

# Get Motivated!



## 10 Strategies to Stop Procrastinating and Become Your Healthiest Today

Kim Farmer

## Table of Contents

Preface.....	3
Step #1: Understand the Effects of Procrastination to Your Health .....	5
Are You A Procrastinator?.....	5
Stop Procrastinating and Act NOW!!!.....	6
Step #2: Realize That Diseases Don't Discriminate .....	9
Startling Statistics .....	10
BMI Defined .....	11
Body Fat Percentage .....	12
Making Changes .....	12
Step # 3: Discover Your Initiative .....	14
Step #4: Obtain and <i>Maintain</i> Motivation .....	16
Motivation Quiz .....	16
Consequences.....	19
Heart Statistics .....	21
Wants, Needs and Beliefs .....	22
Delayed Gratification.....	23
Step #5: Define Your High-Level Goals .....	24
Creating Goals and Categories.....	24
Step #6 Exercise: Making...And Keeping Your Commitment .....	26
Strength Training is for Everyone! .....	28
Step #7 Determining Your Resources.....	30
Gym Memberships.....	30
In-Home Equipment.....	31
Outdoor Resources.....	35
Outdoor Sports .....	35
Hiking .....	36
Biking.....	37
Step #8 Nutrition: Learning What To Eat.....	38
Some Fats Are Good For You... ..	38
Butter vs. Margarine- And the Winner Is... ..	39
Fruits and Vegetables... Yes! .....	40
Carbohydrates... Too Much, Too Little, Too Confusing? .....	41
That Lean, Mean Protein.....	42
Step# 9 Nutrition: Making...And Keeping Your Commitment .....	45
Breaking Bad Habits...And Adding Good Ones .....	45
Step #10: Don't Drink Your Calories .....	53
Appendix I-Exercise Examples.....	56
Appendix 2 – Time Log.....	61
References and Recommended Reading.....	62
Websites .....	62
Books .....	62

## **Preface**

My motivation for writing this book was simple: To use my knowledge, experience and professional training to help people get motivated to *want* to exercise and make better food choices *without* dieting. With so many so called weight loss pills, diets, and programs out there promising the world if you are willing to eat very little and pay big money to do it, I wanted to create something that will help you maintain *optimal* health without worrying about what to eat when, which pill to take at what time, or how much it costs to lose weight.

As a Personal Trainer and Group Exercise Instructor, I am approached very frequently by people that want to lose a little flab here and a couple of pounds there. The ‘here and there’ locations are usually the same for men and the same for women: For men, it is usually around the abdominal area and for women it is usually under the arm and the abdominal area. I am also approached by women wanting to ‘tone up’ but are afraid of ‘bulking up’ and so they usually avoid the weight section of the gym. There are many additional questions that I am asked frequently and I am hoping that this book will help answer them. I am also very open to receiving questions through email: [kfarmer@milehighfitness.com](mailto:kfarmer@milehighfitness.com). I will answer all questions as promptly as I can.

There have been many studies that have been performed with the intent of helping us understand which foods are good to eat for prevention of certain ailments. These include illnesses such as cancer, diabetes, high blood pressure, and heart disease to name a few. Through the years this information has been made available to the public through press releases, commercials, books, websites and many other forms of media, which is great; the concern has always been which information is true, correct and up-to-date. In spite of this, I am in no way claiming to be a licensed, medical professional; this is important since a lot of people mistakenly believe that a personal trainer can diagnose and treat many physical problems. On the other hand, I *can* claim to have done much needed research in the areas of diet and exercise, and by means of my profession have had training and experience in all of the areas that are discussed. Through my research and years of study, I have been introduced to some awesome reference material that I will use for years to come and would highly recommend them for additional reading; I have included all reference information at the end of the book.

Having a natural passion to want to see people *get results* from their efforts, I have made it my personal responsibility to do my part in the world to help as many people as I can be as healthy as they can without the stress and anxiety that often comes along with dieting. I have personally experienced the decreased self-esteem, harmful thoughts and perceived defeat that accompanies being overweight; after having children, it can seem like an impossible task to return to your normal weight. In fact, just pick your poison—busy lifestyle, low energy level, lack of resources, or just plain lack of motivation is enough to make anyone feel powerless when it comes to trying to eat right and exercise regularly. If you fall into any of these categories, join the crowd.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

My hope is that you will read the following 10 steps and have a plan of action that will *help* you in your quest to be the healthiest you can be today and forever. I emphasize the word *help* since no one can actually do the work except you, and I'm not promising any magic formulas since there are none. But you will be armed with the right information to really make a difference in your food and drink choices and your decision to start exercising or keep exercising for years and years. Enjoy!

## **Step #1: Understand the Effects of Procrastination to Your Health**

There have been many books, articles and lectures on the topic of procrastination and it is decidedly one of the most sure-fire ways to guarantee failure. However, it is a complex topic to understand since it involves many facets of the mind. In this section, you will learn how to recognize if you are a procrastinator, how procrastination is detrimental to your health, and how to change your behavior to having a sense of urgency regarding the improvement of your health.

### **Are You A Procrastinator?**

To be frank, there is something that we all don't want to do every once in a while, so we all procrastinate to some degree. Whether it is cleaning the house, writing an essay, reading a book or ...yes, exercising, there is something that we all don't want to do at the time that it needs to be done. Review the following list to determine if you exhibit traits of ongoing and habitual procrastination:

- You have an unrealistic perspective of time and commitments.
- You talk about starting projects in vague terms such as “sometime next week” or “I'll do it next summer”.
- You know what you *should* want for yourself, but are not always clear on what you really do want for yourself.
- You find it difficult to stay committed to any one person or project.
- You have goals that you have never attempted OR completed.
- You are easily distracted by another plan or goal that appears to be less problematic.
- You blame people or events for your failures because you don't want to admit any mistakes or deficiencies within yourself.

Chances are that if you can identify with most of these qualities then you already know that you have a real problem with procrastination. And more specifically, as it relates to exercising and eating the right foods, these symptoms may sound very familiar. If you do procrastinate, especially when it comes to obtaining a better level of health, then you don't have a complete understanding of how your body responds to your postponement. Everything that you put into your body or don't put into it, AND everything that you do or don't do in terms of exercise, affects your health today and forever.

In effect, neglecting to participate in regular, consistent exercise and eating a healthy diet can do consistent and regular damage to your body that may not be fully realized until your later years-- if you are lucky. Each day that you choose not to exercise creates missed opportunities for reaping these benefits:

- High blood pressure prevention;
- Osteoporosis prevention;

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

- Strengthening your heart and lungs;
- Weight loss;
- Breast cancer prevention;
- Increased HDL (good) and decreased LDL (bad) cholesterol levels;
- Diabetes prevention; and
- Pain, stress and anxiety reduction.

In addition to these lost opportunities from not exercising, there are yet others that are related to delaying your intake of fruits and vegetables and other foods that are low in saturated fats and trans fats. These lost benefits include:

- Decreasing your risk of having a heart attack;
- Decreasing your risk of having a stroke;
- Defending against memory loss;
- Defending against blood clots and inflammation; and
- Protection against heart disease.

All of these topics are covered in further detail in Steps #8 & 9. Waiting until the perfect time to start your new eating plan or to incorporate exercise into your schedule is negligent and careless. It is much like not changing the oil in your car—only worse since it is your *body*. If you are moderately healthy today and free of disease, then it may be hard for you to understand the benefits of prevention. But here is a good analogy that may help you to appreciate your health: If you take care of your car by changing the oil, getting regular maintenance checks on the engine, rotating the tires, etc., then the chances of it breaking down are minimized. On the other hand, if you procrastinate and just continue to let it run and put more and more miles on it and not take care of it, then something will inevitably go wrong. Luckily, if it breaks down, you can just go buy another one or get it fixed. Your body is the same with one exception: It is the only one you have and the only one you will ever have.

Procrastination is simply **not an option** when it comes to taking care of your body. You must begin to do some form of consistent preventative maintenance when it comes to helping your heart and lungs run smoothly, to keep excess weight off, to maintain healthy cholesterol levels, to keep blood pressure at normal levels, etc. You certainly wouldn't want to wait until your car left you stranded on the side of the road, so you undoubtedly need to keep a close eye on your single and only body.

### **Stop Procrastinating and Act NOW!!!**

There are some steps that you should take in order to stop delaying the improvement of your health. Since the number one excuse people give for not exercising is a lack of time, the first step is to know exactly where your time is spent—down to the minute. Most of us don't use all of our time productively everyday, so when you start writing down where your time is spent during the day, you will soon see that there is at least a 30 minute block of time that you can spare for exercise. You can do this by tracking your

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

activities for a couple of days by using a time log – an example is shown below. A time log is simply a snapshot of what you do during the course of your day. You will need to log each occurrence of your day from the time you wake up until the time you end your day. Here is a short example that could get you started:

<b>Time</b>	<b>Activity</b>
7:00 am	Woke up
7:00-7:10	Lay in bed
7:10-7:20	Watched TV
7:20-7:40	Made breakfast
7:25-7:35	Ate breakfast, read paper
7:35-7:45	Took a shower
7:45-7:55	Got dressed
7:55-8:10	Packed lunch, files
8:10-8:35	Drove to work
8:35-11:45	Worked
11:45-12:45 pm	Ate lunch, read book
12:45-5:00	Worked
5:00-5:30	Drove home
5:30-5:50	Washed dishes
5:50-6:30	Cooked dinner
6:30-7:00	Ate dinner
7:00-8:00	Shopped
8:00-9:00	Drove home, talked on phone
9:00-10:00	Watched TV/Read book
10:15	Slept

**Table # 1 – Time Log**

You will be able to find a blank time log to use in the Appendix for tracking your own schedule and activities. While your schedule may be drastically different, especially if you have children, this activity will help you to more easily find a 30 minute block of time everyday to exercise. The shaded areas on this schedule indicate times when exercise could be substituted for an activity. Even if the conclusion is that you must get up 30 minutes earlier, that is still a solution to start exercising consistently right away. If you already get up pretty early in the morning, perhaps you could carve out 30 minutes over your lunch break and take only 20 minutes to eat your lunch. Or after work, before doing anything else, change clothes and head to the gym or outside to take a walk or run. There are so many ways to get creative with finding time to exercise, there really is no reason to wait.

Additionally, you must not delay your decision to eat healthy foods that not only taste good, but are beneficial to your body. Step # 8 goes into detail about the right foods to eat, but for now I will mention that you should not cut yourself off from any food group, but rather be willing to make a lifestyle change and gradually begin eating more fruits and vegetables, foods with lower saturated and trans fat, and foods that have fewer

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

calories but still pack a higher nutritional value for your body. This must also begin right away since you are simply damaging your body internally by continuing to eat the wrong foods. You must consider that everything that goes into your body could either be harmful or helpful, and you should seek to preserve the only body you will ever have.

Contrary to what some marketing messages deliver these days, long term good health *cannot* be achieved in just a few days or weeks. The golden key to long term health lies in your consistency to create a lifestyle that you can lead perpetually. Lifestyle changes refer to your ability to make better decisions regarding your health everyday, and not just because you are on a diet or eating plan. Some people wait to get started on a diet or wait to start exercising because they either a) have tried a diet before and failed, or b) tried a diet before and it worked at first but the weight came back, or c) realize that it will take a lifestyle change and don't want to change. This lifestyle change should start without delay in order to reap the numerous benefits listed above AND to avoid health related illnesses which is Step #2.

## **Step #2: Realize That Diseases Don't Discriminate**

If you are up to speed on the latest flood of celebrities, famous sports figures and entertainers that have recently been on the news due to various forms of cancer, heart attacks, strokes or diabetes, then you already know that these types of preventable diseases are non-discriminatory. Non-discriminatory but highly preventable. While there are some cases in which the disease is genetic and not preventable, most of these types of illnesses are preventable with proper exercise and diet.

Cancer prevention and awareness has grown a lot over the years and physicians and individuals alike now realize that the best treatment for cancer and other illnesses is prevention itself. The chances for someone being diagnosed depend on both genetic and non-genetic factors. We will focus our discussion on the non-genetic factors in this book since we would all be wise to follow these suggestions to highly reduce your probability of a serious illness:

**Eating a diet that is well-balanced, low in fat with plenty of fruits, vegetables and whole grains** has been shown to help prevention efforts and Step #8 will provide more details on this topic.. In countries in which women eat diets low in total fats and low in red meats, there are *significantly* less cases of breast cancer. Physicians are not yet sure of the scientific correlation between low fat eating and a reduced risk of cancer, but the results speak for themselves.

**Incorporating moderate daily exercise into your schedule is another proven method of reducing your risk for cancer and other illnesses.** This book will delve much deeper into the details of the different types of exercise that are appropriate, but the point is that you should make a concerted effort toward regular, consistent exercise in your schedule. Here are some of the **benefits of regular exercise**:

- Exercise helps to reduce estrogen levels, which in turn will lower your risk for breast cancer whether you are male or female.
- Exercise lowers the buildup of plaques in arteries by increasing the concentration of high-density lipoprotein (HDL) cholesterol — the "good" cholesterol — and decreasing the concentration of low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol — in your blood.
- Exercise prevents high blood pressure and help lower your blood pressure if it is already high.
- Exercise strengthens your heart and lungs to allow you to take in oxygen more efficiently to nourish your cells.
- Exercise prevents osteoporosis by keeping your muscles and bones strong.
- Exercise helps to manage your weight by burning calories.
- Exercise prevents diabetes by lowering your blood sugar levels.
- Exercise increases longevity of life.
- Exercise boosts your immune system, helping to fight off other illnesses.
- Exercise helps to manage pain, stress and depression.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Perhaps there are other benefits of regular exercise that aren't listed here but have been recently uncovered. There is ongoing research in this field by medical professionals to reveal yet other benefits to add to the list. Nevertheless, this list should be enough for anyone to want to exercise regularly.

The question is why aren't we doing it? We often hear through the media or advertising about the numbers of Americans that fall into a certain overweight or obese category, but it never ceases to motivate me to help people get out of these categories and it should never cease to motivate you to help yourself if the numbers include you. Here is a short list of the numbers that I am referring to:

### **Startling Statistics**

- Approximately one-third of US adults are considered overweight.
- Approximately one-third of US adults are considered obese.
- Less than half of US adults are at a healthy weight.
- From 1960 to 2002, the prevalence of overweight adults increased from 44.8% to 65.2% in US adults age 20 to 74. The number of adults that were obese during this time period more than doubled from 13.3 to 30.5%
- More than 15% of children and adolescents are overweight in the US.
- When compared to 30 other countries, the US has the highest obesity rate.
- The prevalence of obese or overweight adults in ethnic minorities is generally higher than in whites in the US:

Non-Hispanic Black Women: 81.6 percent  
Mexican-American Women: 75.4 percent  
Non-Hispanic White Women: 58 percent

Non-Hispanic Black Men: 69.1 percent  
Mexican-American Men: 76.1 percent  
Non-Hispanic White Men: 70.6 percent

The numbers speak for themselves—there are changes that every one of us can do to gain positive strides when it comes to our health. Every small change that is made will bring us closer and closer to where we need to be as a nation.

There are tactical measurements that are used to help medical professionals categorize us as overweight and/or obese: **BMI and body fat percentage.**

## **BMI Defined**

Medical professionals use a number of assessments to determine your risk for certain diseases. One of those numbers is body mass index (BMI), which is simply a ratio of your weight and your height. It is defined as:

$$\text{BMI} = \frac{\text{Weight in pounds (lb)}}{\text{Height in inches squared}} \times 703$$

So if you weigh 150 pounds and you are 5'6" (66 inches) then your BMI is:

$$\text{BMI} = \frac{\text{Weight (lb)}}{\text{Height}^2 \text{ (in)}} = \frac{150}{(66)^2} \times 703 = 24.2$$

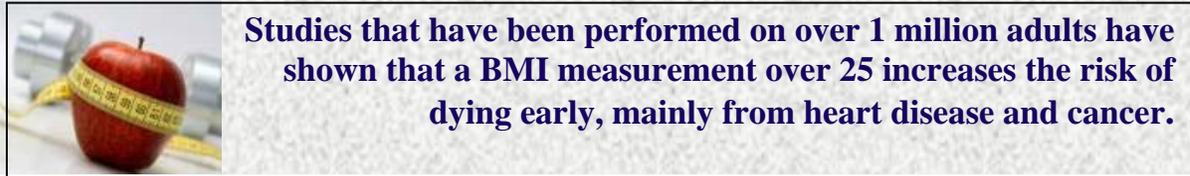
According to the following BMI reference chart, you would be considered in the 'normal weight' category:

<b>BMI Range</b>	<b>Category</b>
<18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Overweight
30.0-34.9	Grade I Obesity
35.0-39.9	Grade II Obesity
>40	Grade III Obesity

**Table 2: BMI Reference Table**

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

BMI measurements alone are typically not sufficient for any health professional to diagnose risk factors for certain disease, particularly since there are people that have a high amount of muscle mass which could skew the measurement. However, for most people, it is a good measurement that has been used for many years by health professionals.



Another measurement that is used to help determine your risk factor for diseases is your body fat percentage. Your body fat percentage is simply the percentage of fat that your body contains. If you are 150 pounds and 10% fat, then your body has 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else). The following table illustrates the different categories of body fat percentages from the American Council on Exercise:

<b>Classification</b>	<b>Women (%fat)</b>	<b>Men (%fat)</b>
<b>Essential Fat</b>	10-12%	2-4%
<b>Athletes</b>	14-20%	6-13%
<b>Fitness</b>	21-24%	14-17%
<b>Average</b>	25-31%	18-25%
<b>Obese</b>	32% or greater	25% or greater

**Table 3: Body Fat Percentage Reference Table**

If your BMI and body fat percentage measurements are both high, then you are at risk for more illnesses and diseases than someone that falls into the normal categories on both measurements. Only a licensed medical professional can diagnose you with anything so it is important to see your doctor regularly. Unfortunately, there are many people that avoid seeing their doctor for fear of what they might find. Nevertheless, no matter what condition you are in, there is *always* a chance for you to have the best health of your life, live longer and feel better *without* the dependency of medication or dieting.

### **Making Changes**

You have to be willing to make *lifestyle* changes and realize that you only have one body to work with no matter whom you are or what your status is. Lifestyle changes refer to your ability to make better decisions regarding your health everyday, and not just because you are on a diet or eating plan.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

But what are those changes and how do you even start? **What can you do starting right now to contribute to your health and to our well being?** How do we make the shift from knowing the statistics (head knowledge) to taking action to help ourselves?

When you were a child, do you remember disobeying your parents even though you knew what the consequences would be? Or perhaps you have children that have trouble taking your advice? In the same way that a child chooses not to follow directions or decides to suffer the consequences of his or her actions, we are children in the same respect. In other words, we have all been made aware of the consequences of not exercising or eating the right foods, yet we continue on the same path. This must mean that we are willing to suffer the consequences, just as a child does.

Isn't it just easier to keep doing the things you've always done? It has been proven that in general, we are resistive to changing the things that we are accustomed to. Think about your own life. Perhaps you have been on the same job for many years even though you are unsatisfied with it. Or maybe you have been meaning to go back to school to improve your skills in a certain area but haven't yet gotten around to it. These activities require that you make a change to your schedule, or your financial state but most importantly, your lifestyle. As people, we resist things that require a change in the way our lives have been, as we know it.

We must change the way that we've always done things to get different results. The next few chapters will show you how to begin to make these changes.

### **Step # 3: Discover Your Initiative**

How do we begin to make the changes in our lives that we know we need to make? More specifically, how do we begin to exercise and improve our eating habits for life? Based on my research, there are several values and beliefs that you must have, incorporate and act upon.

The first one is initiative. The definition of initiative is:

*readiness and ability in initiating action;  
one's personal, responsible decision*

Let's look at that a bit closer:

**“Readiness”** --This means that you must actually be ready to make a change. If you are not really ready to do what it takes to get the results you are looking for, then there is not a diet, weight-loss or exercise plan in the world that is going to work for you.

The next important word is **“Ability”** —in other words, do you have the skill, capacity and knowledge to do what you are setting out to do? Most of us are able to exercise consistently, but not ready to make the change.

**“Responsible decision”** acknowledges that it is YOUR responsibility to get the results you want. To put it another way, no one else is responsible for your poor eating habits, the pounds you've put on since having the kids or the fact that you haven't found the time to exercise. If you want to see changes happen, it is up to you to make it so.

When you possess all of the above characteristics, then you can honestly say that you are ready to make the first step toward a lifestyle change. It says nothing about your commitment or dedication, or what you will need to do to make the change. It just means that you have simply taken the first step in a process.

For example, many people have the *initiative* to stop smoking and so they go and buy patches, chew gum, stop drinking, etc. Perhaps they got fed up with the cost of cigarettes, the smell, or just wanted to be healthier and feel better.

Or if you've ever had a sales position, then you know that it takes a lot of initiative upfront in order to generate a client base. It doesn't matter what kind of sales position it is, as long as you are in sales, you must have the initiative- that is the readiness, ability and responsible decision- to start a client base amidst the harsh environment of being rejected over and over.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

Similarly, when you decide to make a lifestyle change to accomplish something for yourself regardless of what the ‘something’ is, this kind of drive must be present. This same type of positive energy needs to come from within in order for the change to begin.

Some people have found it easy to take the initiative to do something positive for their health; drinking more water, cutting back on chocolate, exercising or reducing salt intake are all signs of initiative to begin making strides toward a healthier lifestyle.

One of the main reasons that weight loss programs, diet pills and other similar types of products have been so popular is that some people know that they need to do something to lose excess weight, but they need some help getting started. These types of products are great for getting you short-term results; in fact you may find that losing the first few pounds is not extremely difficult. But for the long haul, diets should not be a mainstay in your life.



**Find the desire within yourself to get healthy and stay healthy without outside influences. This requires a deep and unwavering understanding that you will not get long-term results by making temporary adjustments.**

Take a moment to think about other areas in your life in which you have demonstrated that you can make permanent changes for the benefit of yourself or for those that you love. Perhaps you are an ex-smoker and realized that you don’t want to smoke again-ever. Or maybe you had a shopping habit that you decided to tame after years of excessive spending. You might have decided as an adult to go back to school to get a degree or certificate in something that you’ve always wanted to do. All of these things require a lot of initiative to start or stop doing, and in order to continue with the change that you made, it will require some motivation to keep going which is discussed further in Step #4.

Before we go any further, let me be the first to congratulate you on taking the initiative to buy this book. This is one step closer to achieving a lifestyle that you can actually maintain and appreciate to obtain optimum health.

Now let’s take another step and learn more about what motivation means and how you can get and keep it. Any real commitment that is made and kept in your life takes motivation—in other words you have a motive to either keep doing what you are doing or to not start what you have decided to stop. In order to start something and keep doing it, there must be enough motivation to continue—this is covered more in Step #4.

## **Step #4: Obtain and *Maintain* Motivation**

Here is a little mind teaser for you: If you were told that you would receive \$500 to jump from a third story window, would you do it?

What if you were offered \$10,000 to jump from a 5<sup>th</sup> story window?

If you were told that you would receive \$50,000 if you would agree to exercise everyday for 30 minutes as long as you were physically able, would you do it? Of course the smart thing to do would be to do it and then invest the money --you would live longer since you are exercising everyday, AND it would be a rather large sum of money by the time you withdrew it! Depending on your age, you could withdraw the money in your 70s and have another couple of decades to enjoy it.

I don't think that most people would pass up a deal like that. So the obvious question becomes: Does it take a moderately large sum of money for most people to be motivated to exercise everyday? Or exactly what does it take? We are all easily motivated to do certain things, especially things that fulfill a direct need that we have, like eating for example. In fact, there have been many doctors, psychologists and other medical professionals who have devoted numerous hours studying the causes of motivation.

Abraham Maslow was famous due to his Hierarchy of Needs pyramid, which takes into account the psychology of human needs and how we seek to meet our unmet needs first. It's pretty easy to understand really- we are naturally and intrinsically motivated to eat when we are hungry, to drink when we are thirsty, and to sleep when we are tired. Unfortunately, it is not a natural instinct for us to exercise and eat right just to feel better and live longer. Some people have exercise and nutrition at the top of their list right along with the need for sleep while others have it way down on the list or don't have it on their list at all.

What is *your* level of motivation? Take this short quiz to find out how motivated you are to exercise and eat the right foods consistently:

### **Motivation Quiz**

#### **1. When it comes to exercising:**

- A. I love it! I do it at *least* once a day.
- B. I exercise at least 3 days a week.
- C. I do it whenever I feel like it, which is usually every couple of weeks or so.
- D. Who needs it?

#### **2. As for my physical appearance:**

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

- A. Cuts and curves are important to me.
- B. I like to be able to feel good about the way I look.
- C. As long as I can walk without my thighs making a fire, I'm fine.
- D. I'm not big enough to be invited on Oprah so I'm in pretty good shape.

**3. I participate in sports:**

- A. At *least* a few times a week; eat your heart out Kobe Bryant!
- B. About once every couple of weeks.
- C. At barbecues or whenever somebody talks me into joining the softball league at work.
- D. Does coaching my son's soccer league count?

**4. I do some form of resistance training:**

- A. At least 2-3 days a week.
- B. Whenever I do sit ups and pushups at home – usually once a week or so.
- C. About once a month when I notice my stomach area is gaining more flab.
- D. Whenever I pick up the remote.

**5. I spend time stretching:**

- A. At least 2-3 days a week.
- B. About once a week or so.
- C. About once a month.
- D. Whenever I stretch the truth.

**6. The amount of water I consume is:**

- A. Approximately 8 glasses a day.
- B. One glass at each meal.
- C. About one water bottle a day.
- D. Equivalent to only what I use in recipes.

**7. I eat fruits and vegetables:**

- A. Usually with every meal and even snacks.
- B. About 3 times a day.
- C. Once a day if I'm lucky.
- D. Whenever I eat French fries.

**8. I eat sweet desserts like chocolate and cake:**

- A. I don't buy them so I only eat them on occasion.
- B. About once a day.
- C. After (or with) every meal.

**9. I drink soda:**

- A. Never.
- B. A couple of times a week or so.
- C. At least once a day.

**10. I eat fast food:**

- A. Never.
- B. About once or twice a month.
- C. Once a week.
- D. Several times a week.

**If you answered mostly A's:**

Most people would consider you a health nut. You don't need any help getting off the couch and into the gym because it is a part of who you are and what defines you. The one thing that you should focus on is making sure that you add variety and fun into your workouts to keep your interest and to challenge your body. Try some other options like fusion classes or outdoor boot camp classes (check my website [www.milehighfitness.com](http://www.milehighfitness.com) for local classes in the Denver area). You may have to modify the moves a little to get your heart pumping and keep it challenging, but you will find the new moves fun and interesting.

Don't forget to stretch after each workout, and warm up beforehand. Challenge yourself with long bike rides or hikes and remember to drink plenty of water before, during and after.

**If you answered mostly B's:**

You are on the right track, but you need a little boost every once in a while to get you going and keep you going. You know what you need to do to stay healthy by exercising and eating right, but you need some motivation and inspiration to exercise more and eat better foods more often. Be sure to continue to read Step #4 to learn how to stay motivated, Step #5 to create and define your goals, and Step #6 to keep your commitment. It is important at this stage to have a goal to work toward and to treat your sessions like appointments that are not to be missed. If you don't already take fitness classes at a recreation center or gym, this might be just what you need to help you keep coming back for more. Most people love the socialization and accountability that it can bring when other participants get to know you and notice your absence when you skip a class. You will also get some great ideas to do on your own if you have difficulty finding time to get to the gym. Another option is to hire a personal trainer to keep you motivated. Check out [www.milehighfitness.com](http://www.milehighfitness.com) for some personal training services available nationwide.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Overall, you know what is good for you and you have a great start on obtaining your best health. A little nudge every now and then from a trainer or even an exercise partner would keep you going when you feel unmotivated, and a clear cut schedule with your exercise times well defined would be very beneficial.

**If you answered mostly C's and D's:**

Exercise and good nutrition are further down on your priority list than other tasks. This could be due to a busy schedule, lack of energy or just plain lack of interest. Perhaps you have tried several different diets and pills to help you in your quest for weight loss or better health and you may have been discouraged due to poor results or faulty claims by the manufacturer. Many people that don't have the time or interest to exercise consistently reach out for help in products that claim to have quick results but fail to realize that it will take just as long or longer to reclaim good health as it did to derail it. Quick results are frequently not long lasting; permanent lifestyle changes are necessary to take ownership of your own health.

In order to make permanent changes with regard to your health, you must first realize and appreciate the benefits of proper exercise and nutrition and respect the consequences of failing in this area. Step #2 covers both of these areas quite well and this chapter (Step #4) discusses how to get the motivation that you are lacking. A workout buddy would work well for you, as would fitness classes or a personal trainer. You will eventually need to set goals as discussed in Step #5 in order to help you always have something to work toward. In the beginning, your goal might be as simple as to lose 5 lbs by a certain date or to drop a couple of inches from your waistline. It is important to start slow in the beginning with both your exercise and nutritional goals and activities for several reasons: To avoid injury, to stay encouraged to want to do more, and to not deprive yourself of foods that you love. As you grow in your quest for optimum health, your goals will become bigger and your discipline will cultivate with your own internal motivation.

Stay encouraged to have your best health and ask for help and support from friends, family and experts to facilitate your getting results. Always remember that nothing of value comes easily *most* of the time, and neither will great health.

**Consequences**

We know all of the risk factors that come along with not exercising and keeping poor eating habits from Step #2, we are now armed with the wisdom that we need to make smarter choices.

**\*\*Wisdom is only valid if it is heard, understood and acknowledged. \*\***

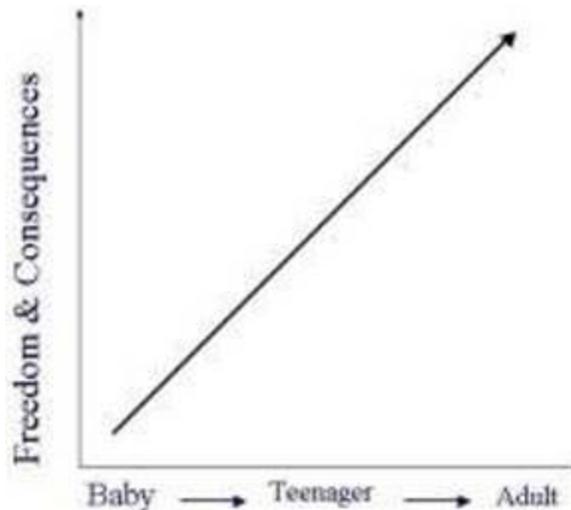
**- anonymous**

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

As was mentioned in Step #2, as young children, we were told not to do certain things like play in the street, talk back to adults or lie to our parents. If we disobeyed these rules, then for most of us, the consequences were swift and consistent and we learned not to disobey in the future. On the other hand when we did things that were in line with what our parents wanted, then we would receive some type of reward or recognition for following the rules, obeying, etc. As young children, we learned to follow the rules *most* of the time since a swift punishment would follow if we didn't. And then as teenagers, we were all told of things to avoid (like drugs and alcohol) or to be safe while driving or to study hard in school.

Despite all the things that we tell our children, the use of drugs by teens is undeniable and obvious--in 2006 a reported 66.5% of high school seniors used alcohol while 32% reported using drugs according to the Bureau of Justice statistics. Keep in mind that this number is probably higher in reality since some teens are fearful of reporting their usage. Today, teens are shifting their usage to legal, prescription or over-the-counter drug abuse which is easier to obtain and harder to track.

In other words, as teens, we were less inclined to follow the rules than we were as young children...it could be because we had more autonomy, or perhaps the consequences of our actions are not as real. And now as adults with even greater autonomy and independence, the effects of our actions and/or inactions seem even more unclear, particularly when we possess unconstrained power over our own fate. Subsequently we suffer even greater consequences than we ever did before for our shoddy choices, particularly when it comes to our health. It seems that as we grow from being babies to young children to teenagers and finally to adulthood, the freedom that we possess increases as do the consequences for our actions as shown here:



Unfortunately as adults, the consequences are not always as swift so we don't make the best decisions for ourselves even when we understand what could happen if we don't do certain things.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

When it comes to taking care of our bodies (the only one we have by the way), the statistics show that we are not eating the right foods and we choose not to exercise. However, the consequences for our actions are very real, very imminent and non-discriminatory. While genetics could play a role in some of the diseases that are prominent in our society, if we choose to improve our nutrition and exercise habits, there is no doubt amongst anyone in the health field that the numbers of deaths and illnesses related to heart problems, diabetes, and high cholesterol would decrease significantly.



**It is not until we go to the doctor and are told that we have  
high cholesterol, high blood pressure or something worse that  
some of us get motivated to pay attention to our health.**

### **Heart Statistics**

Let's look at some of these numbers from the American Heart Association:

- 15,800,000 people alive today have a history of heart attack, angina pectoris (chest pain) or both. This is about 8,500,000 males and 7,200,000 females.
- This year an estimated 1.2 million Americans will have a new or recurrent coronary attack.
- About 325,000 people a year die of coronary attack in an Emergency Department or without being hospitalized. Most of these are sudden deaths are caused by cardiac arrest.
- In every year since 1900 except 1918, cardiovascular disease accounted for more deaths than any other single cause or group of causes of death in the United States.
- Over 105 million American adults have total blood cholesterol values of 200 mg/dL and higher, and 36.6 million American adults have levels of 240 or above. In adults, total cholesterol levels of 240 mg/dL or higher are considered high, and levels from 200 to 239 mg/dL are considered borderline-high.

And this statistic from the American Diabetes Association:

- 20.8 million children and adults in the United States or 7% of the population currently have diabetes. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

These numbers represent just some of the statistics that we should respect as very real, similar to a young child respecting the consequences of not doing homework. Although as young children the effects of disobeying were much more tangible (and even sometimes physically painful), as adults we usually do not immediately realize the cost of eating poorly and not exercising. However, the principal remains the same-- Wisdom is only valid if it is heard, understood and acknowledged. This principal should be enough to keep everyone motivated, but let's define what motivation is to better understand why in some cases, it isn't enough. Motivation is defined as:

*The wants, needs and beliefs that drive a character.*

Based on the definition, you will not be motivated to do anything unless there is a **positive want, need or belief** to drive you to do it. Sounds simple, and in fact it is just that simple. For most of the things that you do, it is because of one or more of these 3 factors being present; if you don't do something, then one or more of these is lacking.

Let's take some real life examples. You go to work everyday because you want or need to go. Even if you don't like your job, you will go to work tomorrow because you have decided that you *need* to go in order to pay your bills and take care of yourself. If you also *want* to go, then that is icing on the cake.

Additionally, you have either had a paycheck from this job before or someone has told you that you will receive one and you believe that you will get paid. So you also *believe* in going to work tomorrow too. Consequently, unless something completely unexpected happens and you are simply unable to go to work, then you will go.

Now lets look at the topic at hand—exercise and nutrition. Most of us *want* good health and in fact we start wanting it even more so when we get older and start to lose some of our functionality. But when we ask ourselves if we really *need* or *believe* in good health, I have found that for most people, the answer would be 'no'. While there are some people that actually like to exercise and eat right (consider most health professionals in this group), most people don't.



**Simply *wanting* good health is usually not enough to motivate anyone to do anything; there must be a need for it and/or a belief that exercise and a proper diet will lead to good health.**

### **Wants, Needs and Beliefs**

I have discovered that there usually has to be a *need* to exercise and eat right that has been prescribed by a medical professional after an illness has been diagnosed, or a strong

## Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today

*belief* that exercise and proper nutrition will bring about a specific positive result. Here are some explicit reasons that people get motivated to exercise and eat right:

- There is a family history of a serious illness like cancer, diabetes, strokes or heart attacks and there is a strong *belief* that exercise and a healthy diet will help reduce these risk factors.
- There is a strong *belief* that the effects of exercise and a healthy diet will lead to a certain physical size and stature (sometimes due to special occasions like weddings and bikini season).
- There is a strong *belief* that the effects of exercise and a healthy diet will lead to increased energy levels and reduced stress.
- There is a strong desire (*want*) to participate in a fitness event (like a marathon or body building contest) and a high conditioning level is necessary to perform well.
- There is a strong *belief* that the effects of exercise and a healthy diet will lead to longevity and a sense of well-being (positive attitude, high self-esteem).
- There has been a diagnosed illness by a medical professional and part of the repair process is exercise and a healthy diet (*need*).

Since for most of us, just wanting good health isn't enough, we must learn how to convert our wants into needs and/or beliefs, and then into action. As stated before, we don't really feel the *need* to exercise and eat right until it is either too late or until we reach our later years. If you want to have good health then it is necessary to believe that exercise and eating the right foods is the answer. It is also important to understand that in order to have good health 10 or 20 years from now, you can't start taking action 10 or 20 years from now. You must start today.

### **Delayed Gratification**

Once you start on a path of exercising and eating the right foods, you must continue to do it for life. Of course the upcoming chapters will go into more detail about how to do this, but it is important to understand that it cannot be a 'just for now' activity. Exercising and eating right will not bring instant gratification if your goal is to help you lose weight or drop a dress size. And it won't bring *any* gratification if you stop doing it and then stop and start again 3 months later and then stop and start again.... you get the idea. You must continue doing it consistently and continually. Of course you don't have to eat the same foods and do the same exercises forever, but you must continue your active healthy lifestyle perpetually.

Once you turn your desire to have optimum health and longevity into a *belief* that exercise and good eating habits will help get you there, then you have achieved most of what it takes to actually do it and keep doing it. This requires a mental shift in your thinking since you must first want optimum health bad enough to work for it consistently.

Our society is full of the effects of us desiring instant gratification; delayed gratification is hard to stick with but it is required for lifelong weight maintenance and optimum health.

## **Step #5: Define Your High-Level Goals**

So now that you have made the decision to start making a change, it is time to start doing *something*. The first action step that needs to be done is to define what it is that you want to do. Depending on what you want to change, it needs to be clear in your mind and preferably on paper.

At this stage, you are setting your big-picture goals that will help you drill down into the details that are defined action steps. This will give you a great perspective on what you actually want to accomplish for each area related to your health. You will create categories for each area that you need to focus on, and even subcategories to help you to consider every aspect and to help keep your focus. Let's explore this a little further.

### **Creating Goals and Categories**

Here are some examples of categories that you could define for yourself to help you organize your big picture goals:

Category 1: Exercise

Category 2: Weight loss

Category 3: Nutrition

Although the main point of this book is to help you begin to exercise and make better eating choices consistently, there are many other areas of your life that you could apply this system to. Within each of these categories, you will have several defined goals related to the categories. For example, if you want to lose weight, your goal could be defined as 'to lose 10 lbs by April 2<sup>nd</sup>' or 'wear a size 10 by March 1<sup>st</sup>' within the Weight Loss Category. At this stage, your action steps are high level and very possible to achieve. If it is January 1<sup>st</sup> and you have set a high-level goal to lose 15 pounds by January 15<sup>th</sup>, this is not very likely and you will soon be discouraged.

Let's cover some more examples of achievable goals that you might consider related to healthy weight loss and physical fitness. Let's also assume that today's date is January 1<sup>st</sup> for simplicity:

#### Category 1 - Exercise

*To begin walking a mile three times a week starting this Monday*

*To join a health club and begin using it by January 10<sup>th</sup>*

*To hire a personal trainer by January 10<sup>th</sup>*

#### Category 2 – Weight Loss

*To lose 50 pounds by July 1<sup>st</sup>*

*To fit into a size 10 by February 15<sup>th</sup>*

*To reduce my body fat to 25% by February 30<sup>th</sup>*

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Category 3 - Nutrition

*To reduce my soda intake to one soda a week by January 6<sup>th</sup>*

*To drink an additional glass of water each day to increase to 8 glasses per day by  
January 6<sup>th</sup>*

*To reduce my caloric intake to 1800 calories/day by January 3<sup>rd</sup>*

*To reduce my sugar intake to 25 grams/day by January 3<sup>rd</sup>*

Obviously all of the specific numbers will depend on your particular eating habits, body composition and fitness level. Keep in mind that at this stage you are simply figuring out what high-level goals you want to achieve, the next few phases get more detailed.

## **Step #6 Exercise: Making...And Keeping Your Commitment**

Many studies point to the fact that the biggest challenge facing most people in reaching their exercise and weight loss goals is lack of time. I would like to go one step further and state that people will make time for what they see as important, no matter what. It is simply a matter of defining your values and living up to them.



**People that exercise consistently have made their  
personal health a priority ...and they have made it a part  
of their value system.**

If we were all told that drinking 1 gallon of water a day would eliminate wrinkles forever and there was factual data to prove it, I believe that many of us would immediately begin drinking more water because we value not having wrinkles. Similarly, if the doctor ran tests on you and subsequently told you that you possess characteristics of someone on the verge of a heart attack and that exercise could prevent it, then exercise would increase its value to you. Of course I would never wish anything like that for anyone, but if you don't proactively manage your health today, then receiving a report like that or something similar in the future should not be surprising to you.

Unlike the illustration that I just gave related to preventing wrinkles, **exercise has in fact been proven to provide all of the benefits listed in Step #2...**let's restate them here:

### **Daily exercise has been proven to:**

- Help to reduce estrogen levels, which in turn will lower your risk for breast cancer whether you are male or female.
- Lower the buildup of plaques in arteries by increasing the concentration of high-density lipoprotein (HDL) cholesterol — the "good" cholesterol — and decreasing the concentration of low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol — in your blood.
- Prevent high blood pressure and help lower your blood pressure if it is already high.
- Strengthen your heart and lungs to allow you to take in oxygen more efficiently to nourish your cells.
- Prevent osteoporosis by keeping your muscles and bones strong.
- Help to manage your weight by burning calories.
- Prevent diabetes by lowering your blood sugar levels.
- Increase longevity of life.
- Boost your immune system, helping to fight off other illnesses.
- Help to manage pain, stress and depression.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Since we know that all of these things WILL happen if we exercise consistently, then we would be smart to integrate exercise into our daily lives and commit to doing it.

What will your commitment be? If you are just starting out, then starting small and building up to a larger commitment would work best. Perhaps you could commit to 30 minutes 3 days a week. Whatever you decide, follow these steps for sealing the commitment:

1. **Pick the day of week and time of day.** For example, “I will commit to exercising on Monday, Wednesday and Friday from 5:00-5:30 pm” or something similar. It will need to be something VERY obtainable and easily fit into your schedule. If you have a crazy schedule, then you may only be able to fit it in when you decide to take the stairs instead of the elevator, by parking far away from your destination and walking further, or riding your bike to work. Eventually however, you will need to find time in your schedule on a consistent basis. It will obviously need to be a time that will not interfere with other more important activities (like time with your family) and it will also need to be a time that will not receive interference from outside influences.
2. **Put it in your calendar.** You need to put it in your schedule just as you would a regular appointment and it is not to be missed unless an emergency comes up. Treat it as though you have a very important meeting with someone that you have been trying to meet with for a long time and you finally made the appointment. Lack of consistency generally leads to lack of activity when it comes to exercise, so don't reschedule!
3. **Don't allow yourself to miss a session.** Most people start out with their new exercise commitments very well and with a lot of enthusiasm, but they lose the motivation very easily if they miss even one session; it is very easy to miss two sessions or even three once you've missed one. Do not allow this to happen since you know not to do it!
4. **Be sure to reward yourself for small successes.** With each month in which you haven't missed a session, buy yourself something small to celebrate such as a pedicure or a CD you've been wanting. This will help keep you motivated month after month.

With these small actions, you will be on a path of long-term dedication to your exercise goals.



**It takes only 21 days to create a habit, so if you make it to  
the first month and you are rewarding yourself then you  
have made it a lot easier to keep your routine going for  
future months.**

While the benefits that are listed above should be enough to get anyone moving, just in case you need a little more, cardiovascular exercise is what will help you decrease the rolls around your waistline, the flab under your arms or the jiggles between your thighs. In combination with a healthy diet, you will begin to see these unwanted visitors (visitors since it is temporary if you work hard) go away for good. If you have kids, it may seem even harder to rid yourself of the primary trouble zones, especially since you now have even less time and less energy than you did before children. However, it is still possible to decrease and even eliminate the extra fat (yes, even in your abdominal area) if you are willing to work for it. The next section talks about strength training which is necessary to build the muscle that is present underneath the excess fat. Check out Appendix 1 for some exercise ideas.

### **Strength Training is for Everyone!**

Yes, even you, unless your doctor has told you otherwise. It doesn't matter if you are 18 or 81; you need to make strength training a part of your life. In my opinion, it is right up there on the list next to cardiovascular exercise and once exercise is a part of your lifestyle, you will find that there are days when you feel like doing strength training only since it is usually less strenuous than cardiovascular exercise. Here are a few of its benefits:

- Strength training will help keep your metabolism going, causing you to burn more calories even when you aren't exercising.
- Prevention of decreased bone density and osteoporosis. A combination of inactivity and aging has shown to lead to bone brittleness and strength training will help combat this effect. This is especially of interest to women.
- Increased muscle strength, power and endurance will come as a result of strength training.
- Strength training will lead to increased balance and stability enabling you more functionality as you age.
- Helps in the prevention of injuries and helps to heal existing injuries. By working the muscles surrounding the site of injury, you will heal faster.
- Enhances your performance if you play sports.
- Improved physical appearance with toned, refined muscles.

Whether you decide to strength train in a gym weight room or with your own resistance equipment like bands, balls and dumbbells, you must do *something*. Men usually have no problems wanting to strength train, since they typically like bigger muscles. Women are usually reluctant because they are fearful of getting bulky. But the benefits listed above apply to both men and women, and it would be appropriate to train 2-3 days a week for approximately 30-45 minutes in most cases.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

The amount of weights and sets that you will need to start with depend on your level of fitness and experience. If you are just beginning, start slowly with lighter weights and work your way up to heavier weights. It is most important to maintain proper form when you are strength training to avoid injury. Refer to Appendix 1 for more information on correct form and sample exercises.

## **Step #7 Determining Your Resources**

Only 26 percent of U.S. adults engage in vigorous physical activity three or more times per week (defined as periods of vigorous physical activity lasting 10 minutes or more). About 59 percent of adults do no vigorous physical activity at all in their leisure time. The number one reason that people cite for not exercising is lack of time. Notice that it is not lack of resources since those are in abundance unless you are in some way physically handicapped or injured. Simply put, the entire outdoors is available to you to use for exercise and if you decide to get a gym membership, you must then determine which one is right for you.

Depending on your personal goals that you defined in Step #5, you must decide how you will exercise—more pointedly, if you will use gym equipment, outdoor resources or in-home equipment. Let's explore each of these in more detail.

### **Gym Memberships**

With one on just about every corner now-a-days, you will not lack options in this category at all. There are several things that you should check before joining your local gym or recreation center:

*Convenience-* One of the main reasons that people cite for not exercising is a lack of time, which also includes travel to and from a gym. In fact, people travel on average no more than 10-12 minutes (which equates to no more than 5 miles) to go to a gym and even within this close proximity, membership fallout due to unused memberships is a constant battle for club owners. To sum it up, if you want a gym membership, make sure that it is very close to your home or place of work.

*Hours-* Depending on your schedule, you may need to decide whether the gym that is close to your house will work with your schedule. There are many gyms today that offer 24 hour availability but you should find out whether or not the gym is staffed 24 hours or not. If not, that may be ok if you are accustomed to most exercise machines. But if you are a beginner, you may need assistance to make sure that you are using the equipment correctly. Additionally, some gyms open later and close earlier on the weekends.

*Programs-* If one of your goals that you defined was to lose weight, then you might decide to participate in fitness classes that are offered at the local gym. Some gyms offer boot camp only type of classes and you may find that others offer a full spectrum of classes for toddlers through senior-aged clientele. This could matter if you have small children. Ask for a guest pass to review a couple of classes to make sure that there will be enough space available for your particular timeslots. You may also have to reserve a spot by signing up in advance for certain classes and some classes may even require an extra fee to attend. Sampling a class or two will also let you know if the class is geared for advanced clientele or if newcomers are welcome.

*Childcare-* If you have children then you will want to investigate the childcare options. Even if you are planning to exercise during the day when your children will be in school or at daycare, there will inevitably be a time when they are out of school or you end up missing a workout and need to make it up at a different time. Trust me it will happen. Determine the hours of the childcare center and the fees. A lot of childcare centers in recreation centers and gyms have a window of time in which they are closed everyday and they may not have availability on weekends. You will also want to know the qualifications of the people working in the center. What are the requirements (license, CPR, etc.) that are upheld?

*Contracts-* Does the gym require a long-term contract? Is there an initiation fee? If so, you would be reluctant to change gyms which makes it even more important to do a thorough review of the gym. Is it easy to get out of the contract and does it guarantee a certain rate for the duration? Some gyms will offer discounts if you sign up for an annual membership, it pays to find out.

*Other Locations-* If you are a frequent traveler, you will want to find out about nationwide locations and if your membership is valid outside of your home state. Some people prefer the large franchise gyms due to this reason alone.

*Existing Members-* Ask other members how they like their membership. Find out what works for them and what doesn't and get some real feedback other than from just the employees that work there.

## **In-Home Equipment**

While the options are plentiful outside of your home for exercising regularly, you may decide that you need the ultimate convenience of in home equipment. Deciding which equipment will work well for you depends on several factors that you should consider listed below:

*Space-*Manufacturers of home equipment are very sensitive to the size of the equipment that they produce. More functionality contained in a smaller footprint for consumers and gym owners alike is important as a consideration for purchasing a particular brand. If you have designated a room in your house for fitness equipment, then the job of dedicating space for certain pieces of equipment is much easier. If you have a small corner in your living room for instance then you must get creative. Here are some things to consider:

If you have a room to designate for your equipment....

- You must still be space-conscious with the space you have. Consider one piece of equipment with several ways to perform your resistance training work.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

- There are many small racks that are available that you can buy to help organize and contain dumbbells, bands, medicine balls and other small pieces of equipment for your strength training work.
- For cardiovascular equipment, if you have the space available, consider purchasing two pieces of equipment at a minimum. This will help you to add some variety to your workouts and use different muscle groups in the process. For example, there are cross trainers that will allow you to select which muscle group you want to work in your legs (i.e. glutes, hamstrings, quadriceps, calves). The other piece of equipment could be an upright or recumbent bike, a treadmill or a stair stepper.
- If space allows, consider designating some to be able to use various exercise videos. It doesn't take more than a few feet of space to exercise with a video and the producers most certainly realize that they are marketing to people that may not have a lot of space. One important point to mention about videos is that the shelves are full of them and so you should do your homework *before* going to purchase one. Catching a preview of an exercise video on an infomercial is a definite bonus since you can get a genuine idea of what you are buying. But when you are seeing the video on the shelf for the first time, you are stuck with reading the outer sleeve, which doesn't always give you the information you need to make the best decision.

So when it comes to exercise videos, get feedback from your friends and family on what they've used or even borrow one from them to judge for yourself. Also, take advantage of your local library resources or video store and check out a few videos at a time. Have fun with it! You can try low-impact, high-impact, hi/lo impact, step, dance, hip-hop...the options are almost endless! If you don't have library resources at your disposal, check online for reviews of videos. Try [www.videofitness.com](http://www.videofitness.com) for some reviews.

- The space that you are using for doing exercise videos can also be shared with flexibility training. There are again many, many options here: Yoga, Pilates, or a combination of the two are a great start. Or there are many ways to stretch on your own or by using a video that is stretching only.

If you don't have a designated space for your exercise equipment, then creativity is important but a lack of space is not an excuse for not exercising! Consider these ideas if you are sharing your exercise space with another function of your home:

- There are several types of machines that are available that can be folded up and stored for the next use. Find a space in your home that can be shared with a small piece of equipment, or if equipment is not affordable or feasible for you, find space that is currently in use but could be shared with cardiovascular exercise on the floor. For small spaces, videos are a

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

wonderful and diverse option. As mentioned in the previous section, you should review videos through recommendations from friends and relatives or even on the Internet. Simply browsing at the store is certainly ok, but to make sure that you are not wasting your money on a video that is either too advanced or too easy for your fitness level, do your homework first. After reviewing the videos, try many different options (i.e. Step, hip-hop, salsa, hi/lo impact) and have fun with it!

- Share the small space that you are using for cardiovascular exercise with strength training. If you don't have enough space for an actual multi-functional machine, then you should learn movements that use your own body weight, dumbbells, resistance bands, medicine balls, etc (get some ideas by reading Appendix 1). Most sports stores will carry this equipment and the best part about them is that they can be stored just about anywhere—under the bed, in a drawer, or on a small rack in a corner.
- One of the most important things to remember is that you need to make it as convenient as you possibly can if you are sharing space with other functions for the room. For example, if you have to move a heavy table every time you want to exercise then that can easily become the excuse not to exercise. On the other hand, it is easy to move a light dining room chair or two to make room.



**Inconveniences such as needing to move and shift furniture around to exercise at home provide convenient excuses not to exercise.**

*Functionality-* With so many options available for equipment, I could easily complete an entire research project on the topic over a period of weeks or months. Luckily, some of your work is covered for you here. Below is a list of just some of the functionality that is available with the latest equipment on the market:

- **Heart Rate Control Program**-Provides the ability to store your personal information to create customized programs tailored to your specific heart rate range. Some equipment will automatically adjust the intensity level of your workout based on your target zone. Touch heart-rate sensors and a wireless heart-rate transmitter belt are often included.
- **Pre-programmed Workouts**-Be able to select a specific cardiovascular program based on your mood that day. For example, choose a workout with lots of hills, flat terrain, gradual increases, or manually control your workout.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

- **Remote Operation Control System-** In addition to being able to change speed, resistance or levels on the console, this functionality is now available on the arms of some machines making it more comfortable to make these adjustments.
- **Absorption Control Technology-**This is a patented formula that is used on treadmills to do more toward protecting your ankles, hips, knees and back with an advanced cushioning system.
- **Dual Plug Ins -**Offering flexibility for power in tight spaces.
- **Fitness Test-**Be able to take fitness tests based on firefighter, Air Force, Army, Marine, Navy or law enforcement protocols.

*Cost-* How much do you have in your budget to spend if you do have space for a cardiovascular machine or strength equipment? For new treadmills, stair steppers and elliptical machines, you should plan on easily spending at least \$1000 but for a better than decent model, up to \$3,000 or more. New upright or recumbent bikes are a little more affordable; you can find a great model for about \$1500. For all in one strength training systems, plan to spend around \$1500-\$2000 brand new. Most manufacturers offer financing options, and most warranties include 1 year on labor and 10 years on parts.

Obviously you don't have to buy brand new, there are plenty of people and facilities that are trying to get rid of equipment that is either sitting around collecting dust, or you might find resellers of some of the major manufacturers that will sell for less. Always remember that anything is negotiable, particularly since you don't know the condition of the motor, how often it has already been used and how well the previous owner took care of it before you came along. Just like a car, you want to know how many miles are on the machine. Unfortunately when you buy used, it probably won't come with a warranty whereas when you buy new, it will.

While having an all-in-one strength training system is great to have, it is not always necessary. You can also perform resistance exercises with bands, free weight, body bars, medicine balls, kettle bells or just your own body weight. These are certainly more affordable options in terms of both dollars and space. One of the main advantages of having an all in one system is that you are able to easily increase the weight that you are using with a simple adjustment and without purchasing additional equipment.

*Usage-*Before you spend your time or money, evaluate how much you will commit to exercising. It is easy to tell yourself that you will commit to a certain amount of exercise, but you really need to search yourself inside and out and really determine how much you will actually do.



**Buying exercise equipment is an investment ONLY if you use it; on the other hand, it is a waste of money if you don't use it consistently.**

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Statistics show that just over 60% of adults are not active, yet the home fitness equipment business is steady. Don't be like so many others that use their equipment for clothes hangers or other miscellaneous items.

### **Outdoor Resources**

This category is one of the best options available to us for several reasons: It encompasses a great spectrum of activities, there are no operating hours (except your own), it can be very low cost or even free, and large groups of people can participate in the same activity for great socialization. And based on feedback from participants in fitness classes, socialization and motivation are the top reasons that people give for continuing in an exercise class.

Let's explore this resource further with the following points:

#### **Outdoor Sports**

Most sporting activities take place outdoors and participating in sports is one of the best ways to have fun while you are exercising. Assuming a body weight of 150 lbs, here are some estimates on the number of calories that are burned for some popular sports and outdoor activities:

- Basketball game: 544 calories per hour
- Badminton: 306 calories per hour
- Bicycling (12-13 mph): 544 calories per hour
- Boxing: 816 calories per hour
- Football: 544 calories per hour
- Golf: 306 calories per hour
- Handball: 816 calories per hour
- Hockey: 544 calories per hour
- Jogging (5.2 mph) 612 calories per hour
- Lacrosse: 544 calories per hour
- Soccer: 476 calories per hour
- Swimming: 476 calories per hour
- Rope Jumping: 680 calories per hour
- Tennis: 476 calories per hour
- Volleyball: 272 calories per hour
- Inline Skating: 528 calories per hour

Obviously these numbers will vary based on your weight and how much energy you are putting into the activity. The point to make here is that if you liked some of these sports or activities in high school, you may still enjoy them as an adult and burn some calories in the process.

It is a known fact that we become more sedentary as we age which is due to several different factors:

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

1. We move into careers that require us to be sitting down at a desk most of the day
2. We inherit increased responsibilities with our own children and then later, our parents,
3. Our metabolism decreases as we age.

It is therefore no surprise that weight gain is associated with aging, which means that we must *actively* counteract these effects.

So if you enjoyed one or more of these sports in your youth, why not try them again? There are local facilities that team up with recreation centers and city facilities to form teams and leagues that will allow you to join at different levels. Check with your local recreation center or just search for 'sports leagues' in a search engine on the Internet to get some other ideas.

Other than the sports that were mentioned here, there are many, many other ways to exercise outdoors. I will explore hiking and biking in more detail here since they are extremely popular, require no experience to start, cost very little and can be done almost anywhere.

## **Hiking**

A great way to get physical exercise and enjoy the beautiful aspects of nature, this mode of exercise should be on your list to try if you haven't already. Depending on what area of the country you live in, many states have short, modest trails for novice hikers and longer more difficult trails for more experienced hikers. If you are hiking for the first time, I highly recommend that you have a map of the trail that you are following and bring along a companion. Entire books have been written on the topic of hiking, so that is not the focus of this writing. Instead, I have simply summarized a few simple rules of safety and etiquette:

- Even if you are hiking for a day trip, it makes sense to pack rudimentary overnight material just in case an emergency should arise. Also let someone else know where you are planning to go.
- When you are bringing a backpack, scrutinize closely over which items are essential since you could be potentially carrying it for a long time.
- Weighted items should be compared to lighter items that could generally serve the same purpose. For example, if you are not planning to spend the night, is a blanket really necessary or could you just wear or bring extra clothing along?
- There is an unwritten rule that hikers 'leave no trail' for other hikers that come behind them in the form of litter or human waste.
- Be sure to include these essential items in your backpack: Compass, map, sunglasses, sunscreen, extra food and water, extra clothes, flashlight, first aid kit, matches, knife, fire starter, insect repellent and a whistle.

## **Biking**

This is great exercise no matter what your age is. From a toddler-aged child to senior citizens, this low-impact option for exercise is wonderful for everyone with the physical capabilities to ride a bike. The only limitation for biking is the weather, the equipment that you are using and your physical capabilities. Below is a summary of the different types of bikes that are available out there should you get the inspiration to try it out:

- **Road Bikes** – Used for both conventional and performance purposes, road bikes are typically for serious riders who plan to put in a lot of miles including multi-day touring. They feature skinny tires, a narrow seat, a lightweight frame, and drop handlebars. You can buy these in bike shops and usually customize your pedals and seat. The price range for road bikes usually ranges from \$650-\$1800.
- **Comfort bikes**, on which you sit in an upright position, are for leisurely recreational riding. These bikes offer comforts such as shock absorbers in the seat and/or fork; a cushiony, wide seat; and low gears for easier uphill pedaling. The price range is usually between \$330 to \$600.
- **Mountain Bikes** come in a variety of styles and have an extensive amount of features. They are a great way to travel on harder surfaces where you don't need the added cushion of a suspension frame. They are designed for dirt trails or other unpaved environments; in contrast, road bikes are not typically rugged enough for such terrain. Priced between \$600-\$2000+.

Before you buy any bike, test ride it far enough to make sure that the brakes and gears are easy to use, the fit is comfortable and that the gears can go low enough for climbing steep hills. You also want to make sure that the frame and suspension adequately smooth the bumps. Depending on your budget, you may want to purchase a bike from a good bike shop as opposed to a big box store. You will be able to swap seats and/or pedals to conform to your comfort level.

Don't forget to wear a good bike helmet and knee pads for protection and you may also want to consider wearing sunglasses for protection against slow-moving bugs and wayward pebbles.

This chapter gave you some ideas to incorporate exercise into your life by using a gym, videos, outdoor resources, your own equipment and even team sports. You must decide which activities will keep your interest, whether or not you like a competitive environment and if you prefer indoor or outdoor activities. It is very important that you enjoy the mode of exercise that you have chosen.

Of course exercise is only half of the equation, the next chapter will help you make better food choices.

## **Step #8 Nutrition: Learning What To Eat**

Just as with exercise, choosing to eat nutritious and fulfilling foods everyday could be easier if we were aware of the consequences of eating poorly. Extensive research on the topic of which foods are good and bad for us has been done through the years, and not surprisingly the results have been somewhat inconclusive on some foods while results from other studies have formed the basis from which any dietician or other health professional would agree with.

So what has been proven again and again in terms of medical research? Well here are some of the more relatively recent findings related to fats, carbs, fruits, vegetables and protein:

### **Some Fats Are Good For You...**

And it is important to include these fats in your diet. We have traditionally been told to avoid foods that are high in fat regardless of the type of fat that the food contains. We have always been informed to cut back on foods containing lots of oil or to use oil sparingly. Recent evidence supports the fact that eating foods that contain *unsaturated* fats instead of *saturated* fats can improve your levels of cholesterol, protect your heart against erratic heartbeats and can also counteract the clogging and narrowing of the arteries (atherosclerosis). More important however is the amount of calories that you consume since this weighs more heavily toward the development of breast cancer than does the amount of fat in your diet.

On the other hand, trans fats, which are mostly man-made fats contained in margarines, vegetable shortenings, cookies, donuts and other packaged, baked foods, should be avoided. Trans fats raise levels of HDL (the good cholesterol) AND raise the levels of LDL (the bad cholesterol). They have also been shown to clot the blood easier which can raise the risk of forming blood clots in the heart and brain. With a double whammy like that, they should definitely be avoided. Due to increased public awareness of this two-headed monster, many restaurants and fast food places have modified their ingredients to eliminate or greatly reduce trans fat in the food that is served. Be sure to read the label before throwing anything packaged or prepared into your shopping cart; any packaged goods that contains "partially-hydrogenated vegetable oils", "hydrogenated vegetable oils" or "shortening" most likely contain trans fat-the bad stuff!

The following table lists the amount of saturated and trans fat in some common foods as is listed on the FDA website ([www.fda.gov](http://www.fda.gov)). Obviously specific amounts will vary depending on the specific brand and product, so be sure to check the label for exact numbers.

<b>Product</b>	<b>Common Serving Size</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>
French Fries	Medium (147 g)	27	7	8
Butter	1 tbsp	11	7	0
Margarine, stick	1 tbsp	11	3	3
Margarine, tub	1 tbsp	7	1	0.5
Shortening	1 tbsp	13	3.5	4
Potato Chips	Small bag (42.5 g)	11	2	3
Milk, whole	1 cup	7	4.5	0
Milk, skim	1 cup	0	0	0
Donuts	1	18	4.5	5
Cookies (Cream Filled)	3 (30 g)	6	1	2
Candy Bar	1 (40 g)	10	4	3
Cake, pound	1 slice (80 g)	16	3.5	4.5

**Table 4- Fat Content in Foods**

How much trans fat you can consume without any negative impact on your cholesterol level is not clear yet, but both the FDA (Food and Drug Administration) and the AHA (American Heart Association) both agree that you should limit trans fat in your diet. In the United States, food nutrition labels don't list a Percent Daily Value for trans fat because we don't yet know how much trans fat is acceptable. However, the AHA does recommend that no more than 1 percent of your total daily calories come from trans fat. So if you consume 2,000 calories a day, then you should eat no more than 2 grams of trans fat.

Foods that may contain high amounts of trans fat are margarine, shortening, packaged foods like cake mixes and crackers, fast foods, frozen foods and baked goods like cookies and donuts.

### **Butter vs. Margarine- And the Winner Is...**

For years, we were told to forego butter and choose margarine instead because of the large amounts of saturated fat it contains. However, margarine doesn't win the battle either since it contains large amounts of trans fat, especially in the stick varieties. If you

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

still decide to use margarine, stick with the types that are low in saturated fat and trans fat, or better yet, try using olive or vegetable oil as an alternative.

While there are many restaurants and food manufacturers that are starting to cook and produce foods that are lower in saturated and trans fats, it is still our responsibility to know what we are putting in our mouths and in our arteries. What a milestone it will be when restaurants start labeling the meals they serve! But until then, stay close to those menu items with lots of fruits and/or vegetables and lean sources of protein like chicken or fish. It is also perfectly ok to inquire about how food is cooked (using butter or olive oil) and ask for sauces and butter on the sides.

### **Fruits and Vegetables...Yes!**

We've all heard over and over, backward and forward to eat more fruits and vegetables, especially as children. As we got a little older, we promised that we would never repeat that phrase to our own children and then when we become adults, it just seems to roll off our own tongues. Well let's look at this a little closer to remind ourselves of why we repeat that phrase to our own children and why we should be sure to practice what we preach. Here is a list of the PROVEN benefits of eating plenty of fruits and vegetables:

- Decreases your risk of having a heart attack;
- Decreases your risk of having a stroke;
- Lowers your blood pressure;
- Delays or prevents memory loss;
- Prevents a decrease in thinking skills;
- Provides a defense for cataracts and macular degeneration; and
- Helps you feel full and avoid eating unnecessary, empty calories.



**While there have been questionable results for findings related to different foods and what is considered healthy and unhealthy, eating fresh fruits and vegetables has had a stronghold in the food industry with respect to its short and long term benefits.**

We should do whatever we can to ensure that we are proactively defensive against the threats that plague most people in our society today, which include the low cost of high fat, highly processed foods. The cost of fresh fruits and vegetables is minimal as compared to the price that we will pay for poor health either now or in the future by not getting enough of them.

Armed with the knowledge of the positive effects of eating lots of fruits and vegetables, it is unfortunate that the majority of Americans consume less than 4 servings per day, which includes fruit juices and potatoes. The truth is that the 5-a-day health campaign that was implemented a few years ago was a great start to encourage us to eat 5 servings of fruits and vegetables per day, but it is unclear exactly what qualifies as a fruit or

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

vegetable, AND is 5 really enough? For example, does a medium serving of fries and a cup of fruit juice qualify as one serving of vegetables and one serving of fruit? Most health professionals would agree that eating an abundance of fresh fruits and vegetables everyday with a minimum of 5 servings is the optimal plan for gaining all of the benefits listed above.

### **Carbohydrates...Too Much, Too Little, Too Confusing?**

Unless you have had your head under a rock for the past few years then I'm sure you've heard of the many diets available on the market focusing on eating foods low in carbs. Almost overnight, carbs became the nutrient to avoid and popular low carb diets (i.e. Atkins, South Beach and others) emerged on the scene.

People from near to far were (and still are) giving true to form testimonies about rapid weight loss by following a diet that replaced carbs with sources of protein and fats—and this type of eating will work for rapid, short term weight loss, but not for optimal overall health.

If you are confused about what is the right amount of carbs to have or if you should even be eating them if you want to lose weight, you need to get a ticket and wait in line. There has been a lot of confusion from various diets, the press and other sources so it is no surprise that anyone would be confused. Let's clear some things up.

Loading up on meats, cheeses, eggs and other similar foods while limiting carbs in your diet will probably make you feel full longer and stretch out the time between hunger pangs. How well these diets work for the long term is still yet to be seen, however a lot of people find it difficult to maintain a diet without carbs or with low carbs. Giving up or limiting breads, pastas, donuts, biscuits, and other sources of carbohydrates is challenging to most people for the short term, and is even more challenging over the long term.

However, it does seem that low carb diets are easier to stick with than low fat diets for most people since with some low-carb diets you are allowed to eat foods that may be high in fats and taste good.



**There are diets that will allow you to eat a certain amount of carbs with each meal, but some people find it tedious trying to count carbs all day, not to mention the types of foods that are required by some diets can be costly.**

The bottom line is that refined carbohydrate sources like white breads, rice, pastries, bagels, crackers and baked potatoes create a rapid rise in blood sugar (glucose) followed quickly by a rise in insulin which is a hormone that is produced by cells in the pancreas.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

This is discussed further in Step #9. As cells in the body absorb the glucose, blood sugar levels fall first, followed closely by insulin levels. This will eventually lead to your brain sending out hunger signals making you grab for more food. However, muscle cells handle insulin and glucose very efficiently while fat cells do not-- yet another reason to exercise!

Additionally, there is little to no nutritional value in products that are made with white flour; if you take a minute to think about it, mixing white flour with water will turn to paste just as it did when you were a kid in the 5<sup>th</sup> grade. On the other hand, whole grain carbohydrate sources like whole grain breads, pastas, rice and cereals make you feel full longer since they take longer for the digestive system to break down into sugar molecules. This means that it will probably take longer for you to feel hungry again after you've eaten whole grain sources.

So what other advantages do whole grains have? Eating whole grain foods has been proven to protect against some forms of diabetes since it keeps the body's sugar control system on track. On the other hand, white bread, white rice, French fries and other refined carbs have been associated with an increased risk of diabetes. Studies have also shown that whole grains reduce the risk of heart disease in women. As more research studies continue to be performed and completed over the years, it is very possible that additional benefits could be uncovered.

The amount of carbs that you need each day is highly dependent on your activity level. While eating whole grain carbohydrates is more beneficial than its white, refined counterpart, a low-fat, high -carb diet may be among the worst eating strategies that exist for someone who is overweight and not very active. Regardless of your size however, making a switch from refined to whole grains is a healthy choice due to the increased levels of micronutrients that you will receive, and the added benefits mentioned above.

If you don't currently eat whole grain sources, start incorporating these tasty alternatives into your diet by using the following suggestions:

- Use brown rice instead white rice or baked potatoes;
- Bake whole grain rolls instead of white biscuits;
- Eat whole grain cereal for breakfast;
- Cook whole wheat pasta for spaghetti or macaroni;
- Use whole wheat flour instead of white flour.

### **That Lean, Mean Protein**

Contrary to what some people may believe, the primary reason for protein in your body is to build and repair body tissues including muscles, ligaments, and tendons. It also plays a role in the synthesis of hormones, antibodies and enzymes, but protein is not a primary source of energy except when you do not consume enough calories or carbohydrates. If

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

you do not eat enough calories (not really a problem for most of us) then protein will be stripped from the muscle and used as an energy source instead of being used for its intended purpose.

On the other hand, if you consume more protein than your body can use, the excess may be stored as fat in the body. Research has shown that most adults need a mere 0.6 to 0.8 grams of protein per kilogram of body weight, which include amino acids. So to find your own protein limits and you weigh 155 lbs for example, you would first convert your weight into kilograms by dividing by 2.2 and then finding the upper and lower limits:

1. **Find your weight in kilograms:**  $155 \text{ lbs} / 2.2 = 70.45 \text{ kg}$  (example weight in kg)
2. **Find your lower protein limit:**  $70.45 \text{ kg} \times 0.6 = 42.27 \text{ grams}$  (protein lower limit)
3. **Find your upper protein limit:**  $70.45 \text{ kg} \times 0.8 = 56.36 \text{ grams}$  (protein upper limit)

If you are very active and participate in muscular endurance activities frequently, you may need a little more protein but not much. Most of the extra energy requirements should come in the form of carbohydrate sources. The stimulus for building muscles comes from the intensity of the weight training, not the food that is taken in.

To determine the amount of protein that is in certain foods, use the following as a guide:

- 1 cup of milk or yogurt contains 8 grams of protein
- 1 ounce of cheese contains 8 grams of protein
- 1 ounce of meat (chicken, fish, pork, beef) contains 7 grams of protein
- 1 egg also contains 7 grams of protein
- ½ cup of pasta, rice, corn, beans or one slice of bread contains 3 grams of protein
- 2 slices of pizza contain 32 grams of protein
- 3 ounces of tuna contain 24 grams of protein
- 1 tablespoon of peanut butter contains 4 grams of protein
- 1 lean hamburger patty contains 3 ounces of protein
- One soy protein bar contains 14 grams of protein.

The source of the protein that you eat on a daily basis is probably more important than making sure that you get enough since you don't have to try very hard to get sufficient amounts. Some sources of protein like red meats and whole milk, are excellent sources of protein, but are also large contributors of saturated fat in our diets. If you like beef, just be sure to choose the leanest cuts you can find, although chicken and fish are better

choices of protein sources. Better even still are vegetable sources of protein like nuts, legumes (beans, peas and lentils), vegetables and grains. Similarly for milk, choose low fat or skim milk instead of whole milk to reduce the saturated fat in your diet.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

In some cases you may find that it is more expensive to eat healthy foods but there are creative ways to plan and cook your meals without breaking your budget...and by the way, you should be willing to make small adjustments as necessary for the sake of your health anyway. Read the next step for more strategies to help you make better food choices.

## **Step# 9 Nutrition: Making...And Keeping Your Commitment**

Now that you have a pretty good foundational understanding of the types of foods you should focus on, let's define in further detail how to eat for optimum health. In Step #5, you defined your high-level goals related to nutrition and the following examples related to nutrition were given:

### Category 3 - Nutrition

*To reduce my soda intake to one soda a week by January 6<sup>th</sup>*

*To drink an additional glass of water each day to increase to 8 glasses per day by January 6<sup>th</sup>*

*To reduce my caloric intake to 1800 calories/day by January 3<sup>rd</sup>*

*To reduce my sugar intake to 25 grams/day by January 3<sup>rd</sup>*

You were asked to identify your own personal high level goals related to nutrition and now we will refine them and learn how to stay on track. Most of us have a favorite food or food group that we struggle to minimize our cravings for. A lot of people experience this difficulty with candy, pre-packaged foods like pizza, cakes, pies and other baked goods. But with planning, substitutions and portion reduction, it is very possible (even likely) that you will be able to control your habits. Most of us have been accustomed to bad eating habits for years, but you will break yours by starting with defining your nutrition goals.

## **Breaking Bad Habits...And Adding Good Ones**

It is important not to completely cut yourself off from any food at first, since you could be left feeling deprived and just want the food even more. So if you have defined one of your goals as reducing the amount of a certain food that you like to eat by a predetermined date, the first step is to break it down even further into what you are planning to do right now. Using one of the high-level goal examples above:

*To reduce my soda intake to one soda a week by January 6<sup>th</sup>*

And we assume that you currently drink one soda a day and that January 6<sup>th</sup> is 3 weeks away, then you must decide how many sodas you will drink this week. If you currently drink 5-6 sodas a week and as we just learned, you don't want to completely cut yourself off from any food that you are used to eating, a good idea would be to limit your intake to one soda every day, or 3-4 a week. On the days that you cannot have a soda, it is important to know in advance what you will do when the urge strikes you. If you are used to drinking a soda for lunch for example, plan ahead by having a non-carbonated beverage with your lunch like juice or tea available when you are craving the soda.



**You must be sure to have a substitute ready and available for any food or drink of which you are trying to reduce your intake. This is an important component for breaking an existing habit.**

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

Next week, you will allow yourself to have soda three times a week and the following week just twice a week until you are down to the one soda a week by January 6<sup>th</sup>. Perhaps you could set a new goal related to soda intake once you have this one accomplished: Reducing your soda intake to once a month.

While this strategy has been detailed specifically for soda reduction, the concept of weaning yourself from certain foods will apply to whatever habit that you would like to improve on. The key points to remember are that

- a) You should have a planned replacement food or drink and
- b) Take it slow.

**Learning to Eat More...** Fruits and vegetables, that is. The average person doesn't even come close to consuming the correct amount of fruits and vegetables on a daily basis, so there is good reason to cover this in detail. I wouldn't doubt if one of your nutritional goals was to eat more fruits and vegetables since it is not a natural inclination to eat fruits and vegetables when we are hungry, especially since the marketing messages that we see and hear everyday influence our better judgment and we end up eating chips, crackers and cookies for snacks, and with our meals.

We covered the many benefits of eating fruits and vegetables in Chapter 6, so there should be no question as to why they are important to eat in our daily diet. But how much should we eat? And what are the best fruits and vegetables to eat?

The answer to the first question is that we should have an abundance of both. The recommended daily allowance is to eat 5 servings of fruits and vegetables everyday, but this should be at a minimum. In order to work more fruits and vegetables into your daily eating patterns, try these suggestions:

- **Eat fruits or vegetables with every meal.** As for which kinds, stick with the ones you like as long as you don't just keep eating the same thing over and over. With the wide variety of fruit available to us, you could probably try something you've never had before. The average American relies on roughly 10-12 different kinds of fruits and vegetables. Expand your horizons and try something new.

Using dark green lettuce and slices of tomato on your sandwich is one way to sneak veggies in your lunch. Also, have a side of carrots and celery sticks with your lunch instead of chips or fries, or have broccoli with a side of ranch dressing (used sparingly).

When you feel the urge to snack, ask yourself if a piece of fruit would satisfy the urge especially if you are craving something sweet. Since fruit contains its own natural sugar, it is very possible that it would fit the bill. Also, fruit contains a lot of water, so it is filling and could quench your hunger pangs until your next meal.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

- **Understand the benefits of eating fruits and vegetables.** Eating an abundance of fruits and vegetables has been shown to help prevent two of the causes of heart disease and stroke: High blood pressure and high cholesterol. Researchers have estimated that people who consume the basic recommendation of five servings a day are 15% less likely to have a heart attack or other problems caused by restricted blood flow to the heart. For most people that have high blood pressure, the treatment is usually some type of medication that can be costly and come with side effects too. Why not just eat more fruits and vegetables to lower your blood pressure AND fulfill your daily requirement? Of course you should consult your physician before stopping any medication, but eating an abundance of fruits and vegetables has been proven as an effective preventative measure.



**Additionally, eating fruit has been shown to prevent type 2 diabetes and kidney stones and it may prevent some types of cancers such as mouth, stomach and colon cancers.**

Fruit is an important source of potassium, vitamin C, and fiber. **Vitamin C** is important for growth and repair of all body tissues and helps heal cuts and wounds, **fiber** is important for bowel functions and helps to relieve constipation, and **potassium** is important in maintaining kidney and muscular functions in the body. Just these benefits alone should motivate you to eat at least one more serving a day. However, avoid eating white potatoes since they are considered a source of refined carbohydrates with a high glycemic index (more on this in the next point).

- **Learn the glycemic index (GI) of carbohydrate sources.** The glycemic index is a term that describes the effect of carbohydrate on the blood sugar levels in your body. Foods that contain a high glycemic index cause spikes in your blood sugar levels causing you to feel hungry a lot sooner than if you eat low GI foods. Switching to low GI carbs will keep your energy levels balanced which will help you feel fuller for longer periods of time between meals. Here are some of the benefits of eating foods with a low GI:
  - Help you control weight gain;
  - Improve diabetes prevention;
  - Reduce your risk of heart disease;
  - Prolong physical endurance when exercising;
  - Reduce hunger and keep you fuller longer;
  - Help you refuel carbohydrate levels after exercise;
  - Reduce your cholesterol levels.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

The table below shows values of the glycemic index for a few common foods with relatively low GI values. GI's of 55 or below are considered low, and 70 or above are considered high.

<b>Food</b>	<b>Serving Size</b>	<b>Glycemic Index</b>
Peanuts	4 oz	14
Bean Sprouts	1 cup	25
Lowfat yogurt	1 cup	33
Apples	1 medium	38
Carrots	1 large	47
Potato chips	4 oz	54
Brown rice	1 cup	55
Oatmeal	1 cup	58
Ice cream	1 cup	61
Baked potato	1 medium	85
Oranges	1 medium	44
Milk (whole)	9 oz	31
Milk (skim)	9 oz	21
Spaghetti	1 cup	42

**Table #5 Glycemic Index Values**

For additional foods and the associated GI values, visit <http://www.glycemicindex.com/>.

- **Consider drinking your veggies-**Most people have a very difficult time eating a lot of vegetables, so juicing is one way to do it. Yes, juicers can be relatively expensive, (minimum \$100 for a decent one) but it will be an investment that should last for several years. And if you get into the habit of using it frequently then it is well worth the investment.
- **Fresh or canned?-**While eating any fruit is better than eating no fruit, fresh is usually better if you have a choice. Canned fruit usually contains added salt and/or sugar, so make sure you read the label.
- **Cooked or raw?** Cooking your vegetables until they are just tender crisp is the best way to eat them besides eating them raw or juicing. Cooking vegetables until they are limp will cook a lot of the nutrients out and defeat one of the major reasons for eating the veggies in the first place. So try eating your veggies raw but spice them up with lemon or use dipping sauces to keep them tasty and interesting.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

These strategies should help you to begin to incorporate more fruits and veggies into your daily eating regimen. Following these suggestions will improve your energy levels, curb your appetite between meals, and help prevent some cancers.

**Calories In, Calories Out.** It really is that easy. In the end when it is all said and done, you will gain weight if you eat more calories than your body burns and you will lose weight if the opposite is true. Obviously you want to put the right kinds of calories in your body that are filled with the best kinds of nutrients, but for weight loss, we all know that you must eat less than you burn. In fact, you must burn 3500 calories to lose one pound.

In order to better understand the rate of your metabolism or how fast your body burns calories, you must first understand how many calories your body burns with no exercise. The name for this calculation is called **BMR** (basal metabolic rate) or **RMR** (resting metabolic rate). There is an easy way to estimate this number for yourself by using your weight:

**BMR (or RMR) = Current body weight X 10**

So if you weigh 150 lbs, you can estimate your RMR to be about 1500 calories. This means that your body burns approximately 1500 calories to keep the heart moving, make new cells, breathe, etc. This number can vary depending on how much you work out since you will burn more calories at rest if you exercise regularly than if you don't. You must also estimate the number of calories that you expend during your exercise sessions. It is helpful if you are using a piece of equipment that allows you to input your weight and will then calculate the calories that you are burning, but if you are walking or biking outside or maybe doing an exercise video or dancing, you must give yourself a rough estimate. In Step #7 Determining Your Resources, I provided some caloric expenditure information for outdoor sports. If you don't play sports everyday and instead prefer aerobic dance, walking, jogging or something similar, the following data may help you with some of these approximations (all assuming 150lb):

High impact aerobics	480 calories/hour
Low impact aerobics	340 calories/hour
Calisthenics (vigorous)	550 calories/hour
Calisthenics (light/moderate)	300 calories/hour
Jogging (5 mph)	550 calories/hour
Running (7 mph)	800 calories/hour
Walking (moderate pace)	400 calories/hour
Walking (slow pace)	165 calories/hour

So if you do low impact aerobics for 30 minutes then you will burn approximately 170 calories. Added to your BMR of 1500 calories calculated above, your new estimate for caloric expenditure is 1670 calories.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

You will also need to estimate how many calories you burn throughout the normal course of your day. If you have a very active lifestyle due to your job for instance, then those are calories that you need to take into consideration. Use the following estimates as a guide:

If you are completely sedentary, you should add about 30% of your BMR to your daily caloric expenditure calculation. Using the information calculated above:

$$1670 \text{ calories} + 30\% \text{ of } 1500 \text{ calories} =$$

$$1670 + 450 = 2120 \text{ calories}$$

If you are moderately active, you should add about 50% of your BMR to your daily caloric expenditure calculation.

$$1670 \text{ calories} + 50\% \text{ of } 1500 \text{ calories} =$$

$$1670 + 750 = 2420 \text{ calories}$$

If you are very active, you should add about 70% of your BMR to your daily caloric expenditure calculation.

$$1670 \text{ calories} + 70\% \text{ of } 1500 \text{ calories} =$$

$$1670 \text{ calories} + 1050 \text{ calories} = 2720 \text{ calories}$$

Although this number may be just an estimate, it is very valuable information to help you determine how many calories you can eat everyday without gaining weight. Most people would certainly give up quickly if they were expected to count calories at every meal, so there are some general guidelines that you should follow to help you:

1. **Learn to estimate portion sizes.** This will help you *tremendously*. You will do yourself a favor by buying a food scale, but if you don't want to do that, then just use these guidelines to help you determine how much you are putting on your plate and actually eating:

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

<b>Weight or Size of Food</b>	<b>Portion Analogy</b>
3 ounces of meat	Deck of playing cards or audiotape cassette
Medium sized piece of fruit	Tennis ball
1 ounce of cheese	4 stacked dice
½ cup of ice cream	Tennis ball
1 cup of mashed potatoes or vegetables	Size of your fist
1 teaspoon of peanut butter	Size of the tip of your thumb
1 ounce of nuts or small candy	One handful

**Table 6: Portion sizes**

This is particularly helpful when you are at a restaurant and are exposed to the extremely large portion sizes that are served. While I'm certainly not complaining about the portion sizes themselves since it is assured that my money is well spent, it is problematic for people that are not consciously aware of the amount of food that is placed before them on a plate (or a *platter* depending on the restaurant). Once you do become aware, you will begin to realize that a typical meal at a restaurant could be enough to feed you for 2-3 meals based on knowing what your portion sizes should be. You will begin to regularly use these strategies that you have probably heard before--asking for a box with your meal and immediately placing half of it in the box, sharing your meal with a friend, or ordering an appetizer in place of your meal. I personally never understood the concept of appetizers anyway, unless it is all you are planning to eat.

2. **Learn to read labels.** If you don't do this already, it is a very important step in order to estimate your calorie intake for the day. While counting your caloric intake at every meal may be overwhelming and not realistic for you to commit to doing, you should at least have a general idea of how many calories are contained in a handful of chips or two cookies for instance. Knowing this information will help you control your snacking, decrease your portion sizes and limit your drinks to mostly water (see #3 below). You will also quickly learn what foods are robbing your calorie budget and how many calories you have left throughout the day. You will soon realize that it is not worth the calories to snack on unhealthy foods, but rather to snack on fruits and vegetables between meals instead.

3. **Think before you drink.** And that does not just apply to alcohol. For all drinks other than water, you are also usually consuming empty calories and extra sugar. The next chapter goes into great detail about all types of drinks, but for now I will mention these points:

- What you drink is just important as what you eat in terms of calorie ingestion. It is very easy to forget about the juice or coffee that you had with your breakfast or the soda that you had with your lunch, but you can easily rob yourself of one- to two-hundred unnecessary calories without even knowing it.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become Your Healthiest Today**

- Try to limit your consumption of beverages other than water to 8 ounces or less per day. Be creative and break this down into 4 ounces at lunch and 4 ounces at dinner or try flavoring a full glass of water with a small amount of juice.
- Make drinking 8-8 oz glasses of water per day realistic by placing a large amount of water in a container that you can carry or keep with you all day. Make sure it contains at least 32 ounces and drink half of it by noon, fill it up and drink another 32 ounces by the end of the day.
- Soda is in a class by itself because of all of the sugar that it contains, not to mention that sodas have other negative health effects, which will be discussed in Step #10. Americans consume an average of 144 calories a day from soda alone and this number is on the rise. I think we all know by now that we should drink soda on a very infrequent basis, and you will find that if you are drinking a lot of water throughout your day, you will feel fuller between meals and eventually you will crave sodas less.



**The next time you reach for a soda, read the label to determine how much sugar and how many calories are in a serving, and then notice how many servings the bottle contains. You might just put it back.**

Once you have written your nutritional goals for improving your eating habits by purging old habits and adding new ones, you will be clear on your goals and it will be easier to stay committed and determined to achieving them. These strategies are meant to help you get started; once you are drinking a lot of water, watching your portion sizes and learning to estimate your caloric intake and filling up on fruits and vegetables, you are well on your way to achieving long term health.

## **Step #10: Don't Drink Your Calories**

There is almost as much variety in the drinks that are available to us as there is the food that plagues our society. There is a Starbucks on just about every corner in some major cities and a liquor store on every other block in others. And who can resist a creamy, frothy, warm chocolate drink on a cold day or an ice-cold beer or margarita on a hot one? Visit any bar or nightclub and you'll get nasty looks from the bartender if you don't order something other than water and as a young adult you are expected to drink shots at parties.

The pressure is high in our society to meet for coffee or to talk over drinks after work, which counters the proclamations heard from health professionals in every field: To make most of your daily liquid consumption water. But is it true that we have to drink a whole 64 ounces *everyday*? And what about kids who have soda available at school *and* the fact that schools are now purchasing more soda than milk to meet the demand? And with all of the cute boxes of fruit drinks (that usually contain no more than 10% *real* juice) that are placed strategically at eye level in the grocery stores for our kids to see and ask for, how do we help them to make the switch from drinking all that sugar?

This chapter will answer some of these questions and help you help yourself and your children. I feel that the things that we drink everyday are as important as what we eat, hence the whole chapter on beverages. But for some reason, we don't pay as much attention to what we drink even though in a lot of cases it is where we get a large percentage of our calories and sugar.

1. **Wean yourself.** Just like a baby has to be weaned off of breast milk or formula, you may need to get creative to decrease or dramatically reduce the amount of beverages other than water that you consume. This is not to say that all beverages are bad, in fact there are some that have some health benefits:

- **Tea** is the beverage that is consumed the most, second only to water, which means that it deserves some fairly extensive discussion. There have been studies done through the years to confirm the health benefits of tea as touted by the legendary emperor Shennong since its discovery in 2737 B.C. He claimed that tea was useful for treating abscesses, tumors, lethargy, and bladder ailments to name a few.

There have been more recent studies which indicate that there is some benefit to drinking tea (especially green tea) such as kidney stone and gallstone risk reduction. In previous research studies, it was shown to have some effect on protection from some cancers. During later studies, it was shown that the flavonoids that are present in teas may have been the cause of the positive cancer fighting results, but flavonoids are present in many other food sources, mostly fruits and vegetables. However, tea has

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

been shown to reduce hormone stress levels by almost 50% which could be one reason why tea is known for its soothing, relaxing effects.

So the bottom line on tea is that it is very low in calories and it does have some positive health effects. It is usually a good way to begin your day or end a meal, and it tastes really good when you are sick. Drinking it is fine, as long as you are careful not to confuse the bottled, flavored, sugary teas with the brewed, healthy kind.

- **Coffee** is a beverage that offers health benefits, but can be addictive if you drink it everyday. Many people have made coffee a daily habit and suffer from headaches and even become irritable if they don't get their 'fix'. To drink it in excess could bring about the shakes and keep you from sleeping, and it has also been shown to increase your risk of osteoporosis.

On the positive side, coffee acts as a diuretic in helping flush your digestive system, which dilutes your urine, decreasing the risk for kidney stone development. It has also been shown to lower your risk of developing gallstones and type 2 diabetes. So if you drink it in moderation, there are some health benefits and if you control the amount of milk and sugar that you add, it is fairly low in calories. If drunken regularly, it has been known to stain the enamel on your teeth, so consider brushing just as regularly as you drink it.

- **Alcohol** has received much attention over the past few years, mostly due to health professionals trying to determine its positive effects AND due to the concerns over drinking and driving. Heavy drinking has been shown to lead to liver disease, a variety of cancers and high blood pressure, and has been a major factor in the many cases of domestic violence, traffic accidents and even death. The problems start occurring when it becomes a habit and it is hurtful to the abuser and to those who love him or her. Nevertheless, alcohol has been proven to have some health benefits when drunken in moderation such as an increase in HDL (good) cholesterol, and it also reduces the formation of clots that block the arteries, which lead to heart attacks and strokes.

But what is moderate? How much is ok to drink? Moderate drinking is defined as two drinks a day if you're a male under 65, or one drink a day if you're a female or a male over 65. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits. As we age, we break alcohol down more slowly which leads to a faster rate of intoxication, which increases alcohol's negative effects.

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

So keep drinking that glass of wine with dinner as long as you don't have a history of strokes, liver disease or precancerous symptoms. Be sure to count the calories along with your meal; a typical 5 ounce glass of wine contains approximately 90-130 calories depending on the type.

- **Soft drinks-** The consumption of soft drinks in our country has increased *over 100%* from 1977 through 2001 and doesn't show signs of diminishing. The availability of soft drinks in conveniently located vending machines in schools, hospitals, office buildings, etc. has helped the number of soft drinks consumed per day climb from 1.96 in 1977 to 2.39 in 2001. Its consumption has no doubt aided in the obesity epidemic that has plagued our country for several years now and its sugar content has been shown to increase the risk of diabetes and unnecessary weight gain.

There are not too many positive things to mention about drinking soft drinks except for they do come in a wide variety of flavors and they are inexpensive and readily available. That's it. Other than that, the fact that it leads to children having a lower intake of fiber and a lower intake of numerous vitamins and minerals; it contributes to excess weight which leads to heart attacks, strokes and cancer; it increases the risk of osteoporosis; it could lead to tooth decay due to the amount of sugar; and dental erosion due to the acid it contains --should be more than enough for anyone to ask for water or iced tea at restaurants and purchase juice or water from vending machines.

However, if you are one of many Americans who have decided that you will continue to drink the carbonated beverage, you should definitely consider making an attempt to at least reduce the amount that you drink. Also, always be aware of the extra calories and sugar that you are *drinking* so that you can make appropriate modifications to what you are *eating* to avoid the extra calorie consumption. Refer to Step #8 for some helpful strategies.

## **Appendix I-Exercise Examples**

The next few sections will give you some specific exercises that you can perform for specific muscle groups with or without proper weights. One of my areas of focus is to train people in their homes since not everyone wants (or needs) a gym membership. Obviously the number of sets and reps that you do will depend on your specific goals, but if you are just starting out, I recommend that you start out doing strength training just a couple of times a week. Assuming that you have no injuries or medical condition that would prevent you from doing these exercises, start out by doing 3 sets of 10 to 12 repetitions. These exercises can be done with medicine balls, resistance bands, weights, your own body weight or you can find some items lying around your house to use like water bottles or cans of food.

Keep these alignment techniques in mind when you are performing strength-training exercises:

1. For any exercise, refrain from putting undue strain on your back by keeping your abdominal muscles contracted.
2. For squats, keep your knees in proper alignment by keeping them behind your toes as you bend your knees.
3. Avoid 'locking' your elbow and knee joints on any exercise. Always maintain a very slight bend in these joints, even as they are extended.
4. Keep your shoulders down and relaxed for all exercises; avoid shrugging them up toward your ears.
5. For all exercises, be sure that you can execute the movement through a full range of motion and control the movement. If the weight is too heavy, lighten the load.

### 1. Ball Fly-Works chest and shoulder muscles



Start out with your head and neck resting on the ball. With your abdominal and gluteal muscles contracted, perform this exercise with your body in a tabletop position.



Move the weights down by bending the elbows, as though you are hugging a big ball. Contract the chest muscles as you bring the weights back up to a starting position and repeat.

### 2. Bent-arm Shoulder Raise-Works shoulder muscles



Begin with the weights positioned in the center of your body at or below chest level.



Exhale out as you bring the weights up to shoulder level, with your wrists in line with your shoulders. Come back to starting level and repeat.

### 3. Bicep Curls- Works biceps



Begin with your arms close to your body with your elbows close to waist.



In a slow and controlled movement, keep your back straight and your abdominal muscles contracted as you exhale to curl the weights up. Do not rock forward and back to use your momentum to lift the weight.

### 4. Front Shoulder Raises-Works shoulder muscles



Begin with both weights resting near the front of your thighs and your feet about shoulder width apart.



Start with just one side at a time and then move to both sides. Avoid rocking back as you lift; keep your back in a neutral position for the entire exercise.

## 5. Modified Push Up- Works Chest, Shoulders, Triceps, Core



On your hands and knees, bring your hands slightly in front of your shoulders on the floor (or mat). Be sure that your abdominal muscles are tight and your back is straight before beginning the exercise.



Bring your torso down by bending your elbows. Maintain your form as you push back up to starting position and do not lock your elbows.

## 6. Full Push Up- Works Chest, Shoulders, Triceps, Core



On your hands and toes, contract your abdominal muscles and keep your back parallel to the floor with your elbows extended but not locked.



Keeping your back in alignment with your neck, bend both elbows, bringing the entire body down as one unit. Maintain this form and exhale as you extend the elbows and push back up to starting position and repeat.

### 7. Sit up- Works abdominal muscles



Laying flat on your back, bend your knees and keep your feet flat on the floor or mat. With your hands behind your head to support your neck, contract your abdominal muscles and keep your back pressed down into the mat.



Exhale and lift your head attempting to lift your shoulders from the mat. Pause briefly at the top of the movement and return to starting position. Keep your abdominal muscles contracted for the duration of the exercise.

### 8. Cross Sit Up-Works Obliques



Lying flat on your back, cross one leg over the other with your hands behind your head and one foot flat on the floor. Contract your abdominal muscles and keep your back pressed down into the mat.



Exhale as you lift one shoulder off of the floor, reaching for the opposite knee. Focus on bringing your shoulder across (instead of the elbow) to avoid pulling on your neck. Repeat with the opposite leg and shoulder.



## References and Recommended Reading

### Websites

Cancer Research and Prevention Foundation

[www.preventcancer.org](http://www.preventcancer.org)

Science Daily

<http://www.sciencedaily.com/releases/2004/09/040917091452.htm>

Center for Science in the Public Interest

<http://www.cspinet.org/liquidcandy/index.html>

American Heart Association

[www.americanheart.org](http://www.americanheart.org)

Health Check Systems

[www.healthchecksystems.com](http://www.healthchecksystems.com)

Food and Drug Administration

[www.fda.gov](http://www.fda.gov)

American Council on Exercise

[www.acefitness.org](http://www.acefitness.org)

### Books

American Council on Exercise. *ACE Personal Training Manual*, 3<sup>rd</sup> ed. (2000)

Willett, Walter, et al. (2001). *Eat, Drink and be Healthy*. New York, NY: Free Press.

Roizen, Michael, et al. (2005). *You: The Owners Manual*. New York, NY: Harper Resource

Pursuant to U.S. State and Federal Laws

**Legal Information: Terms and Conditions-** This book (“product”) is owned and operated by Mile High Fitness herein after referred to as MHF. Your access and use of the product is subject to the following terms and conditions (“Terms and Conditions”), and all applicable laws. By accessing and browsing the product, you accept, without limitation or qualification, the Terms and Conditions. If you do not agree with any of the below Terms and Conditions, do not use the product.

**Copyrights and Trademarks** – The documents and information in this product are copyrighted materials of MHF. Copyright information contained in this product may not be reproduced, distributed or copied publicly in any way, including Internet, e-mail, newsgroups or reprinting. Any violator will be subject to the maximum fine and penalty imposed by the law. Purchasers of our product are granted a license to use the information contained herein for their own personal use only. Any violators will be pursued and punished to the fullest extent of the law. No claim of copyright is made on any 3<sup>rd</sup> party software, websites, images or text that may be referenced in our product(s). By viewing, using, and/or purchasing our materials, you agree to be bound by these copyright terms.

**Limitation of Liability-**Information and any software available for download through this product is provided “As Is”, without warranty of any kind, either expressed or implied, including, but not limited to the implied warranties of merchantability, fitness for a particular purpose, or non-infringement. MHF’s entire liability and any customer’s exclusive remedy, shall be a refund of the price paid.

Though we strive for accuracy, information in this product may contain inadvertent technical inaccuracies or typographical errors. MHF may also make improvements and/or changes in the products and/or the programs/offers described in this information at any time without notice.

MHF makes no representations whatsoever about any hyperlinked third-party sites which you may access through our site or product. These 3<sup>rd</sup> party sites are not created or maintained by MHF. They are independent from MHF and MHF has no control over the content of those sites. Moreover, MHF does not endorse or accept any responsibility for the content or the use of such sites. While we have no information about the presence of offensive or dangerous content on 3<sup>rd</sup> party sites, you should take the necessary precautions to protect yourself and your systems from viruses, worms, Trojan horses, and other items of a destructive nature.

In no event will MHF be liable to you or any other third party for direct, indirect, special or other consequential damages for any use of our site or our product(s), including, without limitation, any lost profits, business interruption, loss of programs or other data

**Get Motivated! 10 Strategies to Stop Procrastinating and Become  
Your Healthiest Today**

on your information handling system or otherwise, even if we are expressly advised on the possibility of such damages.

**Jurisdiction and Choice of Law-** MHF does not make any representation that materials in this product are appropriate or available for use in other locations. Those who choose to access this product from other locations do so on their own initiative and are responsible for compliance with local laws, if and to the extent local laws are applicable.

These Terms and Conditions shall be governed by, construed and enforced in accordance with the laws of the State of Colorado, United States of America, as it is applied to agreements entered into and to be performed entirely within such State. Any action you, any third party or MHF brings to enforce these Terms and Conditions or, in connection with, any matters related to this product shall be brought only in either the State or Federal Courts located in Denver County, CO, and you expressly consent too the jurisdiction of such said courts.

**Other-** If any provision of this agreement shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this agreement and shall not affect the validity and enforceability of any remaining provisions. This is the entire agreement between the parties relating to the matters contained herein.