out yet, this leads us to one of the primary ways to increase your metabolism: put more muscle on your frame. Muscular people have a higher metabolic rate than overweight people.

There's another way to increase your metabolism: the *way* you eat. Not specifically *what* you eat – that's always important – but *how* and *when* you eat. One of the most calorie-intensive bodily functions is your digestive system. It stands to reason, then, that keeping it active is important. And if the foods you choose are nutritious and low in sugar and white flour products, you'll have the double benefit of a constant flow of energy to your body, and a reduction in the body's need to store fuel as fat.

Finally, don't leave your metabolism exclusively to your dieting and exercise regimen. Metabolism is a 24-7 proposition, and how you behave and live during what you might consider your "off hours" can have a direct influence on your metabolic rate. Remember, metabolism is nothing more than movement, the consumption of calories, and teaching your body to process food in a certain way. So get moving and change your entire weight management situation.

CALORIES FOR WEIGHT LOSS AND MUSCLE GAIN

Do calories matter?

Ask a bodybuilder just before he walks on stage if he thinks calories matter.

Ask a woman who has been overweight for years, but is 5 pounds away from fitting in the bikini of her dreams if she thinks that calories matter.

The truth is not everyone wants to count calories and for good reason. It can feel overwhelming and tedious. And, you don't have to count calories to lose weight.

You can follow a program that has the calories already accounted for and simply follow it. You can also learn how to consume foods and drinks that are super low in calories so it is hard to overeat, no matter how hard you try.

You can make a weight loss or muscle gain program work for you whether you count calories or not. It really depends on what timeframe you are working with and what specific goals you want to accomplish, right?

And, whether you do or not is entirely up to you. In either case, it is important to know how to count calories if you ever want to troubleshoot your diet or you're faced with a strict timeline where every calorie counts.



Most people know that eating less calories than your body expends is the secret to fat loss. That's the plain and simple truth about losing weight.

So, let's talk about a few things you likely don't know.

First, many people believe you do not need to weigh and measure your food to be successful at weight loss. On the other hand, if you have absolutely no idea

at all how much you are taking in daily, then how can you know for certain you are creating a caloric deficit?

Did you know there is a simple secret math formula you can use to make sure you are losing weight? Want to know what it is? Grab your phone or calculator and follow along. Keep in mind, there is a different formula for men and women.

Here is how to calculate your specific BMR (basal metabolic rate).

Men:

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

Women:

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

Now, let's take a look at your current activity factor.

Sedentary=multiply BMR x 1.2

Lightly active=multiply BMR x 1.2

Moderately active=multiply BMR x 1.55

Very active=multiply BMR x 1.725

What's your final number? _____

How Math Helps You Shed Fat and Gain Muscle

To shed a pound of fat, you have to consider the body's minimum caloric requirements and your expenditure of them – not only through exercise, but through its basic daily metabolic consumption – in context to the incoming calories from food. The goal is to create a daily caloric deficit that doesn't go anywhere near triggering a starvation response.

To get rid of two pounds of body fat each week, which is a reasonable and healthy goal, you'll need a caloric deficit of about 7000 calories per week (3500 per pound) or, about 1000 calories per day. In other words, you need to burn about 1000 calories more than you consume.

Now, let's say you want to lose 10 lbs. Here is a real life example for you to follow.

Let's meet 'Dave'.

Current weight: 185 lbs.

Goal: 10 lbs. of fat loss

3500 calories in one lb. so he needs to create a deficit of 35,000 calories

Period of time: 10 weeks (this is how long he has to lose the weight because of an upcoming event)

Calories per week: 3500 per week over 10 weeks

Deficit per day: 500 per day

Current BMR = 2500

Now, Dave has three choices:

Choices:

- Food only (subtract 500). This means he is restricting his diet only and is not exercising. However, his food intake is going to be very strict.
- Exercise only (work off 500). This means he is eating exactly what he needs to maintain his current weight (2500 calories) and burning off the rest.
- Exercise and food together (500 total). This means he can choose to exercise moderately and make moderate adjustments to reach his goal.

Most people would choose (C) because they know and understand the importance of exercise and they also want to live a reasonably normal lifestyle without subjecting themselves to such tight dietary restrictions. (C) is the best, most healthful way to achieve his objective.

For Muscle Gain

Now that you have the hang of the math for losing weight, what about gaining muscle?

The muscle formula is a little different. In order to gain a pound of muscle, we need to increase calories by 2,500. Using the same formula above to find our basal metabolic rate, you would need to increase your caloric count by 2500 above that number to gain 1 pound of muscle.

Let's say you set your goal at 1 pound per week of muscle gain. That would mean you would need to eat 360 calories per day above your typical calories. (360 x 7 days)

If you're not into math, there is still good news for you. Fortunately, times have changed and technology has brought us many new innovations with apps that allow you to enter what you eat and store a perfect recording of your daily and weekly intake which can be viewed at any time. Many of you may be familiar with apps like MyFitnessPal that helps you report and manage your daily food intake and fitness efforts. Of course, there are many other apps

available as well. The important thing is to find the right combination of support tools that help you achieve your goals.

Calories in Food

It's time to take it one step further so you understand the calories in each food you eat. Notice that calories from fat are more than twice as much as the calories from protein and carbohydrates. That is why most weight loss plans say to enjoy good fats 'sparingly'.

Carbohydrates	4 Calories per gram
Proteins	4 Calories per gram
Fats	9 Calories per gram
Alcohol	7 Calories per gram

To learn how to apply this information for everyday use, let's take a look at this sample label.

We see:

22g carbs (x 4) =88 calories=62%

11g protein(x 4) =44 calories=31%

1g fat (x 9) =9 calories=6%

140 calories per cup

WHAT TO EAT



Nutrition Facts	
Serving Size: 2 cups	
Servings Per Container: 1	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat .5g	3%
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 11g	

Now, you know how much to eat **for you**. Let's take a look at some of the foods that will help you get to your lean body goals.

We have already talked about macronutrients-carbohydrates, protein and fats. Now let's explore more details in the nutrients we want for a lean body.

Micronutrients

Micronutrients are the rarely talked about components of nutrition, yet among the most important. This refers to the vitamins and minerals within food that aid and protects our bodies. Vitamins and minerals are responsible for developing body tissues and enhancing our metabolic processes. They help us provide a foundation for a healthy gut and also assist us in a healthy elimination process.

Specific micronutrients include flouride, selenium, sodium, iodine, copper and zinc. They also include vitamins such as vitamin C, A, D, E and K, as well as the B-complex vitamins. They are called 'micro' because your body needs them in small quantities, yet the absence of enough micronutrients can result in serious health consequences.

Hormones and Your Digestive Tract

When our bodies don't get the proper nutrients, then it starts to break down. Digestive inflammation is one of those ailments we have discovered that interferes with our metabolism and creates a toxic environment for our bodies.

As you might imagine, it comes back to our high daily consumption of carbohydrates and how they break down into sugar. Here is a more simplistic explanation for what goes in with your digestive tract.

Ghrelin and Leptin

Ghrelin is called the hunger hormone because it is made by your stomach and interrupts your desire to eat. For those who are overweight, it creates greater cravings, especially for sugar and/or carbohydrates.

If you've ever had an intense craving for something sweet, you have felt the effects of ineffective and malfunctioning Ghrelin at work. Ghrelin moves to your brain and messes with your feelings of fullness as well as satisfaction. This is one reason people experience binge eating or excessive amounts of indulging from time to time.

Metabolic confusion is created when Ghrelin is activated to try and maintain blood sugar levels, yet over activates in response to leptin resistance; common with overweight people.

As each system acts in response to one another, it is Ghrelin's job to monitor inflammation in the digestive tract. It also serves to ward off lipopolysaccharide (LPS) which is a bacterial toxin.

Once the digestive tract is out of balance, LPS agitates and inflames the lining; leading to those mid night cravings and a malfunctioning digestive system.

There is a constant fight between Ghrelin and LPS. Ghrelin tries to clear the body of toxins while LPS tries to spread the bacterial germs by blocking Ghrelin. It is the gut bacteria that is in interference with the liver's ability to get rid of dangerous toxins.

Are Grains the Bad Guy?

Many experts believe we can trace the origins of digestive tract ailments to the simple consumption of grains. As commercial consumption of grains increased over the past 100 + years, so did the rates of chronic diseases and significant weight changes.

According to history, it was roughly 10,000 years ago that grain was introduced to our daily diets. Previous to that, our ancestors relied on nature and what it provided for consumption. Based on popular studies, it is also noted that this change affected both the human brain and overall strength levels.

There are two big concerns when it comes to grains. One big concern revolves around the processing of grains over time and the stripping of vital nutrients in favor of faster, more efficient processes yielding poor nutritional values. Grains contain a natural ingredient called Phytic Acid. It is contained in the bran of all grains and serves as a mineral blocker that prevents absorption of important minerals like calcium, iron, zinc, magnesium, and copper.

With previous processes, grains sat for a long enough period of time in fields to 'sprout' which increased the nutritional profile as well as broke down the Phytic Acid. Yet, over the years, processes had to speed up and the nutritional profile of grains became compromised. This is not to say anything about the insulin spikes that have been researched and studied over the years regarding many high glycemic grains.

The second big concern is that many experts believe our digestive tracts weren't meant to process grains from the beginning, if you take into account our entire history on earth. From gluten sensitivities, allergies and weight gain, perhaps grains were never supposed to be a vital part of a healthy nutrition and eating program.

Is Sugar Really That Bad?

Sugar gets a bad rap, but is it deserved? In small quantities, it is not necessarily bad for the body. However, hidden sugar is everywhere and most people have no idea how much sugar they are actually putting into their bodies every single day. Take a look at a few interesting statistics.

Sugar consumption is at an all time high (and increasing). Back in the 1800's, the average sugar consumption per person was about 18 pounds of sugar per year. In more current times, the consumption has risen to 180 pounds of sugar which translates to one-half pound of sugar per day for the average American.

This equates to 36 five pound bags of sugar for every one of us.

Most nutritionists recommend that we get 10% of our calories from sugar (based on 2,000 calories per day). This equals 13.3 teaspoons per day. Yet, estimates show we consume an average amount of 42.5 teaspoons daily!

While sugar is not the only contributor to poor health, it is still one of the top causes. Many nutrition experts believe that sugars have a toxic effect on the body, not to mention the obvious result of weight gain. Sugar offers nothing more than empty calories to the body.

The worst of all is that we know we are not taking spoonfuls of sugar and simply eating it, so where is it coming from?

Sugar is disguised in regular every day foods you may think are healthy. This is one of the most revealing truths we continue to learn daily.

According to the FDA, all ingredients on a label are listed in the order of the highest weight. This means the ingredients with the most volume are listed first, then the next least, and so on. All ingredients are listed in descending order based on their contribution to the food or drink as a whole.

While most people know to look for sugar, first, what happens when there is a list of ingredients you don't recognize?

Here is a list of other terms which are also disguised as forms of sugar.

- Agave Nectar
- Barley Malt Syrup
- Corn sweetener
- Corn syrup, or corn syrup solids

- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose

The Ugly 3 Energy Sappers

Now that we are uncovering some truths about the food we eat, did you know that certain foods can actually deplete your energy supply? If you wake up feeling lethargic, tired or zapped of energy before your day gets going, it's time to find out what might be causing it and what to do about it.

There are three kinds of foods that cause you to feel tired, moody and create the feeling of a 'foggy' brain. Eliminate these ingredients from your eating list and you'll finally get the energy reboot you've been looking for.

Saturated Fats

You can find saturated fats everywhere. They are in eggs, dairy products, pork, beef, dark chicken meat, and dark turkey food selections. These fats require excess energy from the body to digest, and this causes diversion of blood flow from the muscles to the stomach. Also, saturated fats contribute to high cholesterol levels, which can lead to fatty deposits in arteries and blood vessels. To avoid restriction of blood flow and low levels of oxygenation to the muscles, pass on the saturated fats.

Refined Flours

Refined flours include breads, pastries, pies, doughnuts, cakes, and snack crackers. These flours are made from heavily processed grains. During the refining process, the complex carbohydrates in the grains are turned into simple carbohydrates. Your body rapidly converts the simple forms of carbohydrates into glucose. While that may sound like it would give you energy, in reality, the short burst of energy you get from refined flours is followed by a long bout of fatigue. What's more, refined flours require extensive digestion, using more energy than those that come from whole-grain products.

Refined Sugars

Found in pastries, candies, cookies, and soft drinks, refined sugars are quickly converted to glucose when consumed. This gives you a temporary energy spike, but an energy crash is right around the corner. To avoid feeling lethargic and tired, avoid refined sugars which also cause a decrease in mental clarity.

SOUND NUTRITION PRINCIPLES

Many doctors, scientists and researchers have found the answers to their nutritional questions by studying our ancestry and their natural eating habits.

The eating plan that pays tribute to our pre-industrial revolution and goes back to the historical period in time known as the Paleolithic Age has been most promising. This is the period from about 750,000 to 500,000 years BC and lasted until the end of the last ice age.

It was during this period that men were hunter gatherers and sustained life with simple stone, wooden and bone tools. They fished, hunted and scavenged for their daily feasts which kept them in prime mental and physical condition year round. As staples, they ate plant foods, ripe fruit and animal products.

The basic premise of this style of eating maintains that our modern culture and food manufacturing techniques have contributed to our current unhealthy conditions. With modern day techniques like adding sugar and alternatives to foods and stripping grains of their nutrition, we have added inches upon inches to the slim like physiques of our ancestors. It is only by going back to the basics or ways of the warrior can we restore our health and well being.

And weight loss is only part of the issue. When we restore our health, we also increase our energy, improve our mental clarity and push away modern western diseases like diabetes and heart disease.

Simple Smart Strategies

The principles we have learned so far are to eat lean meats, fresh vegetables, low glycemic fruits, and nuts. There will naturally eliminate many of the problems with sugar when we cut back on unhealthy grains and processed foods. Here are some of the lean body nutrition principles we will be following.

Drink ½ liter of water every morning immediately after waking up

This is a simple but very effective trick to make your body burn more body fat throughout the day. This will kick start your metabolism and keep you hydrated all day especially after we lose fluids while sleeping. You will also feel more refreshed and energetic to start your day.

Increase your intake of good fats

One of the biggest misconceptions is that eating fats will make you fat. Not true. Take a look at some of the healthy fats we are recommending when you get to the menu section. Some of your favorites might already be there.

Eat low glycemic 'good' carbs

Starchy carbohydrates have their place in a diet plan, but should be minimized to get the full weight loss effect. And, by eliminating bad carbs, this leaves more room for fresh vegetables high in anti-oxidants.

Eat anti-inflammatory and anti-aging foods

Scientific research has proven that body changes can take place faster and more effectively when consuming an anti-inflammatory diet that is rich in antioxidants. This has been shown by top physicians and in research studies from experts in health, wellness and anti aging.

Fat stores can be reversed and aging can be slowed at the cellular level by nutritional strategies that favor these kinds of foods including kale, spinach, blueberries, olive oil, salmon, walnuts, and even green tea.

On the other hand, we can also accelerate aging and fat gain by eating pro-inflammatory foods like the processed foods we discussed earlier. Any of the saturated fats, excessive sugars and other foods that trigger insulin surges to the body are capable of doing the biggest harm to our skin, body fat and waist lines.

So, what foods are favored for a healthy body? I doubt you will be surprised to learn it is the integration of whole food nutrition.

Exploring Whole Food Nutrition

Whole food nutrition has been widely studied to offer the best benefits to all three areas with a focus on weight loss.

Whole foods are those that are unprocessed and unrefined. They keep their nutrient density because they go through minimal handling and tampering.

To be a whole food, it also means the food does not receive all the additives that are such a threat to our health.

According to a study conducted by Bruce Spiller et al. and published in the Journal of American College of Nutrition, “diets rich in whole and unrefined foods, like whole grains, dark green and yellow/orange fleshed vegetables and fruits, legumes, nuts and seeds, contain high concentrations of antioxidant phenolics, fibers and numerous other phytochemicals that may be protective against chronic diseases.”

This simply means the food source provides all the necessary micronutrients without all the harmful effects of additives and processing.

Whole foods offer such powerful weight loss and antioxidant properties that it is also not crucial to count calories. This is a huge benefit to being on a whole food weight loss plan.

By choosing nutrient dense, healthful, whole foods, your body will be in a more natural state to regular itself while shedding fat, maintaining clear skin and restoring energy and vitality.

Colorful anti-oxidant rich vegetables and fruits

This includes: spinach, kale, broccoli, cauliflower, red peppers, cabbage, wild blueberry, cranberry, and artichokes

Foods rich in omega-3 fatty acids

This includes: *wild salmon, anchovies, mackerel and sardines as animal sources and hemp, chia seeds, flaxseed meal and walnuts as plant sources*

Monounsaturated fats

This includes: *olive oils, avocado, and raw nuts like almonds, cashews, pecans, and macadamia.*

Spices

This includes: *turmeric, curry, ginger, garlic, cloves, cinnamon, oregano and chili peppers.*

New World Nutrition

Perhaps it is not fair to call it ‘new world’ nutrition, since it has been there along. However, we are going to call attention to 3 areas where we will be placing our emphasis on nutrition going forward...fiber, phytonutrients and anti-oxidants.

The Benefits of Fiber

Fiber is a staple to any weight loss and get lean program. It also has other important side benefits like lowering cholesterol levels and helping to regulate blood sugar. You will feel fuller and your body will be healthier as you power through your weight loss goals.

Good examples of fibrous foods include broccoli, cauliflower, and cabbage among others.

The Benefits of Anti-oxidants

Any substance that may protect your cells and reduce oxidative damage (damage due to oxygen) is called as an “anti-oxidant”. Oxygen causes this potential damage by means of “free radicals”, highly reactive but unstable chemicals that attack molecules and modify their chemical structures. Free radicals are molecules produced when your body breaks down food.

These free radicals can result in cell deterioration and destruction, and ultimately result in all kinds of diseases e.g. stroke, heart disease, arterial inflammation, arthritis, macular degeneration, Alzheimer's, and more.

Anti-oxidant's have an amazing ability to fight off these free radicals and protect your body against the widespread damage. The types of foods that are highly rich in anti-oxidants include blueberries, strawberries, oranges, spinach and kale.

The Benefits of Phytonutrients

Phytonutrients are those compounds found in plants that offer protection against the elements. They offer anti-inflammatory properties as well as anti-oxidants. They are extremely beneficial to the body and promote health and weight loss. Top phytonutrients include Brussels sprouts, asparagus, and bok choy among others.



EATING PLAN

You have learned how much you should be eating for a lean body and the kinds of foods that will provide the most nutrients while aiding in weight loss. Now we can put it all together in a program for you to follow.

You have lots of healthy eating choices to enjoy. You can pick and choose among this approved list or simply follow the suggested meal plan that has been set up for you.

Approved Food List

Protein	Grains	Fats	Beverages
Eggs	Amaranth	Avocado	Water
Fish	Barley	Extra virgin olive oil	Coffee
Hummus	Buckwheat	Raw Nuts	Tea
Kefir	Couscous	Coconut Oil	Red wine (1 glass per evening max)
Lean chicken	Ezekiel bread		
Lean turkey	Oats (slow cooked)		
Legumes	Quinoa		
Nuts & seeds (raw & unsalted)	Sweet potatoes		
Plain Greek yogurt	Brown rice		
Cottage cheese			
Chia Seeds			
Lean beef			
Pork			

Fruit	Vegetables	Herbs/Extras
Apples	Any Dark leafy vegetable	Dry seasonings
Blueberries	Cauliflower	Lime slices
Cherries	Beets	Chives
Kiwi Fruit	Broccoli	Dill
Melons: Cantaloupe/Watermelon	Brussels sprouts	Ginger
Oranges	Corn	Lemon slices
Pears	Eggplant	Orange mint
Pink Grapefruit	Kale	Oregano
Plums	Onion/leeks/scallions	Parsley
Pomegranates	Red bell pepper	Rosemary
Prunes	Spinach	Sweet basil
Raisins	Chili peppers	Tarragon
Raspberries	Cabbage	Thyme
Red Grapes	Sweet potatoes	Turmeric
Strawberries (any berries)		Coconut Flakes
Bananas		Flax Seed

7 Day Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 cup Steel Cut Oatmeal with 1 oz. Almonds 2 Links Turkey Sausage	Cottage Cheese Pancakes 2 Slices Canadian Bacon	2 Eggs 1 cup Spinach 1 Slice Sprouted Grain Bread with 1 Tbsp peanut or almond butter	1 Sliced Banana in Coconut Milk and Honey 2 slices Turkey Bacon	2 Egg Mexican Scramble: 2 eggs, ¼ cup black beans, 1 oz. cheese, topped with ¼ cup salsa	Whole Grain Waffles with Apple Butter and Cinnamon 2 Slices Chicken Sausage	Nut Berry Blend: 1/2 cup raspberries 1/2 cup blueberries 1/2 cup strawberries 2 tbsp almonds 2 tbsp walnuts 2 tbsp macadamia nuts
Snack	Handful Snap Peas with Hummus	½ cup Fat-Free Cottage Cheese ¼ cup Fresh Blueberries	2 Hard-boiled Eggs Asparagus Spears	1 Small Pear 2 Wedges Laughing Cow Cheese	2 Tbsp. Light Cr Cheese 2 Slices Lean Ham	1 oz. Nuts, Almonds, Cashews, or Walnuts 1 Piece of Fruit	½ cup Fat Free Cottage Cheese Dill & Cherry Tomatoes
Lunch	Tuna Salad in Tomato Bowl	Black Bean Salad	Salmon Lettuce Wrap	Lean Beef Burger (3 oz.) Sautéed Carrots, Onions and Peppers	Chicken Zucchini Soup	Greek Salad 2 Slices Lean Turkey	Broiled 3 oz. Chicken Patty on Arugula Quick and Easy Guacamole
Snack	Orange Slices With Cinnamon ½ cup Cottage Cheese	1 Banana with 1 Tbsp Peanut Butter and 1 oz. Toasted Almonds	½ Avocado filled with Cottage Cheese Topped with Fresh Salsa	1 Apple with 1 String cheese	Quick and Easy Guacamole with Fresh Veggies	Handful Baby Carrots with Hummus	1 cup Pineapple with 1 Tbsp Unsweetened Coconut
Dinner	Lemon Chicken (4 oz.) 1 cup Jasmine Rice Steamed Broccoli	Broiled Tilapia (4 oz.) with Grated Parmesan Spinach Salad	Baked Chicken Strips (with 2 tbsp bottled Thai sauce) (3 oz.) Sweet and Sour Slaw	Herb Chicken (3 oz.) (bake or broil) Roasted Brussel Sprouts	Tuna Kebabs (4 oz.) ½ cup Quinoa Sautéed Snow Peas and Mushrooms	Broiled Salmon Pesto (4 oz.) Green Beans with Lemon and Garlic	Flank Steak (4 oz.) Grilled Veggies (sliced onions, asparagus, squash, bell peppers)

Cottage Cheese Pancakes

½ cup dry oatmeal
1/2 cup fat free cottage cheese
4 egg whites
1/2 tsp baking powder
½ tsp vanilla
1 packet Stevia* (2 packets for sweeter pancakes)

Place everything except the oats into a blender. Once it is smooth, add the oats. Place in a pan with a tablespoon of butter. Top with 1 tablespoon of syrup or preserves.

Black Bean Salad

1 (15 ounce) can black beans, rinsed and drained
1 pint cherry tomatoes, quartered
1 sweet yellow pepper, julienned
2 green onions, chopped
2 tablespoons minced fresh cilantro or parsley

Dressing:

3 tablespoons lemon juice
2 tablespoons olive
1 garlic clove, minced
¾ teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper

In a salad bowl, combine the beans, tomatoes, yellow pepper, onions and cilantro. In a jar with a tight-fitting lid, combine dressing ingredients; shake well. Drizzle over vegetables and toss to coat. Chill until serving.

Quick and Easy Guacamole

3 medium avocados
1 tomato, finely diced
1/2 white onion, finely diced
1/2 cup cilantro, chopped
2 tbs lime juice
salt and pepper

Open the avocados and scoop out the flesh. Mash the flesh with a fork; chunky or smooth. Stir in the other ingredients. Serve immediately, or coat the top with olive oil to stop it browning.

Tuna Salad in Tomato Bowl

(3 oz) can tuna in water, drained
1 green onion, chopped
1 stalk celery, diced
1/4 cup blanched slivered almonds
1 dash Worcestershire sauce
1/2 cup Greek yogurt
1/4 cup low fat sour cream

In a mixing bowl, combine tuna, green onion, celery, and almonds. In a small bowl, whisk together Greek yogurt, sour cream and Worcestershire sauce. Blend together dressing and tuna mixture. Serve on bed of lettuce or in a tomato.

Lemon Chicken

2 boneless, skinless chicken breasts
2 teaspoons dried basil leaves
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice
2 teaspoons olive oil
1/2 teaspoon salt
1 garlic clove, finely chopped

Make lemon sauce: Beat remaining ingredients in a medium-sized bowl with a whisk or fork. Spray a 10-inch skillet with cooking spray and cook chicken over medium-high heat for about 15 minutes or until juices are no longer pink when thickest part of chicken is cut. Spoon some lemon sauce over chicken, turn chicken over and cook for an additional 15-20 seconds. Serve chicken topped with remainder of sauce.

Salmon Lettuce Wrap

4-6 romaine lettuce leaves
1 medium avocado
½ lemon or lime (for juice)
1 cup cooked salmon (or can of salmon)
1 roma tomato
2 tablespoons chopped onion
¼ bell pepper, diced
Salt, pepper and garlic powder to taste.

Cut avocado in half and place into a small mixing bowl. Using a fork, mash the avocado until nearly smooth. Squeeze lemon or lime juice into bowl and mix to combine. Sprinkle salt, pepper and garlic powder (to taste). Stir in salmon, tomatoes, onion and bell pepper until everything is evenly coated. Scoop mixture onto romaine leaves and roll them up.

Sweet and Sour Slaw

1/4 head red cabbage, sliced
1/4 head white cabbage, sliced
1/2 large carrot, grated
1/2 fresh mango, chopped
1 tbs pecans, chopped
1 tbs vinegar
2 tbs olive oil

Combine ingredients in a bowl. In a separate bowl, blend together vinegar and olive oil. Combine dressing with salad. Chill for at least an hour before serving.

Broiled Salmon Pesto

2 pounds salmon fillets
2 lemons
1 1/2 cups pesto
1/2 cup white wine

Lightly oil a baking pan and place salmon in pan skin side down. Squeeze juice of one lemon and white wine over fish. Marinate 15 minutes. Coat the top side of the fish with thick layer of pesto. Place fish under the broiler about nine inches from the heat source. Broil for 8 to 10 minutes per inch of thickness, or until fish flakes and flesh is opaque. Remove from the oven, and set aside for a few minutes. Squeeze half of second lemon over fish. Slice remaining lemon half into thin slices.

Chicken Zucchini Soup

1 medium onion, diced
3 ripe tomatoes, diced
1 carrot, diced
2 zucchini, diced
1 1/2 cups chicken broth
2 tbs fresh mint, chopped

Fry the onion in a little olive oil, then add the tomatoes, carrot and squash. Cook for a few minutes and then add the broth and the mint. Season with salt and pepper. Cook for about 10 minutes or until all the vegetables are tender.

7 DAY EXTREME FAT LOSS PLAN

There are going to be some instances when you have a very limited amount of time and the desire to drop weight very quickly. If so, this is a solid 7 day plan you can follow to achieve this objective. It will require very strict adherence.

Follow this plan exactly as outlined to get the best results. You will be presented with a very specific set of instructions for each meal which has been designed for maximum fat loss.

Simply follow each meal for a solid 7 days with no exceptions. In addition to the meal plan, it is important to make sure and drink enough water and get in some exercise daily.

- ✓ Drink water daily! We will provide the exact amount per day in the Extreme Fat Loss Plan. Feel free to flavor your water with fresh lemons or limes as needed. Water can help improve energy levels, flush toxins from your body, ward off hunger pains and help speed up fat loss.
- ✓ Exercise for a minimum of 15 minutes daily. You can go for a walk or slow jog, attend a fitness class or perform a strength training session at home. But, you **MUST** meet the minimum daily exercise requirements. If you are looking for a specific structured exercise program, take a look at the other bonus called HIIT and LISS workouts included with this program.



- ✓ Follow the 7 day meal plan exactly as outlined. You will have a handful of proteins, fats, and carbs to choose from at each meal. However, you must follow the portion sizes and daily meal plans for the best success rate.

The 7 Day Hi-Low Diet

This diet is a bit extreme...a bit crazy... and, oh so effective! Make sure you only follow it for 7 days and it should only be repeated a couple of times a year at the maximum. It has strict guidelines and portion sizes, but you will be rewarded with fantastic weight loss in a super short period of time. The diet works through a clever approach to metabolism manipulation and mastery. Calories are crafted to alternate between low and high days in two day intervals. We use low calories to trick your body into thinking it is starving, then follow it up with higher calorie days to continue to stoke your metabolism.

- **Day 1:** Lo day
- **Day 2:** Lo day
- **Day 3:** Hi day
- **Day 4:** Hi day
- **Day 5:** Lo day
- **Day 6:** Lo day
- **Day 7:** Lo day

For Women:

35 grams of protein per meal (both Hi and Lo days)
20 grams of carbohydrates per Hi meal
15 grams of vegetable carbohydrates per Lo meal

For Men:

45 grams of protein per meal (both Hi and Lo days)
30 grams of carbohydrates per Hi meal
25 grams of vegetable carbohydrates per Lo meal

For Lo Days:

- Choose one selection from protein list (4 times daily)
- Choose one selection from vegetable list (4 times daily)

You can mix and match your proteins and veggies as long as you eat the required amount.

For Hi Days:

- Choose one selection of protein and one selection of carbohydrate for first two meals only
- Choose one selection of protein and one selection of vegetables for last two meals only

Free Foods:

Any items from the free food list can be eaten at any meal.

Free Food List

Herbal tea	Ice tea	Sugar free Jell-o	Cucumber
Scallions	Lemon juice	Lime juice	Lettuce
Garlic	Vinegar	Dry seasonings	Mushrooms
Salt and Pepper	Citrus peels	Onions	Mustard
Decaf coffee	Water	Chili peppers	

Approved Food List for 7 Day Hi-Lo

Protein s	Vegetable s (Lo Day)	Carbohydrate s (Hi Day Only)
Turkey breast	Broccoli	Oats
Chicken breast	Green beans	Red potato
Fish/shellfish	Bell peppers	Yams/sweet potato
Egg whites	Squash/zucchini	Brown rice
Protein powder	Asparagus	Beans/Legumes
	Cauliflower	

Lo Days

Proteins:

- ____ oz. chicken breast (7 grams of protein per oz.)
- ____ oz. turkey breast (7 grams of protein per oz.)
- ____ oz. fish (7 grams of protein per oz.)
- ____ egg whites (3 grams of protein per oz.)
- ____ protein powder (7 grams of protein per oz.)

Lo day Vegetables:

- ____ cups broccoli (equal to 10 carbs per cup)
- ____ cups green bean (equal to 10 carbs per cup)
- ____ cups bell pepper (equal to 10 carbs per cup)
- ____ cups cauliflower (equal to 10 carbs per cup)
- ____ # of asparagus spears (equal to 1 carbohydrate each)

Hi Days

Proteins:

- ____ oz. chicken breast (7 grams of protein per oz.)
- ____ oz. turkey breast (7 grams of protein per oz.)
- ____ oz. fish (7 grams of protein per oz.)
- ____ egg whites (3 grams of protein per oz.)
- ____ protein powder (7 grams of protein per oz.)

Lo day Vegetables:

- ____ cups broccoli (equal to 10 carbs per cup)
- ____ cups green bean (equal to 10 carbs per cup)
- ____ cups bell pepper (equal to 10 carbs per cup)
- ____ cups cauliflower (equal to 10 carbs per cup)
- ____ # of asparagus spears (equal to 1 carbohydrate each)
-

Hi day Carbohydrates:

- ____ cups oats (50 carbs per cup)
- ____ oz. red potato (7 grams carbohydrates per oz)
- ____ oz. yams/sweet potato (7 grams carbohydrates per oz)
- ____ brown rice (35 grams per oz)
- ____ beans/legumes (38 carbohydrates per cup)

Meal Timing and Frequency

You will be eating 4 meals daily! It is best to eat every couple of hours and add in free foods if you get hungry.

	Sample Lo Day
7 a.m.	<ul style="list-style-type: none">Wake up and drink .5L of water
8 to 9 a.m.	<ul style="list-style-type: none">Meal 1: 5 oz. chicken + 1.5 cups veggies
12 to 1 p.m.	<ul style="list-style-type: none">Meal 2: 1 protein shake + 1.5 cups veggies
2:00 p.m.	<ul style="list-style-type: none">Drink .5L of water
3 to 4 p.m.	<ul style="list-style-type: none">Meal 3: 5 oz. turkey breast + 1.5 cups veggies
5:00 p.m.	<ul style="list-style-type: none">Workout/Walk/Jog 15 minutes or moreDrink 1L of water
7 p.m.	<ul style="list-style-type: none">Meal 4: 5 oz. fish + 1.5 cups veggies

	Sample Hi Day
7 a.m.	<ul style="list-style-type: none"> Wake up and drink .5L of water
8 to 9 a.m.	<p><u>Meal 1:</u></p> <ul style="list-style-type: none"> 5 oz. chicken + 1.5 cups veggies + 2 ½ cups red potatoes
12 to 1 p.m.	<p><u>Meal 2:</u></p> <ul style="list-style-type: none"> 1 protein shake + 1.5 cups veggies + 1 ¾ cup brown rice
2:00 p.m.	<ul style="list-style-type: none"> Drink .5L of water
3 to 4 p.m.	<p><u>Meal 3:</u></p> <ul style="list-style-type: none"> 5 oz. turkey breast + 1.5 cups veggies
5:00 p.m.	<ul style="list-style-type: none"> Workout/Walk/Jog 15 minutes or more Drink 1L of water
7 p.m.	<p><u>Meal 4:</u></p> <ul style="list-style-type: none"> 5 oz. fish + 1.5 cups veggies

Chapter 2

GET STRONG AND GO LONG



Having a strong, fit body is something worth working for. Go ahead and ask any fit person. Was the journey to fitness, health and well being worth it? Every single person will tell you....ABSOLUTELY YES!

This doesn't mean that the journey isn't filled with challenges, frustrations or self doubt. It just means that once you become fit, that amazing feeling of strength, self confidence and pride when you look in the mirror and admire your accomplishments is stronger than the sacrifices that were made to get there.

When you're ready to get started and begin the journey to a lean fit body, it can be a confusing time trying to decide which program to follow. There are so many available options.

Should you try high intensity training or low intensity training? Is one better than the other? Does one produce better results?

This section will take a close look at both styles of training for weight loss and lean muscle gain. It doesn't matter whether you want to lose weight, build muscle or get a quick six pack. We will explore the best workout for you.

We will be sharing research studies, expected results and workouts for you to choose from. You can decide which fits best for your fitness goals, lifestyle and available time. Finding the right workout can keep you feeling motivated and excited about continuing on your fitness journey.

LISS WORKOUTS

LISS is the term used to describe *Low Intensity Steady State Cardio*. You may also see it stated as SSC (steady state cardio).

But, it dates back to the 70's when research pioneer Kenneth Cooper stepped into the spotlight and more clearly defined the benefits of aerobics for the masses. Think of Madonna in her early years singing "Let's get physical" along with images of Jane Fonda in her leg warmers. While that might be the era where steady state aerobics became popular, the benefits for fat loss and fitness have lived on.

The benefits of steady state cardio have been well documented for improving body fat composition, producing a healthy heart, improved lung capacity and increased blood flow.

Low intensity workouts are designed to slowly bring your heart rate up to a low to moderate intensity and keep it there for the remainder of the duration. You can do this by walking outdoors or on a treadmill, riding a bike, using a



stair stepper (or stair master) or any number of activities that achieve the same objective.

Here are some surprising ways to use Low Intensity Steady State Cardio:

Helps You Unwind

High intensity workouts are not for everyone. While we will discuss the merits of high intensity exercise in the next section, the truth is that different styles of workouts appeal to different people for all kinds of different reasons. One of those is work related. Some studies have shown that people with high stress and intense jobs like stockbrokers, hospital workers, corporate executives, attorneys, etc. enjoy a slower pace for their workouts. High stress jobs keep people moving at a fast pace all day and many of these people prefer a workout method that helps them to unwind more effectively while making it enjoyable. After a crazy day, they can jump on a treadmill, put on some headphones and relax instead of trying to push themselves to yet another level with a high intensity workout. So, if you work in a fast paced environment, you may appreciate a steady workout to help you find more balance in your day.

Builds Endurance

You may be starting a workout program for the first time or the first time in a long time. Steady state cardio is one of the best places to begin your fitness journey. One of the biggest challenges in getting started is building a base level of endurance. Depending on what kind of shape you are in to begin your transformation, a steady state cardio program may be a more realistic place for you to start. If you find yourself out of breath after a mile or 10 minutes on the treadmill, you can easily increase in small increments to build up your foundation for endurance.

Burns Calories

Don't be fooled into thinking there is only one way or a superior way to burn calories. Yes. Some workouts burn slightly more calories than others, but steady state cardio is a great way to burn calories while preserving hard

earned muscle. It also keeps you in the fat burning zone for a longer period of time.

Keeps You Committed

Take a guess as to why many people stop exercising? They either hit it too hard in the beginning and get burned out or don't enjoy the workout. They also get injured when they overestimate their starting point. So, guess what becomes most important when getting started? That you LOVE your workout. Some people simply gravitate towards low intensity. It feels good to their body and their mind. If this is you, then you are more likely to stick with the program in the long term.

Best Ways to Use LISS

Starting Out

Low intensity cardio is one of the best ways to get started when you are out of shape. It gives you a place to start on your fitness journey because most people are familiar with steady state cardio and can get started right away without a lot of effort. It can be as simple as putting on your favorite walking shoes and heading out the door. The only thing that is different is that you should be monitoring your heart rate to make sure you are putting in enough effort to get into your fat burning zone for the workout. It is relatively easy on the body compared to high intensity and allows you to recover faster.

Build Stamina and Strengthen Your Heart

It can be quite frustrating to start a new program when you don't have any stamina. It is hard to stay motivated when you realize that walking or jogging a short distance or short amount of time leaves you breathless. However, using steady state cardio is a great way to build stamina and increase your fitness levels. Start with a 15 minute goal at first. If this doesn't feel too difficult, then increase it slightly. If it does feel somewhat taxing, then stay at

15 minutes for a couple of workouts. About every 3 workouts, increase your duration about 5 minutes. If you are committed to working out with low intensity walks, let's say, for 6 days a week, then you should be able to increase your stamina by an additional 10 minutes per week. This will also help motivate you for future workouts when you realize you just went from 15 minutes to 25 minutes in a week or two. The ultimate goal is to work up to 45 minutes to an hour. This can be accomplished within 30 days or less which is very exciting if you think about it.

Burn Fat and Lose Weight

Long before the benefits of high intensity exercise programs were researched along with other proclaimed superior methods of efficient fat loss, there was a more simplified equation. In fact, many people still use this equation today. No doubt you have heard 'calories in vs. calories out' and 'burn more than you take in'. The idea is that most people exercise very little, if at all, and eat too much. This is the most basic reason for weight gain. When you cut your normal caloric intake by 500 calories per day and begin a basic exercise routine, most people lose weight. If you consider that every type of cardio you do will burn a specific amount of calories, then there may be some variances in exactly how fast you lose. But, you should never lose sight of the most important considerations. If you engage in regular bouts of exercise and watch your eating, then you will lose weight. This basic premise is good enough for most people when it comes to burning fat. This way you don't have to analyze every meal and dissect every workout. You can work towards a lower calorie diet with more healthful selections and get out and walk, hike, bike or jog.

At the End of an HIIT Exercise Program

High intensity interval training is very effective at mobilizing stored fat. In the next section, we will explore this method further. However, steady state cardio has been shown to be effective in burning some of that fat in the bloodstream following a high intensity workout. An example of an efficient fat

burning workout would be to do a 10 to 15 minute high intensity exercise session followed by steady state cardio for 20 to 30 minutes.

For Muscle Recovery

There was an interesting study performed at California State University at Fullerton. It was specific to addressing how to help recovery when a person was experiencing DOMS (delayed onset muscle soreness). They learned that recovery following a tough leg workout was faster when subjects performed a moderate intensity cardio session immediately after weight training. It was believed that the increase in blood flow was responsible for the quicker recovery by delivering nutrients to the body much faster and helping to improve the healing process. In this particular study, subjects exercised on a stationary bike for a moderate intensity 20 minute session.

The Principles

Most people are familiar with what is called 'steady state' aerobics. It has been around for decades and it is probably the most well recognized form of exercise. Do you remember hearing about making sure you are working out 'in the zone?' You probably still recognize that chart that has been featured in gyms across America where they show you your target zone and you are supposed to stay within that for maximum fat burning. Here is what those numbers look like.

The table below shows estimated target heart rates for different ages. In the age category closest to yours, read across to find your target heart rate. Your maximum heart rate is about 220 minus your age. The figures are averages, so use them as general guidelines.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

*Heart.org

The idea behind steady state cardio is to reach a threshold of roughly 50 to 60% of your maximum heart rate and stay there for the duration of your workout. To see an example, let's say you are 30 years old. To be 'in the zone', get your heart rate up to around 95 beats per minute and keep it there. If you were 40, then you would work towards 90 beats per minute and so on.

The best way to measure your intensity is through a heart rate monitor. By using sophisticated equipment, you can quickly and easily monitor your heart

rate and record it for workouts. If you find this equipment is out of your price range, there are also apps you can download for free from itunes simply by

searching for 'heart rate monitors' in the app store.

There is one last method that can help you monitor your heart rate and it's called the Rate of Perceived Exertion.

The secret is to listen (and get a sense) for your breathing and rate it based on your own opinion. The goal is to

use the chart below to determine what a level 5 or 6 intensity is to *you*.

As you can imagine, it is a bit subjective because what feels like work to you, may be simple to me or the guy next to you. That is why we don't measure intensity by saying 'workout on the treadmill at a level 4 incline'. Without knowing if that measure is difficult or easy for you, how would we know if it is the right intensity?

This is where this chart may come in handy.

This chart refers to your 'perceived level of exertion' because it is measured by how you 'perceive' the level of difficulty based on your own experience and interpretation of your breathing.

Your level 7 will be different than the guy next to you, so try not to compare with anyone else. The most important comparisons you can make are with yourself and how quickly you move from one level of fitness to the next.

The PE scale defines your intensity or exertion level (how hard you are working during exercise) on a scale of 1 to 10. One is seen as very easy and ten is described as 'breathless' or unable to continue for any length of time.



See the chart below for a description of each level, and how to determine how hard you are working.

Level	Intensity	Ability to Maintain	Talk Test
1 - 2	Easy	Easy to maintain for a long period of time	Can carry on a conversation with no effort
3 - 4	Easy - Moderate	Possible to maintain with minimal effort	Can carry on a conversation with minimal effort
5 - 6	Moderate	Possible to maintain but requires work	Can maintain conversation with some effort
7 - 8	Moderate - Difficult	Difficult to maintain this level of intensity	Conversation requires much more effort
9 - 10	Difficult - Peak Effort	Difficult to maintain for more than a couple of minutes	No talking zone

So, if you do not have access to a heart rate monitor that is worn across your chest or any phone apps for assistance, then use this scale. The goal is to begin working out and slowly raise your heart rate to a 5 or 6 on the perceived intensity scale, then keep this consistent for the duration of your workout. If you can't talk while you are exercising or the difficulty in maintaining the

exercise level becomes too taxing, then you should back off until your heart rate gets back in the proper zone.

Ready to start some steady state cardio workouts? Let's get going! It's time to burn some calories.

The Workouts

The great news about steady state cardio workouts is that you do not have to have access to a gym or fancy equipment. In fact, you can walk outside your door right now and get started. If you do have a gym membership, then that's great too. We will talk about workouts that you can do at home or a gym.



At the gym. Choose from one of these.

- ⦿ Stair master
- ⦿ Stationary bike
- ⦿ Elliptical
- ⦿ Rowing machine
- ⦿ Elliptical
- ⦿ Treadmill
- ⦿ Any piece of cardio you might enjoy (including a cardio group class)

Home routine. Choose from one of these.

- ⦿ Walk a trail or path
- ⦿ Bike a trail or path

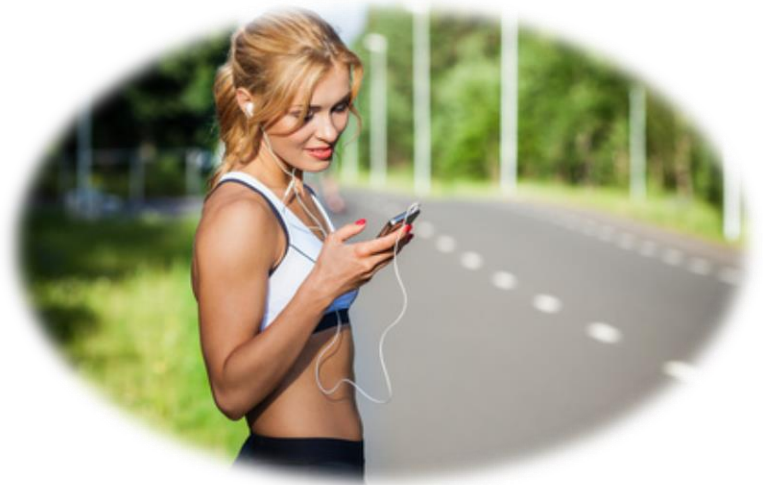
- ⦿ Try a cardio DVD or Youtube video (hip-hop, kickboxing, etc)
- ⦿ Jog
- ⦿ Walk a local hill or climb some stairs

If you are new to this program and consider yourself out of shape, start with a goal of 15 minutes. If you consider yourself somewhat fit, start at 30 minutes. In any case, begin with as little as 15 minutes and work your way up to 46 minutes to an hour.

Here is a sample LISS workout:

Indoor workout

1. Start on a treadmill
2. Warm up for 3 to 5 minutes
3. Slowly increase intensity until you reach a 5 or 6 on the Perceived Exertion Scale or by using a heart rate monitor. You can either pick up the speed or increase the incline to increase your intensity.
4. Continue at this pace while continuing to monitor your heart rate. If it spikes or continues to climb, then bring your intensity down a bit. If you see your heart rate dropping, feel free to increase your intensity to keep your heart rate steady.
5. Continue cardio activity for roughly 30 minutes.
6. Cool down for 3 to 5 minutes.



Outdoor workout

1. Find a set of stairs (local buildings, high school stadium, etc.)

2. Walk up the stairs at a slow deliberate pace (as a warm up for 3 minutes)
3. Slowly increase intensity until you reach a 5 or 6 on the Perceived Exertion Scale or by using a heart rate monitor. You can walk briskly, use a light rhythmic jog or similar pace to increase your heart rate.
4. Continue at this pace while continuing to monitor your heart rate. If it spikes or continues to climb, then bring your intensity down a bit. If you see your heart rate dropping, feel free to increase your intensity to keep your heart rate steady.
5. Continue cardio activity for roughly 30 minutes.
6. Cool down for 3 to 5 minutes. (slow down the pace to a slow walk/climb or take a walk on a flat surface or sidewalk nearby.

Steady state cardio can be performed anywhere from 3 to 6 days per week depending on your current level of fitness.

HIIT WORKOUTS

If you read any of the most popular fitness magazines today, you will see that high intensity interval training is among the most popular styles of workouts. By switching between intense bursts of exercise mixed with brief rest periods (or lower intensity), the body shows an increased capacity to burn fat along with additional calories. It only takes 15 to 20 minutes per session-much less than steady state cardio-yet helps you blast through plateaus and lose weight at a rapid pace. When you are dead serious about losing weight fast, this is the most researched way to do it.

By combining both high and low intensity along with cardio and strength training bursts, you get the maximum benefits that each has to offer. The high intensity bursts can be used effectively for both cardio and strength training routines separately as well as together in one routine.

You do not need to belong to a gym although the method can be used there. But, the beauty is that it can be performed anywhere—at home, on the road or in the gym.

If you have access to a gym, that's great. But, if you don't like most people, then you'll love HIIT even more because as you can see in the workouts I designed, there is no equipment needed and you still get an awesome, heart pounding, body mat melting workout.

Here are some great reasons to try HIIT today.

- Improves muscle coordination
- Increases the activation of motor units within muscles
- Improves function of the nervous system
- Enhances metabolism
- Controls blood sugar
- Stimulates the release of fat from storage
- Produces greater strength gains
- Helps improve stress management

The Research

Have you ever heard of the 'Tabata' protocol? It goes hand in hand with high intensity training. In fact, it was the Tabata study that has inspired many of the successful high intensity programs being featured today.

Professor Tabata was a pioneer of sorts as he led some early research into the effects of high intensity training. Today, his research report called "Metabolic Profile of High Intensity Intermittent Exercises," has been cited over 100 times in academic journals, in addition to many popular textbooks and high profile celebrity trainers.

It all started when Dr. Izumi Tabata was asked to analyze the effectiveness of the Japanese speed skating team by the head coach, Dr. Irisawa Koichi. The program involved a rotation between short bursts of maximum effort followed by short period of rest.

It was his goal to bridge the gap between low intensity exercises were designed for longer periods of time that worked to improve endurance; and sprints that required training for a different energy system. He was curious to see if he could merge both styles into one 'perfect' training style.

His experimentation continued with two groups of people. One group did a 10 minute warm up on the bike, followed by 4 minutes of Tabata intervals. They followed this 4 times a week along with one 30 minute session of steady exercise with 2 minutes of intervals. The other group performed an hour of steady state aerobics on a stationary bike, 5 times a week.



Can you guess what he found?

Most people were shocked for by what he observed. After 6 weeks, the exercisers who followed the Tabata plan increased their aerobic power by 15% and anaerobic power by 28%.

What about the training group doing steady state cardio? They did improve their aerobic power by 10% (not as much as the Tabata group), and they saw no improvement in anaerobic capacity.

There was also one more important discovery. Tabata also noticed an increase in their heart size (Tabata group) after just 3 weeks of following his plan.

Here is what the original Tabata protocol looked like:

- ⦿ 5 minute warm up
- ⦿ 20 seconds high intensity
- ⦿ 10 seconds low intensity
- ⦿ This sequence is repeated 8 times for a total of 4 minutes (excluding warm up and cool down)
- ⦿ 2 minute cool down

Even though the program was originally designed for athletes, he believes based on his own research and experience that the program works for everyone. The secret is to show people how to make modifications in intensity and through exercise selections to make it specific for each individual.

More Research on HIIT

There are hundreds of studies performed on HIIT by scientists, physicians and researchers which are featured in various medical publications. It has been studied in a variety of capacities relating to health, fitness and fat loss. It has also been studied on all kinds of age groups from the young looking for the optimal fat loss plan to the elderly looking to stay in shape. Here are some of the highlights of HIIT training based on the research.

- 1 Blood Sugar Levels Controlled** - After only 2 weeks of HIIT, healthy middle aged adults were able to improve their insulin sensitivity and blood sugar regulation after three sessions per week of interval training.
- 2 Increased Endurance** - In one study at the Norwegian University of Science and Technology, volunteers performed a total of 24 HIIT sessions over three or eight weeks. In the end, the exercisers who performed three HIIT sessions per week improved their endurance capacity by almost 11%.

- 3 More Effective for Heart Health** - Based on a series of studies on high intensity circuit training, researchers found that HIIT programs are extremely effective and efficient way to increase VO2 max which is a well established marker for heart health.
- 4 Better at Mobilizing Fat** - Based on a 12 week study published in the *Journal of Obesity*, HIIT exercisers gained more aerobic power, loss more weight, and their fat free mass was increased. They also saw a 17% reduction in visceral fat (the abdominal fat that surrounds your organs).
- 5 Better Muscle Growth** - In a 2011 study published in *Medical Science and Sports Exercise Journal*, researchers showed the power of HIIT to increase muscle oxidative capacity despite it being low total exercise volume.
- 6 Greater Body Fat Loss** - In 1994 study by researchers at Laval University (Ste-Foy, Quebec, Canada), young men and women reported significantly more body fat loss with a 15 week HIIT program than those following a 20-week continuous steady-state endurance program.

A study from Australia reported that females following a 20-minute HIIT program, consisting of 8-second sprints followed by 12 seconds of rest, lost six times more body fat than the group who followed a 40-minute cardio program performed at a constant intensity of 60 percent of their maximum heart rate.

The Principles

Each workout program comes with a set of principles that, when followed, allow for improved results. Let's discuss some of the ways you can optimize your high intensity workouts to get the best results.

Manipulate the Intensity Variables

Intensity refers to how hard you are working during a given period of time. The two basic ways to measure your exercise intensity includes how you feel and what is happening with your heart rate.



Whether you use a heart rate monitor or the perceived level of exertion scale, you should be noticing a difference in your heart rate as you move from one intensity level to another. If you think you're working hard, chances are your heart rate is elevated.

In the early stages of working out, monitor your intensity levels so you begin to get a feel for the differences at each level. As you become fitter, you may be surprised to learn you can bring a whole new level of intensity that didn't previously exist.

Your body will be pushed at first, then level out and adapt as time goes on. Don't be afraid to begin pushing yourself in small increments as you become stronger and stronger. You may notice that you are able to perform more reps at a faster speed. You may also find yourself more focused, using better form and with improved consistency. You can continue challenging yourself by

manipulating your workout variables like adding more reps, more rounds, or decreasing your rest times among other variables.

Select Compound Exercises

The quickest way to build lean muscle and lose rapid fat is to use exercises and workout programs that focus on moving as many parts of the body as possible in conjunction. Your job is to engage as many muscles as you can so you can burn more fat in a shorter period of time.

If you use common exercises like pushups, pull-ups and other full body movements like jump squats and even jumping jacks, you may find you are making better use of your muscles and creating faster results.

These compound exercises boost your metabolism and help you get more out of each workout.

Rotate Exercises

The *SAID* principle is one strength training rule that has stood the test of time. It stands for *Specific Adaptations to Imposed Demands*. This explains that when the human body is placed under stress of varying intensities and duration, it attempts to overcome the stress by adapting specifically to the imposed demands.

This is a great case for adding variety into a routine. There is no exact time period over which a workout routine should be changed, but is generally suggested to alter a workout routine every 4 weeks or so. Some trainers will recommend every 2 weeks, while others make similar, will suggest variations between 2 and 4 weeks.

The magic is not in the 2 or the 4, but in the understanding that variety will change these imposed demands and force the body into constant change. Therefore, it is difficult to reach a plateau and you can continue making consistent gains and see the results over shorter periods of time.

This basic concept is one of the most violated among regular exercisers. It is quite common to hear about people who use the exact same workout or set of

exercises for months, and even years. However, they are also the ones scratching their heads wondering why they never seem to break through a plateau or get a different result.

In the beginning of your program, you are building a foundation. Once you get the hang of it, you can continue to push yourself as you learn your boundaries.

Allow Your Form to Dictate the Number of Reps or Rounds

Doing the exercises correctly is very important for two main reasons. 1) it protects you from injury and 2) you will see fastest progress if the action you are doing is actually going to the intended muscle groups. You will always have time to progress, but never compromise on your form.

Monitor Your Recovery

Recovery happens when your body is at rest. You absolutely have to rest your muscles. The newer you are to strength and resistance training the more rest you need. You may want to start out with 1 to 2 workouts per week, then work up to 3 or more. If you are getting proper rest, sleep and your body feels good, you have a better chance at making that happen.

The Workouts

In an earlier section, we discussed how to monitor your heart rate so you could see which zone you were working out in. You may even remember the chart we used to show you where your heart rate should be. This is the same chart we used earlier, but now look at it to observe the top end of where you should be working out. This is almost the exact opposite of what we suggested with LISS training.

An example would be if you are 30 years of age, you would want to be working at the 85% level or 162 beats per minute. If you were 40, then aim for 153 beats per minute. If you recall, we recommended 90 beats per minute for a 40 year old using LISS. Can you see how different they are?

The table below shows estimated target heart rates for different ages. In the age category closest to yours, read across to find your target heart rate. Your maximum heart rate is about 220 minus your age. The figures are averages, so use them as general guidelines.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
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50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

*Heart.org

Do you also remember the Perceived Level of Exertion Scale? We won't repeat this chart again as you can find it in the section on LISS training. However, with LISS training we advised to work at a perceived level of 5 or 6. With HIIT training, you will be working out with an 8 to 9 perceived level of exertion.

Typical HIIT workouts are done by fluctuating between high intensity and low intensity. High intensity can be done at roughly 80-95% of your maximum heart rate and low intensity is back down to a 2 to 4 on the exertion scale or a heart rate below 50%.

Think of an HIIT session like this.

Speed-> Recovery; Speed-> Recovery; Speed-> Recovery or...

Push Hard -> Back Off; Push Hard -> Back Off; Push Hard -> Back Off

Getting Started with High Intensity Interval Training

What makes HIIT training so fun and effective is that you can continually change the work to rest periods with each workout and always find a challenge for your body.

As an example, if you are out of shape and just starting back in, you may want to start with a beginner workout of 1:2. This means 1 minute of work (80 to 95%) and 2 minutes of recovery (50% or lower). You can do this with exercises and also cardio for the same effect. Here is an example of how a 1:2 ratio could work. Walk very fast for one minute, then walk at a normal pace as your recovery for roughly 2 minutes. See how easy it is?

As you get in better shape, you can change your sequence to 1:1. As an example, you would work for one minute (80 to 95%), then recover for one minute (50% or lower). In this case you would walk as fast as possible on the treadmill for one minute, then walk 'normally' for one minute, then keep repeating for up to 15 or 20 minutes. Can you see how reducing the amount of recovery time will make the workout much more difficult?

Let's talk about a few more variations you can use. We already talked about walking for one minute fast, then 2 minutes slow. Here are some great ideas or ways to add variety or look at it differently.

- ⦿ Walk for 1 minute, fast -> Walk for 2 minutes, normally
- ⦿ Jog for 1 minute, fast -> Walk for 2 minutes, normally
- ⦿ Run for 1 minute, fast -> Walk for 2 minutes, normally
- ⦿ Sprint for 1 minute, fast -> Walk for 2 minutes, normally

*This is a 1:2 work to rest ratio

As you get in better shape, you can alter the work to rest ratio as follows:

- ⦿ Walk for 1 minute, fast -> Walk for 1 minute, at a comfortable pace
- ⦿ Jog for 1 minute, fast -> Walk for 1 minute, at a comfortable pace
- ⦿ Run for 1 minute, fast -> Walk for 2 minute, at a comfortable pace
- ⦿ Sprint for 1 minute, fast -> Walk for 2 minute, at a comfortable pace

*This is a 1:1 work to rest ratio

As you become more fit, your need for recovery decreases.

The second kind of workout is an HIIT cardio workout. This style can be performed once or twice a week for great results. You can also mix and match the workouts each week. For example, try one strength training HIIT and two cardio HIIT's.

High Intensity Strength Training

Here are some sample HIIT strength training programs you can use. They are simple, yet effective at building muscle, burning fat and getting you in the best shape of your life.

Just remember these important principles when you get started.

- Stay focused on the intensity of the workouts, not the duration
- Prepare yourself mentally before every workout so you are sharp and focused
- Keep up the quality of the workout by focusing on doing each repetition with good form to protect yourself from injury
- Make sure you're having fun. You are giving yourself the gift the health, not punishing yourself, so try and stay positive about the experience



Ok. Let's get started!

To do this most effectively, use a timer app or your phone to record the time of each workout. Each time you do the same workout, you can see how much you are improving as incentive to keep going! It also provides a direct feedback mechanism so you can see for yourself how quickly you are getting in shape.

Try to exercise every other day or 3 to 4 times weekly as you are able. Here is a 4 day a week program for you to follow.

Day 1

Exercises	Time	Rest
BW Squats	Perform for 30 sec	15 sec
Push Ups	Perform for 30 sec	15 sec
Mountain Climbers	Perform for 30 sec	15 sec
Tricep Dips	Perform for 30 sec	15 sec
Jumping Jacks	Perform for 30 sec	15 sec
Plank	Perform for 30 sec	15 sec
Beginners: Start with 1 to 3 rounds Intermediate to Advanced: Complete 5 rounds <u>Record your time of completion</u>		

Day 2

Exercises	Time	Rest
Walking Lunges	Perform for 30 sec	30 sec
Jumping Jacks	Perform for 30 sec	30 sec
Bicycle Crunches	Perform for 30 sec	30 sec
Bridges	Perform for 30 sec	30 sec
High Knees	Perform for 30 sec	30 sec
Squats to Bicep Curl	Perform for 30 sec	30 sec
Beginners: Start with 1 to 3 rounds Intermediate to Advanced: Complete 5 rounds <u>Record your time of completion</u>		

Day 3

Exercises	Time	Rest
Mountain Climbers	Perform for 30 sec	30 sec
Jump Rope	Perform for 30 sec	30 sec
Push Ups	Perform for 30 sec	30 sec
Standing Rows	Perform for 30 sec	30 sec
Step Ups	Perform for 30 sec	30 sec
Tricep Dips	Perform for 30 sec	30 sec

Beginners: Start with 1 to 3 rounds
Intermediate to Advanced: Complete 5 rounds
Record your time of completion

Day 4

Exercise	Time	Rest
Reverse Lunges	Perform for 30 sec	30 sec
Jumping Jacks	Perform for 30 sec	30 sec
Bicycle Crunches	Perform for 30 sec	30 sec
Hop in Place	Perform for 30 sec	30 sec
Arm Circles	Perform for 30 sec	30 sec
Squats to Bicep Curl	Perform for 30 sec	30 sec

Beginners: Start with 1 to 3 rounds
Intermediate to Advanced: Complete 5 rounds
Record your time of completion

- **Beginners:** Start with only 1 to 3 rounds per workout and work your way up to 5 rounds each workout.
- **More advanced exercisers:** Start with 3 to 5 rounds and try to complete 4 workouts per week.
- **Always record your time.** Each time you complete a workout round, try to beat your previous time. This will let you know you are getting in better shape.
- **In week 2, change your work to rest intervals from 30 seconds to 1 minute.** This means you will perform each exercise for 1 minute, then rest 30 seconds, then repeat.

Chapter 3

PRO WORKOUTS

Most golfers are curious about what a pro workout might look like. After all, these guys and gals are the best of the best. They have access to the best trainers who specialize in movement and/or golf and they know how to achieve optimal results.

However, just like golf swing methodologies, players embrace a handful of different philosophies based on the trainer they work with and their preferred methods.

Here are some examples of workouts for several of the top players on tour.

Phil Mickelson

Phil Mickelson is one of the most popular players on tour with 42 wins along with 5 majors. At the age of 45, he is still going strong and his dedication to fitness has been consistent over the years. His most current goals are to drop 20 pounds and increase his ball speed 10 mph.

Off Course Workout

Phil Mickelson has been working with his long term trainer, Sean Cochran, since 2003. While his goals have changed from year to year, his primary focus now is on losing weight and getting his body in prime golf condition. Phil currently works out 4 days a week for roughly 75 minutes. Here's what a typical workout looks like according to his trainer.

- Myofascial release (foam rolling): 5 minutes
- Static stretching: 5-10 minutes
- Dynamic warm up (bodyweight movements like lunges, pushups, etc.): 5-10 minutes
- Power sequence: 10-15 minutes
- Core sequence: 10-15 minutes
- Total body strength sequence: 10-15 minutes

His routine focuses on training movements, not muscles like many sports trainers advocate. The power sequence has exercises that focus on strength and speed like plyometrics and throwing a medicine ball against a wall. In the core sequence, there are exercises for stabilization and rotation, especially for high speeds. In the total body sequence, there are exercise combinations like dumbbell squats paired with shoulder presses so the upper body can rest while the lower body is active.

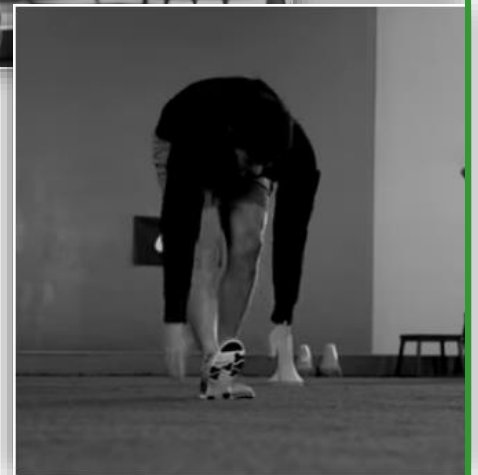
Rory McIlroy

Off Course Workout

Rory McIlroy did not have a history of working out when we began his career in professional golf. He was considered a 'classic skinny-soft golfer' with some natural ability. But, back in 2010, he realized he could see more benefit to his game by producing more power through fitness. Like many golfers, he had right and left side discrepancies. His right side was more dominant with his left side far weaker. He began with a lot of single leg and arm work which helped create more balance in his body.

With a 5'10 frame and 160 lbs., he now regularly drives more than the 300 yards. Here's a peek into one of his workouts.

- Standing Bird Dog (for mobility)
- Arm Circles (to warm up shoulder joints)
- Exercise Bike (general warm up)
- Dynamic Stretch (for posterior chain)
- Hex Bar Deadlift
- Box Jump
- Swiss Ball Dumbbell Pullover



- Pushup to Hand Walk to Renegade Row
- Kneeling Swiss Ball Core Rotation and Chest Pass Drill

Bubba Watson

One of the PGA Tour's longest drivers with an average over 300 yards (306 yds. to be exact), Bubba Watson has some unique and unconventional ways to practice. He is most known for never having had a golf lesson, yet managing to be a victor in 7 PGA tour wins including two victories at the Masters. He currently maintains a world ranking in the top 5.

One of his long time practice habits is to play an entire practice round with one club. While this may sound a little crazy to some, his goal is to master every kind of shot with every kind of club. By playing with only one club, it also forces him to be creative with each club and focus on how to score from unusual situations.

Do you remember his now famous shot at the Masters in 2012 when he hit it into the thick pine straw and seemed to have an impossible recovery shot? He hit it beautifully out of that ridiculous lie and right onto the green. He credits that particular shot from his unique practice style as he was very familiar with hitting his wedges from every possible scenario.

Off Course Strategies

Several years ago, Bubba realized he had more to give the game of golf, but it was time to get more serious about his fitness and nutrition. He was a self proclaimed food lover having admitted to eating a piece of chocolate cake every night when he dined at restaurants. He finally gave up his burgers and fries and replaced them with protein powder, coconut water, salads and superfoods to lose 30 lbs. and start playing more often in contention for big wins on tour.

He also set aside 45 to 60 minutes, 6 days a week for exercise. At 6'3" and over 200 lbs., he paired down to just under 180 lbs. He also got rid of regular bouts with heartburn by replacing all of the fast food he was eating with a clean and healthy diet.

Bubba Watson's Regular Diet

- Follows a strict low glycemic diet to manage his blood sugar levels
- Eats a healthy protein, heart healthy oil, and whole grain for breakfast

Bubba's Typical Game Day Breakfast

- High Fiber cereal (one bowl)
- Yogurt
- English muffin with peanut butter

According to his trainer, "I had Bubba in the gym 6 days a week regardless if he is competing or not. We weren't lifting weights every day. One day was dedicated entirely to cardio. Another day to mobility and therapeutic work, next day to corrective exercises. Strength; stability training, and power and balance were incorporated within each session."

"Fitness has made me a better player. Made me more sound and in tune with my body. I have more energy coming down the back nine..."

Bubba Watson

Occasionally, Bubba would have a warm up early in the morning before his round and then train after his round the same day. Two-a-days are not uncommon for the two-time champion.

"Bubba also has some type of therapeutic modality treatment after each tournament round. His body is his business. It's his company. It's how he

makes money. It must be treated as such. That goes for any golfer regardless of skill level.”

Here are some of the exercises that were recommended.

- Lateral Bounding with Trunk Rotation. This enhances leg stability and upper body mobility, improves balance, and promotes proper golf weight transfer.
- One-Leg Bridge. This specifically targets glute activation and builds overall glute power.
- Stability Ball Plank. This promotes abdominal activation and core strength.

Shoulder Flexibility:

- Assisted Deep Squat, which provides a tremendous stretch through the lats and shoulders. Can be performed with a long club or golf cart.
- Exercise Ball Prayer Stretch, which promotes increased shoulder mobility and lengthens the lats. This will ultimately result in a larger, fuller turn in your backswing.

Hip Flexibility:

- Prone Glute Stretch, a stretch similar to a yoga pigeon pose. Improves "ROM" (range of motion) in the hip joint and flexibility in the hamstrings.
- Reverse Toe Touches, an exercise that affects hamstring tightness and indirectly leads to increased hip flexibility.

Gary Player

Gary Player is among the most well recognized golfers in history. At the age of 78, he has been a long time health and fitness advocate and one of the few golfers who embraced this lifestyle from his early days on tour.

The result? He has won an impressive 9 major championships on tour in addition to 6 Champions Tour events. After winning the 1965 U.S. Open, he became the only non American to win all four majors to achieve a career Grand Slam. Today, he is still recognized as one of the five players in history to win the Grand Slam along with Ben Hogan, Gene Sarazen, Jack Nicklaus and Tiger Woods.



Here are some other interesting notes:

-In 2000, Player was ranked as the eighth greatest golfer of all time by Golf Digest magazine.

-In 2002, Player was voted as the second greatest global golfer of all time by a panel of international media, golf magazines and fellow professionals conducted by the leading Golf Asia Magazine.

-On April 2009, he played for the last time in the Masters, where he was playing for his record 52nd time — every year since 1957 except for 1973, when he was ill. After Nicklaus and Palmer, he was the last of the Big Three to retire from this tournament, a testament to his longevity.

Player's Workout

According to Player, 'nutritionists will be the new trainers. Diet is 70% of the fitness puzzle'. He still follows a mostly vegetarian diet and keeps his body in peak shape by exercising daily.

In 2011, based on an interview with the Wall Street Journal, Player revealed his workout as follows:

- 1,000 sit ups and push ups every morning
- An hour of exercise, five or six days a week, including stretching and cardio
- Stair-climbing, jogging on a treadmill
- Swimming
- Strength workout that includes squats, lunges, free weights, and a stability ball workout
- 20-30 minutes of meditation daily



The Early Years

Player remembers those early years when weight lifting was discouraged because golfers weren't concerned athletes and there was fear that fitness might interfere with good play. Yet he recalls squatting 325 lbs. the night before the U.S. Open in 1965 which he went on to win!

In his younger years, he focused on his core along with strength building for his forearms and legs. He stayed away from building his chest too much for fear it would restrict his turn on the backswing.

Today he has a much more robust workout that keeps him busy and his body balanced for longevity.



Here is what a typical work out looks like:

- 3 sets of 20 to 25 repetitions of lunges and squats
- 3 sets each while holding light weights
- 1,000 sit ups on the floor with weights or on a stability ball
- Back extensions
- Wrist Curls (with 20 lb. dumbbell)

He maintains a mostly vegetarian diet and feels he has a lot more energy when he doesn't eat meat. By eating lots of fruits and vegetables, his cholesterol is lower, he needs less sleep and his stomach functions much better. He also believes an older man should be a thinner man to maintain his overall health. He used to weigh 155 when he was in the prime of his playing career and now maintains a lower weight near 144 lbs.

He keeps his home gym equipped with a weight bench, some free weights, an exercise ball, stretch bands and a few cardio pieces like a stationary bike and treadmill.

Sam Snead



Sam Snead left us in 2002, but his legend and what he did for golf will live on forever. With a record 82 wins, he was long known for his smooth, rhythmic swing and ‘one of the most fluid motions ever to grace a golf course.’ Although he won 7 majors and set many records, his greatest regret was never winning the U.S. Open.

Many regarded him as the undisputed champion of ageless golf. While it is widely known that with age comes a loss in flexibility, Sam was one of the most flexible golfer’s who ever played the game. And, not just compared to the old guys either. His flexibility was more impressive than many golfer’s less than half his age.

Snead had a record 17 wins after the age of 40. It was eventually broken by Vijay Singh in 2007 with this win at the Mercedes Benz Championship.

“Slamming Sammy” was 5’10” and 180 lbs. and could kick the top of a 7 foot doorway while in his 70’s. His flexibility was a true gift. ‘When I swing the golf club right, my mind is blank and my body is loose as a goose.”

Rickie Fowler

Rickie Fowler finally got his big win recently for his first PGA title at the Wells Fargo Championship. At 150 lbs. on a 5’9” frame, he has been preparing to win since his debut in 2009.

Rickie is quite serious about his fitness efforts and according to his trainer, he never misses a workout. Here is what a full workout week (non tournament) looks like for Rickie Fowler.

Off Course Workout

MONDAY – Power

- 20 minutes on the spin bike
- Kicks X 10
- Arm Swings X 10,
- Green & Purple Bands Sequence X10,
- Kettlebell Swings 30lbs between Legs to shoulder height X 10
- (Squeeze Glutes at The Top of Move)
- 16lb Med Ball Low to High Rotation X 10 each side
- Tri-Plane Lunges 1 set 5 reps each position
- Body Weight Squats – 1 set X 20 reps
- Box jumps 1 set X 20 reps SS w/Heel Taps 1 set X 15reps
- Dumbbell Deadlifts – 1 set X 20 reps 20lbs
- Front Dumbbell Squats to bench – 1 set X 15 reps 20lbs

- Superset w/Push Press (Overhead Dumbbell Press) 1 set X 15 reps 20lbs
- Box Jumps 1 set X 10 reps SS w/Heel Taps 1 set X 10reps
- Dumbbell Deadlifts – 1 set X 15 reps 25lbs, 1 set X 10 reps 30lbs
- Superset w/Incline Reverse Crunch 1 X 15, 10
- One-Arm Dumbbell Hang Clean & Press (Power Clean & Press from Knees to Overhead) – 1 set X 10 reps 25lbs
- Superset w/Janda Crunches 1 X 15 – 20 20lbs 1 set X 10 reps 30lbs
- Split Jerks (Shoulder to Overhead w/Split Squat) alternating legs – 1 set X 5 reps to each leg 20lbs
- Tri-Plane Jumps 1 set X 5 reps in each position (Load glutes and explode back to start postion)
- Alternating Chest press on ball – 1 X 20 reps 20lbs
- Functional Lateral Raise 1 X 15 10lbs
- Overhead Triceps Extension, use purple band looped through handle – 1 X 15
- Alt Arms Wide Grip Pulldowns 1 X 15 lbs
- One-Arm Staggered Stance Dumbbell Row 1 X 10 reps 25lbs
- Alternating Chest press on ball – 1 X 15 reps 25lbs
- Functional Lateral Raise 1 X 15 10lbs
- Overhead Triceps Extension, use purple band looped through handle – 1 X 10

TUESDAY- 30-40 minutes on the spin bike – Stretch Matrix

WEDNESDAY – Strength/Endurance

- 20m treadmill shuffle program
- 5 Segment Bridge X 5 Tabata 1 Legged Bridge X 4 – 30 sec hold
- Side Planks X 2 – 20 second hold
- Lying Leg Thrusts X30

- Balanced Torso Twists X30 – 20lbs
- Lateral Flexion X20
- Bent Arm Planks w/Rotation X 3
- Cat/Cow X 10
- Kneeling Lateral Flexion X 10
- Opposite Side Superman's 1 X 15 each side/
- Same Side Superman's 1 X 10
- Child Pose to Hero X 5 2breaths (Up on inhale, down on exhale)
- Front Lung w/Knee Reach to Back Lunge w/Overhead w/6lb medicine ball X5
- Side Lunge w/Same Side Overhead/Opp. Side Cross Body Reach w/5lb X10
- Transverse Lunge w/Shoulder Hgt Rotational Reach to Big Crossover w/Low Opposite Side Rotational Reach w/6lb med ball X5
- One-arm Staggered Stance Chest Height Row 1 X 20 50lbs
- Cable Woodchops-Down Stroke X20 50lbs
- Backswing X20 40lbs
- Red Power Band Tri' & Bi's 1 X 20
- Speed Split Squats X10 each leg
- Single-Leg Cable Crunch 1 X 20 70lbs
- Side to Side Jumps X10 each leg
- Wide Grip Pulldowns 1 X 15 70lbs
- Bosu Ball Crunch 1 X 15
- Curl Grip Pulldowns 1 X 15 70lbs
- Bosu Ball 1 Legged PushUp 1 X 15 (tournament weeks do 1 set X 20, both legs)
- Transverse Jumps X10 each leg
- Oblique Cable Throws 1 X 15 80lbs
- Wide Grip Pulldowns 1 X 10 70lbs (tournament weeks leave this grouping out)

- Bosu Ball Crunch 1 X 10
- Curl Grip Pulldowns 1 X 10 70lbs
- Bosu Ball 1 Legged Push Up 1 X 10 (Use Other Leg)
- Staggered Stance Multi-Plane Press Hip to Overhead Alt Legs X2 15lbs

THURSDAY: 30-40 minutes on the spin bike – stretch matrix

FRIDAY – Full Body Functional

- 20-minute treadmill shuffle
- Straight Leg Bridge on Ball X 5 – go with your breath
- Straight Leg Bridge on Ball w/Arms straight up and pressing ball between hands X 5
- Single Leg Bridge on Ball w/opposite side leg lift X 10 each leg
- Straight Leg Bridge on Ball w/Pelvic rotation X 5 each side – go with your breath
- Leg Curls on Ball X 10 superset w/Side to Side torso twists X 5 - keep shoulders on ground
- Single Leg Curls on Ball w/opposite side leg lift superset w/torso twists w/opposite side arm reach X 10 – 10lbs
- Lying Leg Thrusts X 30
- Balanced Torso twist X 20 – 20lbs
- Lying Lateral Crunches w/Shoulders extended X 20 – 20lbs
- Janda Cruch X 20 – 20lbs
- Plank Sequence 15 seconds each position – 8 cycles – 2 regular side planks – 1 pulse – 1 leg lift
- Child to Hero Pose X 3
- Kneeling Elbow Drops X 10
- Kneeling Superman's X 15
- Roll, Reach & Shoulder Lifts on Ball X 10
- Total body load superman's in pushup position X 5

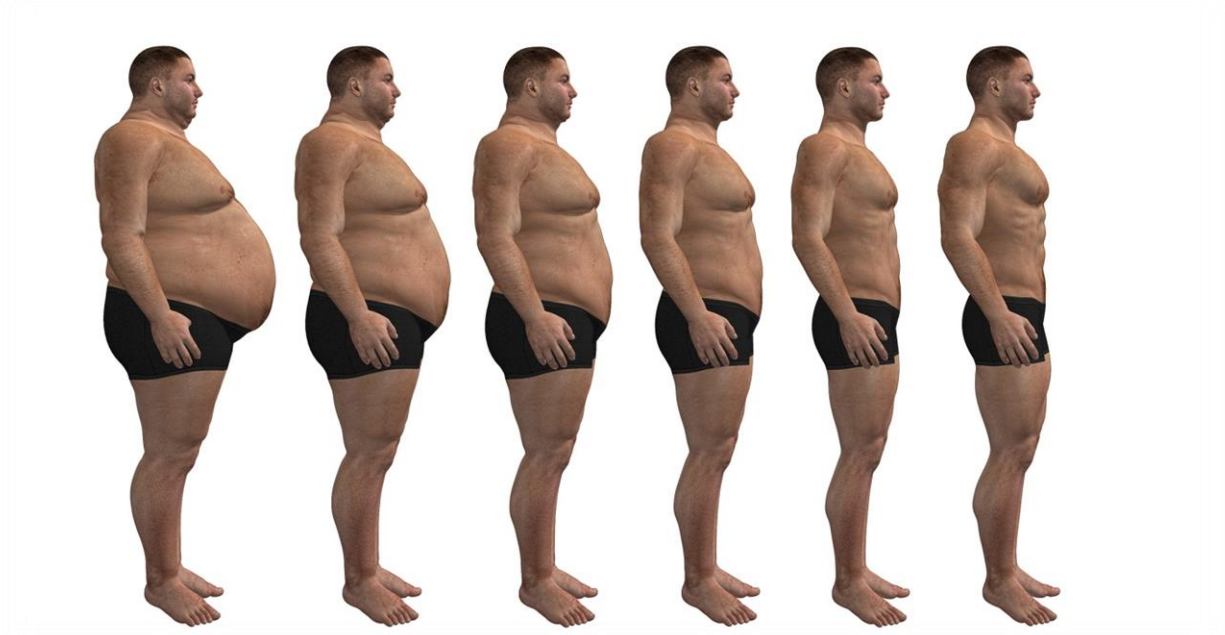
- Scapular retraction in pushup position
- Posterior Lunge w/Same Side Overhead Arm Drive w/yellow band X 10
- Front lunge w/Same Side Dumbbell Toe reach X 10 – 10lbs
- 45* Lunge w/12lb Body bar turning both ways X 5, limit ROM when turning into shoulder, take it to the point where there is no pain. If you still have discomfort discontinue that turn and complete the rest.
- Transverse Lunge w/Pivot & Press X 10 – 20lbs
- Golf Stance w/2second Alternating Arm load superset w/Double Arm load X 10 w/Yellow band
- Elbow Plank on Ball w/Saws & Circles X 5 superset w/ Kettlebell
- Walk in Upside-down press X 5 in both direction – Repeat entire sequence
- Tri-Plane Rotary Cuff X 10 in Runner & Overhead positions, X 15 in
- Backswing & Follow thru – w/ green band
- Tri-Plane Toe Touches X 10 w/green band
- Shoulder Sequence w/Yellow Band – Overhead – In front of Body - Behind Body X 10
- Kneeling Glute Activation w/Grey Band X 20

SATURDAY: 30-40 minutes on the spin bike – stretch matrix

SUNDAY: Off

Now are you ready?

Let your transformation begin!



Chapter 4

MANAGING YOUR PLAN

Helpful Tips for Mindful Eating

Learning how to eat more mindfully is a practiced skill. Don't expect to become a perfect eater overnight, but here are some tips you can use to help improve your chances of success.



-Research reveals conflicting information from 10 minutes to 20 minutes as the time it takes for the brain to signal the stomach that it is full. All research points to eating slowly and deliberate between bites for this signal to be most effective in helping you control your eating and for correctly reading your hunger cues.

- Self discipline is about keeping promises not just those you make to others, but promises you make to yourself. It allows you to feel a sense of accomplishment by honoring a commitment to yourself. It is an important key to staying motivated for a healthier lifestyle.

- Feed your body not your emotions. Feeding your emotional state is among the most common reasons for overeating. We eat to relax, feel control and get comfort during stressful or troubling times.

Are You Hungry, Addicted or Stressed?

How do we know the difference between eating because we are bored, tired, or stressed? Are there signals for us to follow that can help us yield a different result?

Here are some common hunger signals you may be experiencing.

- You may experience hunger as a sensation that tells you when you are hungry. You will recognize the signs of a growling tummy or pangs of hunger that you have learned to associate with being hungry.

The physical signals you are experiencing are a message from the brain letting you know your blood sugar is low or your stomach is near empty.



- Fullness is also called satiety. It's a feeling of satisfaction. Nerves in your stomach send signals to the brain that the stomach is filled. Increased blood sugar, the activity of the hypothalamus, and the presence of food in the intestines all lead to this feeling of fullness.

- Appetite is a desire for or an interest in food. It is linked with the sight, smell, or thought of food. Appetite can override hunger and satiety, such as when you continue to eat even after you feel full. You can also have no appetite for food even though you are hungry, which may happen in a stressful situation or during an illness.

As we grow up, lots of distractions lead us away from this natural way of eating:

- For most of us, food is everywhere-in grocery stores, corner markets, vending machines, and the office break room, to name just a few. It can be hard to pay attention to your hunger signals as you go about your day.
- You may skip breakfast because you'd rather sleep in. So when lunchtime rolls around, you're extra hungry and eat more than you should.
- You may watch TV, read, or use the computer while you eat. This can distract you so that you stop paying attention to what or how much you're eating or whether you're full enough to stop eating.
- You may often eat so fast that you barely even taste your food or pay attention to how full you really are.
- Stress or other emotions cause many of us to reach for food-not because we're hungry, but because food comforts us or helps us celebrate.
- Most of us are influenced by larger serving sizes. Research shows that when people are given larger portions, they eat more.

All these distractions can cause you to ignore your body's signals. You stop paying attention to how hungry you are or how full you are. Over time, you lose the skill of listening to and obeying your body's signals.

Learning to get back in touch with your hunger signals can be one of your best tools for getting to a healthy weight and staying there. Your hunger and fullness signals are still there. You just have to learn how to listen to them again.

Where are you now?

First, find out what signals you are following. Keep a food journal for 2 weeks, or longer if you need to. Write down not only when and what you eat but also what you were doing and feeling before you started eating. Using the hunger scale below, write down where you were on the scale before you ate and where you were afterwards.

When you look back at your food journal, you may see some eating patterns. For example, you may find that you almost always eat dinner in front of the TV. You may find that you always eat an evening snack, even when you're not hungry. You may find that you often snack when you "feel" like you want to eat (because of boredom, stress, or some other emotion), but you're not truly hungry.

Use a hunger scale

A hunger scale can help you learn how to tell the difference between true, physical hunger and hunger that's really just in your head. Psychological hunger is a desire to eat that is caused by emotions, like stress, boredom, sadness, or happiness.

When you feel hungry even though you recently ate, check to see if what you're feeling is really a craving brought on by something psychological.

When you start feeling like you want something to eat, rate your hunger on a scale of 1 to 10, with 1 being starving and 10 being so full you feel sick. A rating of 5 or 6 means you're comfortable-neither too hungry nor too full.

1-Starving, weak, dizzy

2-Very hungry, cranky, low energy, lots of stomach growling

3-Pretty hungry, stomach is growling a little

4-Starting to feel a little hungry

5-Satisfied, neither hungry nor full

6-A little full, pleasantly full

7-A little uncomfortable

8-Feeling stuffed

9-Very uncomfortable, stomach hurts

10-So full you feel sick

To eat naturally, the way a baby does, eat when your hunger is at 3 or 4. Don't wait until your hunger gets down to 1 or 2. Getting too hungry can lead to overeating. When you sit down to a scheduled meal, stop and think how hungry you are. If you feel less hungry than usual, make a conscious effort to eat less food than usual. Stop eating when you reach 5 or 6 on the scale.

When it's time to eat, make healthy choices

For your body to be truly satisfied, your meals need to be balanced. This means that each meal should contain:

- Carbohydrate. You get this from grains, fruits, and vegetables.
- Protein. You get this from meat, fish, eggs, milk, yogurt, cheese, dry beans, and nuts.
- Fat. You get the kinds of fat that help you stay healthy from:
 - Fish, walnuts, and flaxseeds and flaxseed oil. These have omega-3 fatty acids.

- Olive, canola, and peanut oils; most nuts; avocados; and olives. These have monounsaturated fats.
- Safflower, corn, sunflower, sesame, soybean, and cottonseed oils. These have polyunsaturated fats.

Your meals should contain tastes that you like and want. This also helps you feel satisfied.

Learn when to stop eating

Try to stop eating before you get too full. Too full is uncomfortable. It means you ate too much.

Get in touch with what "satisfied," or "pleasantly full," feels like for you.

- Relax before you start eating, and then eat slowly. Remember that it takes about 20 minutes for your stomach to tell your brain that you're full.
- Stop a quarter of the way through your meal, and check your hunger level. If you're still hungry, keep eating, but stop again at the halfway point. No matter what your parents taught you, you don't have to clean your plate.
- Learn what proper portions are. We're used to restaurant portions, but restaurant portions usually contain much more food than we need.

It's important to recognize when it's your appetite talking instead of your true hunger. Knowing which body signal is talking can help you control what you are eating.

If you're eating healthy and listening to your body signals, a piece of birthday cake or an occasional order of french fries can fit into your healthy eating plan. When the holidays come around, it's okay to eat the traditional foods you love.

Just keep listening to your body signals and eat only enough to reach that "satisfied" level.

A few more tips

- Try not to let your hunger drop to a 1 or 2 on the hunger scale. When you get that hungry, you're likely to eat faster, make poorer food choices, and keep eating past the "satisfied" point.
- On the other hand, let yourself feel some hunger between meals. Mild hunger is a good thing. After all, it's a sign that you're not overeating. Teach yourself to appreciate hunger pangs as a natural part of life, as a sign that you're a healthy eater.
- Give cravings 10 minutes. When you suddenly feel the need to eat, tell yourself that you will wait 10 minutes. If it was only a craving, you will have forgotten about it by then, and the urge will be gone. If 10 minutes goes by and you still have the urge to eat, you may be starting to get hungry.
- Don't eat more now because you think you might not have time to eat later. Eat what your body needs now, and worry about later, later.
- Some people find that it's easier to schedule lots of small meals throughout the day. Other people do better with "three square meals." Whichever you choose, try to eat on a regular schedule every day, according to how hungry you usually get. Eating regular meals can help you be more aware of hunger and fullness.
- Does leaving food on your plate drive you nuts? Take smaller servings. Save leftovers for another meal. Share plates with someone. Ask yourself what's more important—a few bites of "wasted" food, or your health?

- When you eat, make your food the main attraction. Sit down at the table with your family. Don't eat in front of the TV. Don't read while you eat. Give your attention to what you are putting in your mouth, how it tastes, and how your body reacts to what and how much you're eating.

STRESS TRIGGERS AND TECHNIQUES

Connection Between Weight Gain and Stress

First, it's important to understand how stress and weight gain are related.

When your body gets stressed it triggers the release of cortisol and is often referred to as the 'stress hormone'.

Cortisol is released as a result of stress we are placing on our adrenal glands causing them to become overworked and try to compensate.

When the body produces more cortisol, it creates a reduction in other hormone production because it needs all the energy to produce cortisol. An example of this is a reduction in leptin, the hormone that helps us feel full after a meal.

With the absence of leptin, we tend to eat more and eventually gain weight as a result. This is why people talk so much about having balanced hormones. When one hormone, like cortisol, is released too rapidly or continuously, it jeopardizes the impact of other crucial hormones.

Considering how dangerous it is, what are some effective management techniques we can use through our journey?

Identifying Stress Triggers

The main stressors we face come from many different areas including emotional, mental, chemical, physical, relationship, traumatic, life event or nutritional stress.

Start with a real life inventory by writing down all of the things in your life at any given moment that bring you stress.

Use two columns to write them down. The first column should have all the stressors where you have some element of control. As an example, it may be that a specific friend is filling your life with way too much drama and that is making you stressed out. Or, you have a relationship that is constantly offering you negative feedback and this causes you stress.

The second column is for stressful things happening in your life where you have absolutely no control. In other words, it will make no difference what you say or do, as your voice will have no input on the events or situation. This could be the loss of a loved one, the birth of a baby, or a health issue.

These are very different kinds of stress, aren't they? Simply by placing them into columns, you can quickly decipher which ones are worth trying to manage and which ones are not.

Next, place the list of "I have some control" in order of how stressful they are to you. Place the most stressful items at the top and the least stressful items at the bottom. This will help you prioritize them for management.

Now, begin walking through each one in your mind to see how to tackle the stress to try and eliminate it. Some will have realistic options and some will not.

As an example, maybe you live in an area where there is a lot of pollution and this is an environmental stress for you. You have a couple of options. You can move to another area, even if it means leaving a current job or occupation. But, perhaps, for you this is not realistic. You need the job or love the job and want to keep it. You just want to eliminate that part of it. In this case, maybe there is another area to live where a commute is not a big deal and it solves the pollution concern. Or, perhaps you can arrange a remote office location.

It doesn't really matter what kind of options you come up with. What is important is that you take the time to explore them to reduce the impact of stress. When you reduce or eliminate the stress triggers, you can have your life back again and restore your health and well being.

But, what happens when you have some stressors where you have no control or cannot come up with a viable solution? This is where stress management techniques come into play.

Best Stress Management Techniques

Some people are better than others at managing stress. Interestingly, one of the most significant hallmarks of stress is fatigue and loss of energy. Stress also affects your ability to think and stay focused, your behaviors, and your physical health.

Symptoms you may be feeling include becoming agitated or frustrated easily, loss of energy, and trouble quieting your mind.

One of the most obvious ways to eliminate it is to determine what exactly is causing the stress and get rid of it. However, this is not always practical. It may be your job and the only way to relieve the stress would be to quit. While this may be possible for some people, it may not be very practical for others if you are concerned about finances or the possibility of finding another job quickly.

There are a wide variety of techniques that are popular today. Some may work for you and others will not. You may even use one technique for one set of stressors and another technique for a different set of stressors. Once you figure out where your stress is coming from and you have a handful of techniques to try, then you mix and match strategies for long term success.

Experiment with these techniques to see what works best for you under different scenarios. Then, you can speak from your personal experience.

Take a few nice deep breaths and calm your mind

Taking deep breaths has a physiological effect on your nervous system.

When you take a deep breath, you should be able to see your diaphragm moving up and down. Begin by lying down, face up, with your hands on your abdomen. Slowly breathe in until you notice a rise in your hands. This means you are filling your lungs. Hold your breath for a few seconds (or as long as you're comfortable), then slowly release. You should notice your hands lower.

Take a 10 minute walk, preferably in nature

Sometimes your brain can get wrapped around an idea or fail to see possible solutions. It simply gets stuck. Taking a brief walk can help you re-energize. Getting out in nature can help change your perspective or at least change the way you look at the problem.

No matter where you are or what you are doing, give yourself 5 to 10 minutes of time to walk around the neighborhood, the halls of your work place or whatever you can do to get out of your current environment. Ideally, you will get out in nature for a quick walk, jog or run to open your brain back up to possibilities.

Become a better time manager

If you are one of those people who are always late, or behind in projects, this alone can be quite stressful. People who are late often carry high levels of stress.

There are many ways to try different time management techniques. You can write things on a calendar, make lists nightly with action items, and even set your watch a few minutes ahead of time. Also try assigning a time next to your days activities and try to keep track of where you are spending your time. This will help you plan for the future with more realistic expectations.

Try meditation

Meditation has been proven in research and clinical studies to induce a relaxation response in as little as 10 minutes. It reduces stress, anxiety and also improves your cardiovascular system.

Find a relatively quiet space or an area that will help you relax. Lie down or you may sit and begin the process of calming your mind into a peaceful state by thinking of things that make you happy or bring you joy.

Begin the silent repetition of a word like 'om' or 'one'. Every time you have a different thought, dismiss it immediately. Keep repeating the word for the time you have allotted for your meditation session, usually 10 to 15 minutes.

Get some exercise

Physical activity releases endorphins which allow you to relax and focus. It is an instant mood lifter.

According to experts, it helps build self esteem and self confidence while improving your mood and energy levels.

Listen to music

Music can have a powerful effect on our mood and physiological functions like lowering blood pressure, slowing our pulse and heart rate and lowering our stress levels.

It has been shown to stimulate brain waves and allows you to follow the beat of the music with different affects. For example, a faster tempo is associated with improved alertness and concentration. Slower tempos are associated with inducing a state of relaxation and sense of calm.

Try visualization

Begin this exercise by imaging how different you will look and feel when you achieve your weight loss goals. Consider cutting out a photo of a person in a

magazine that looks healthy, vibrant and fit. Place it on a mirror, refrigerator, on your computer or any place that is visible to you.

The more detailed you can be in your imagination, the more likely you will see your own visual results. Your mind is far more powerful than you may be aware. Use it to your advantage where you can.

Gratitude and daily affirmations

There are many people who believe that expressing gratitude daily can have an overwhelmingly positive effect on your mind and create a very successful experience for you.

If you have never tried this proven technique, this is a great time to start. Take a small notebook and make a list of 3 things each morning that you feel grateful for. It shouldn't take more than a few minutes to complete and will eventually become a newly formed habit for you.

If you have a negative attitude, this exercise may even prove difficult at first for you. If you are not feeling great about yourself or the set of circumstances which currently surround you, you might even have trouble making a list at all.

It is hard to be grateful for your body when you are overweight. It is hard to feel grateful for your relationship if it is in conflict. The more difficult this is for you at first, may also prove to be a major turning point later. It may make you more aware of how negative your feelings are and the need for an improved outlook on life, in general.

Along similar lines of a gratitude journal, you should learn to make daily affirmations. These are simple statements you make to yourself which can have an effect on your subconscious mind.

Examples might be telling yourself, 'you are strong, beautiful and a healthy weight'. Even if you are not at the weight you want, these affirmations can

start conditioning your mind to view yourself in a more positive light and help expedite your fat loss goals.

Healthy eating

Eat as healthy as possible and get to a healthy weight. A sound mind makes better decisions and handles pressures better than when you are feeling weak, mentally and physically.

By decreasing sugar, processed foods and monitoring your eating patterns more closely, you can restore your energy and vitality fairly quickly.

Experience in life teaches us that good things as well as bad things come and go. Manage and acknowledge what you can control and experiment with the techniques above to see what works best for you. As you learn more about yourself and what triggers various stressors, try not to place yourself in vulnerable situations.

When your mind becomes cluttered

Outside of specific stressors that may impact your ability to stay focused and lose weight, what else can play games with your mind and potentially sabotage your success?

Chronic Dieting

If you've been dieting off and on for many years, your subconscious reminds you that you have failed before and will likely even do it again, so why keep trying? Starting a new diet is much like the feeling of a young married couple on their wedding day compared to a few months later. Remember the common saying 'the honeymoon's over'. You start a new diet and you're all excited, then the fear, doubt and a flood of familiar feelings take over-like you've been here before.

Recognize when this is happening. The 'honeymoon' doesn't have to be over yet and the commitment you make to see it through can help restore your self

esteem because you are honoring what you said you would do. That can have tremendous emotional value as you start to see an immediate confidence boost.

Lifestyle Stress

We have already discussed lifestyle stress in great detail. Yet, here are some final points to consider.

Try to remind yourself that life tends to move in cycles of both good and bad-up and down. It can help to manage the feelings of extreme elation and keep them in balance with feelings of depression. Knowing that most people-if not all- experience good times and bad- and a strong, healthy body may be a greater asset to you to fight whatever you are up against. Focus can be your best friend. It is when people feel isolated and feel the world is against them that things can go wrong in a hurry.

Conflict Management

Who among us has the perfect way to handle emotional distress when it rears its ugly head? Life is not about perfection. It's about action. Many of us don't always talk things out the way we should or know how to resolve conflict the best way. Many people immediately resort to a 'go to' position of eating for comfort.

As you begin this program, every time you feel hungry or frustrated with a situation, ask yourself, 'am I really hungry or am I doing this as my 'go to' conflict resolution?' Don't be surprised if you find the majority of the time you truly are not hungry, but just reaching for the comfort position and routine you know so well.

People, places and things

Growing up you may have made subconscious connections with people (like your mom or dad) taking you out for ice cream when you did a good job or as

part of a reward. Perhaps going to concerts or movies or carnivals are triggers of past activities. For example, if you are a movie go'er and you always get popcorn before you sit down. This can act like a very natural trigger for you. It is though the world will not be right if you go to a movie and NOT eat popcorn. It is almost embedded in your brain.

Start by identifying these patterns as best you can. It would help to start with a piece of paper or pen and writing it down to bring your thoughts forward.

Pure depression or low self esteem

Did your weight gain create feelings of depression or did your feelings of depression work against you when you wanted to lose weight? We have learned over time that depression and low self esteem are very serious matters not to be taken lightly. Of course, you should get help whether you need a counselor, therapist or medical doctor if it becomes a significant issue.

Having said that, remember that exercise and good nutrition can be very beneficial for creating a more positive mood for yourself and affecting those around you.

There are many kinds of stress that may affect your ability to stay focused on your goals.

Types of Life Stress

Physical stress

Your body can become stressed when you are not getting enough sleep, travelling too much or performing physical labor. (moving, job requirements, etc.)

Emotional stress

You will most likely notice this stress when you are feeling emotions like sadness, loneliness, and fear.

Nutritional stress

If you have a habit of not eating in a healthy way which deprives your body of needed nutrients or if you have food allergies, you may have felt nutritional stress on your body.

Chemical stress

Chemical stresses can be found anywhere including pesticides, toxins in your environment, caffeine, alcohol, etc.

Mental stress

Do you ever find yourself overreacting to something, or worrying about if you got it right? These are forms of mental stress along with worry and anxiety.

Traumatic stress

If you have been feeling sick, ill, or had an injury of some sort, you have felt traumatic stress.

Relationship stress

Ending a romantic relationship or friendship can be very stressful. And, it doesn't even have to end to feel the stress. Many relationships are stressful because you are not at peace with it for any number of reasons. This also applies to work relationships with your boss, your peers, etc.

Life event stress

Weddings, birthdays, moving, and changing jobs are all among life's greatest stressors. Life events do not have to be negative events to trigger stress. In fact, they can be exciting and fun things you are looking forward to.

Recognizing hunger, stress and management techniques are among the most important things you can do in life. Far too few programs focus on this area

and it's a shame. People are most successful when they have all of the right tools and techniques to help them through their challenges.

This is why we have taken so much time to walk you through some of these potential roadblocks and various management techniques.

Congratulations...if you have a dramatic weight loss story you'd like to share with other golfers about how you look, feel and play differentlyplease send your email to info@wakeupgolf.com