

# SEX ADDICTION RECOVERY

*A STRONG MIND  
AND BODY*

**5 STRATEGIES**



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This guide does not replace the advice of a medical professional. Consult your mental health care professional before making any changes to your mental health plan.

There are several of Rob's personal stories included, from his personal perspective, and he has put every effort to represent events as faithfully as possible. There are statistics included which were gathered from various online sources.

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**DISCLAIMER**

PLEASE stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. All exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree that you are responsible for your health and well-being in relation to any exercise program that you may undertake. Everyone's dietary needs and restrictions are unique to the individual. You are ultimately responsible for all decisions pertaining to your health. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program. The writers and publishers of this site are not responsible for adverse reactions, effects, or consequences resulting from the use of any recipes or suggestions herein or hereafter.

## FOR TOTAL LIFE TRANSFORMATION

It is important that you not only change your thinking and behaviors, you also must change your nutrition and fitness plan. Like an expensive car, your brain functions best when it gets only premium fuel. When you eat a healthy diet, you are giving your body the energy it needs to stay awake and focused. Often, this means having the energy to concentrate on information, which can stimulate the brain and improve learning outcomes. Eating healthy will have a significant impact on your success eradicating sex addiction.

Many addicts, as many as 70%, have another corresponding addiction. This means that many sex addicts are likely to have another addiction as well, such as drugs, alcohol, food, cocaine, poppers, and/or other stimulants. Carbohydrates and sugar are highly addictive because they trigger a rush of dopamine in the brain. The sex addict is typically addicted to the dopamine rush. Hence, foods, in particular carbohydrates (which includes sugary, sweet foods) are likely to be addictive. However, breaking carbohydrate addiction is another route most addicts must be aware of. Food addiction and cravings are not a perpetual condemnation. Through consistent repetition over a period of time, your brain will eventually feel more pleasure from healthier foods, and its reward centers will not respond as actively to unhealthy food cues. So, for you as you recover from sex addiction, healthy eating will be an important factor in your life transformation. Proper exercise and strength training are important too. Benefits from strength training include mood improvement, a strengthening of the mind-body connection, diminishes stress and anxiety, gives a boost to brain health, and improves your relationship with your body.

This book will provide a significant number of tools needed to begin a new lifestyle of health and fitness. It is imperative that you read, and study, and highlight, in this book and throughout the course what you believe is important to you and your sobriety. Remember to invest quiet time meditating on the information and begin practicing applying the knowledge. Remember, *application of knowledge* is key for your success.

**Transformation Specialist, Master Trainer, and Health Coach, *Robert J Lopicola***

# **FIVE STRATEGIES TO A STRONG MIND & BODY FOR HEALTHY LIVING FOR THE SEX ADDICT SEEKING CHANGE AND TRANSFORMATION**



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## STRATEGY # 1

### CREATE A NEW MINDSET

#### THE BRAIN, MIND, AND BODY



The most powerful computer known is the brain. The human brain possesses about one hundred billion neurons with roughly 1 quadrillion — 1 million billion — connections known as synapses wiring these cells together. Many believe the strongest “muscle” in your entire body is in your legs, chest, arms, or back. However, the human mind is the most powerful “muscle,” and a strong mind can push you through any reasonable obstacle. The mind is the most powerful tool that humans possess. It can be used to help you attain success or take you to the depths of failure.

A gazelle was given the powerful tool of speed, a lion its roar, the elephant its size, and the bird, its flight. The human, however, was given the mind. Yes, the human mind is unique to man and is by far the most powerful tool of all, and with it, anything is possible. For years, man was unaware of its power. However, in time its power was not only discovered, but its potential was awakened.

With the mind, man was capable of great heights, such as flying to the moon on July 20, 1969. A height greater than any bird. With the mind, man was capable of great speeds, breaking the sound barrier on October 14, 1947. Faster than any gazelle. With the mind, man created a

ship over one billion pounds, and it floats in water. Heavier than any elephant. With the mind, the loudest sound ever manufactured by man was the atomic bomb blasts over Nagasaki and Hiroshima on August 6, 1945. Louder than any roar of a lion.

You must learn to use your mind to its highest potential if you want to live life on a new and optimal level. Become the master of your mind, or it shall rule you. The quote, “Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change,” relates to perspective. Our minds rationalize things in a certain way that fits the schemes and categories we are accustomed to.

## MIND POWER – THE POWER OF THOUGHTS



Mind power is one of the strongest and most useful powers you possess. Together with your imagination, this power can create success or failure, happiness or unhappiness, opportunities, or obstacles. This depends on your mindset. Neurobiologists have long held that the brain exclusively drives the mind and that the mind serves only the individual self.

Our brains become used to, and even develop a preference for, certain patterns, meaning the brain can be trained to behave and even gradually evolve based on the activities of the mind. Buddha said, “*The mind is everything. What you think, you become.*” There is truth in this statement. If you can control your mind, you can dictate the course of your life. You can be either imprisoned by your thoughts or set free by them.

*Think and Grow Rich*, by Napoleon Hill, states, “It is a well-known fact that one comes, finally, to believe whatever one repeats to oneself, whether the statement is true or false. If a man repeats a lie over and over, he will eventually accept the lie as truth. Moreover, he will believe it to be the truth. Every man is what he is because of the dominating thoughts he permits to occupy his mind. Thoughts which a man deliberately places in his own mind, and encourages with sympathy, and with which he mixes any one or more emotions, constitute the motivating forces that direct and control his every movement, act, and deed!”

Neuroplasticity is the mind's ability to change the brain. Extensive studies by neuroscientists confirm that our mental machinations do alter the physical structure of our brain matter. So, when you change your mind, you change your brain.

The decisions your brain makes can steal or add many years to your life! When your brain works right, your body looks and feels better. When your brain is troubled, you have trouble with how you look and feel. A healthy brain makes it so much easier for you to have the best body possible. Psychologists say, for example, that our “self-talk” or “internal dialogue” can make or break a fitness routine.

The problem is that many simply are not aware of how destructive their thoughts are. Change your mind, and you just might change your body, too.



***5 Tips to Refresh Your Brain***

- 1. Healthy sleep hygiene*
- 2. Eat nutritious foods*
- 3. Daily meditation*
- 4. Outdoor activities*
- 5. Exercise regularly*



**“HOW” TO CREATE A NEW MINDSET**



There was a time when I needed to change my thinking. I had a design for living and thinking, which was destructive. I had not realized that my thinking patterns created my behavior patterns which collectively created my life pattern. I was progressively designing a life pattern of chaos and destruction.

Later, this pattern brought enough suffering and pain that I received the gift of desperation to change. It was with the combined “needing” and “wanting” to create a new mindset - along with the “gift of desperation” - that I was able to do it. Alone, my wanting and needing to change were not enough to do what had to be done. “Desperation” was a needed component!

Many “want” and “need” to change, yet they continue a habitual lifestyle of misery, obesity, laziness, and/or a life of mediocrity. The combination of wanting, needing, and desperation began my transformation. In other words, I was sick and tired of being sick and tired. I was willing to do “anything” to change my life.

My Spiritual Advisor guided me to that change. It was simple: I had to create a New Mindset and change “everything” about me. I was ready! I offer you how this change happened to me. I trust the steps necessary for change will be as suitable for you as they were for me.

Are you sick and tired of being sick and tired? If your answer is yes, then let us begin the initial ten steps! There will be little to no long-term success if you go into a new life routine of fitness and health if you keep your old design for living and your former way of thinking – your mindset.



Change is necessary. The following are the steps necessary for you to create a new mindset. With a new mindset, these steps will change your thinking, hence your brain, body, health, and life.



## Ten Initial Steps Necessary for a Changed Mindset

**STEP ONE:** I admit that my design for living is not working for me and that I will learn and follow a new design for living if I am to be happy, content, and serene.

**STEP TWO:** I will walk by Faith that this new design will work for me, despite having no clue how it will. The “how” is none of my business. I will simply take the next positive and constructive action toward my success and prosperity.

**STEP THREE:** I will believe that “God” or the “Universe” (or any Higher Power I believe in) will take care of the outcome. My duty is to simply do the next “right” thing, and the result is up to that power.

**STEP FOUR:** I will surround myself with people who have what I want. I will do what they do, so I will get what they have. I will surround myself with people who I can learn and grow from. I will follow their patterns of life so my life will significantly improve, and my life pattern will change for the better.

**STEP FIVE:** I will begin practicing Spiritual Principles such as:

1. *Honesty:* I must take an honest self-appraisal of my life choices and behaviors, which made me miserable, lonely, empty, and feeling inferior, and begin the process of changing those choices.
2. *Hope:* a key ingredient that will keep me motivated when my internal negative self-talk shows up. Holding onto Hope as a principle that my goal and dream is “possible” for me. If others have achieved their dreams and hopes, then it is possible for me too.



3. **Courage:** I must make necessary changes despite fear and discomfort. A knowing that my greatest enemy “fear” will show its ugly face and that I can keep moving forward no matter what. Most fears have no merit and are simply illusions of imagination.

4. **Integrity:** I will commit to keeping my word. When I say I will do something, I will do it even if I do not want to when the time comes. My oath to self: “my yes will be yes, and my no will be no.”
5. **Self-Love:** I will be aware of my internal dialogue and begin standing up to myself within myself. It is easy for me to talk down to myself. Therefore, I will improve awareness of that negative self-talk. Every day, I will practice positive, encouraging inner dialogue. My child within needs my love, and I will be kind and loving to my inner child, as I will be with the adult I am today.

**STEP SIX:** I will care for myself by nourishing my body with healthy food. I will nurture myself daily by doing something to improve my physical strength and endurance. I will support myself by setting goals for weight management and holding myself accountable for those goals. With these three, I will succeed:

1. Journaling Daily
2. Having an Accountability Partner (someone to hold me accountable to my goals)
3. Reading my goals daily (more than once)

**STEP SEVEN:** I will be flexible with change, open to suggestions, willing to learn, and receptive to trusting that (whether I believe it or not) I am a “worthy” human being.



**STEP EIGHT:** I will practice (and learn) a form of meditation I enjoy. I will practice getting quiet and being “present” daily, starting with a few minutes at a time.

**STEP NINE:** I will connect with the outdoors and nature. I will allow the warmth of the sun to rest on my face, the sound of raindrops to fill my ears, for my eyes to witness the beauty of flowers and blossoming trees, and I will allow the playfulness of a puppy to bring laughter to my soul. Nature is where I will find the peace I have been searching for. It is available, and it is free.

**STEP TEN:** I accept that I am imperfect. I accept I will experience setbacks. I accept my journey is one of progress, not perfection.

I agree and commit that I will practice these ten steps because practice makes (not perfection but) improvement. I am here to improve - and improve I shall!



## **HIGHLIGHTS**

### **STRATEGY # 1**

#### **CREATE A NEW MINDSET**

- The most powerful computer known is the brain
- Mind Power is one of the strongest powers you possess
- You can either be imprisoned by your thoughts or set free by them
- Surround yourself with people who have what you want, do what they do, and you can get what they have
- Most fears have no merit and are simply illusions of imagination
- Practice positive encouraging internal dialogue – Positive Affirmations
- Accept that you are imperfect
- Your journey is about progress not perfection

## STRATEGY # 2

### SPIRITUAL PRINCIPLES FOR SUCCESSFUL CHANGE

#### SUCCESS BEGINS IN THE MIND

*“If you believe you will be a success, have faith in your belief, have a decisive plan in place and act in line with that plan, then success is what you will achieve.” – Rob Lopicola*

Many want to be successful. Some desire it more than anything. They have dreams and passions of who they want to be. They aspire for greatness and have visions of what they want to do. Yet, many are unhappy, overweight, lazy, and “stuck.” Many are stuck in unhappy marriages or relationships, dead-end jobs they despise, and like zombies, walk with their heads down and shoulders slouched as the bills pile up.

Financial poverty is a heavy burden to carry. As the bills pile up and the bank account dwindles, it can become too much to bear. The body will eventually break. Body aches, sickness, and even disease may be the result. The spirit of a man is quite difficult to cheer up when his pockets are empty; so is his slouch difficult to straighten.

There is no denying that your body, and life, are a result of your thinking. There are habitual negative thinkers; their thinking creates fear, worry, and anxiety – illusions of imagination keeping their lives limited. They seem to always have “bad luck,” and things seem to rarely, if ever, go their way.

Then you have the positive thinkers; laughter, joy, and a glow seem to be with them under almost any condition. They seem to have “good luck,” and life goes well for them, almost with uncanny frequency.

Humans are complicated thinkers. Man can complicate most anything. The simplest solution to a matter seems invisible to the “thinker.” However, the way to success, good health, and prosperity is quite simple, depending on how you think about it. Some “think” too much. Too much thinking expends unnecessary time and energy. Some “think” too little, investing no time in their ideas and imagination. For the goal-setter, thinking of goals goes nowhere without a plan; a plan must have action to bring it alive. Thinking alone is futile, but it is a beginning.

You can think about your dreams your whole life, and when you die, they will die with you. The graveyard is rich with dreams. To bring your dreams alive and free yourself from poverty, mental sickness, and physical disease, you must first - make a decision! This is the first step to freedom. It is the first *action-step* in the mind. However, to “make a decision” is not enough.



*There are three frogs on a tree branch. One decides to jump. How many frogs are left on the tree branch? Still three. The decision, although a mental action, changed nothing in physical form or to its physical equivalent.*

The physical equivalent of a thought occurs when a definite plan of action is established - and put in motion. Once the plan is established, it is time to act. Many stop here with a plan in place but fear failure, so they procrastinate. They convince themselves, “I will join the gym next month,” “I will start my diet Monday,” or “I will wait until I have more free time.” Procrastination

is the death of your goals and desires. Hence, the graveyard is one of the wealthiest places on earth.

A “plan of action” is a set of goals for the desired outcome. When the plan is put in motion, it will produce the physical equivalent. All things begin with a thought, which is, or should be, followed by the decision to do something. Then a decisive plan is organized, followed by an established action. Action brings thought to its physical equivalent. Hence, your *thoughts become things*. The goal is attainable once there is motion. However, to attain the desired outcome from your plan of action, you must practice three characteristics to assure your arrival. Studies suggest only 20% of people create goals for themselves, with only 8% completing them.

***The reason 92% fail is their lack of practicing and mastering these three:***

**1. Determination**

**2. Commitment**

**3. Perseverance**

**1. DETERMINATION**

Determination begins before a goal is started. You must be determined to complete a goal no matter the obstacle. This decision must be made before you begin. Determination is **knowing** you will complete a task or goal. *You must know your determined effort will be sustained during the entire journey until the desired outcome has been successful.* **Sustained determination is necessary for a goal to be achieved!**



Most people decide to lose weight and start training in the gym as their New Year's Resolution. The decision was relatively easy. Joining a gym nowadays is affordable; many gyms have zero down payment and a small ten- or twenty-dollar monthly membership. Most gyms have no contract as they had decades ago; it is simply a month-to-month agreement. Easy to start and easy to stop. No contract. No obligation. No bridges to burn if you "change your mind." These people made a "resolution" – a temporary commitment – to change their health. However, because they were not determined, the commitment was negotiable. To succeed, we must make commitments and be determined to follow through with *no negotiation*. ***We must not negotiate with our commitments*** (unless it is for a more progressive commitment).

## CRAVINGS AND TEMPTATIONS

Emptying out the pantry and fridge of "unhealthy" food and filling them with healthier eating choices is easy. It will feel great when you do it because you accomplished the task of eliminating temptation. However, temptation returns in time, and with a lack of "self-control" muscle development (self-control is like a muscle where with use, it can get stronger), a quick drive to the store or a call to Door-Dash will bring back into your home all which was eliminated days, or maybe hours, earlier.

The power of "cravings" is astonishing. Cravings are like little monsters running around your house, and in your mind, screaming that all those goodies you got rid of a little bit ago would

be wonderfully delicious if you only had them to eat now. These invisible little monsters are immensely loud, deafening out the reason and logic of why you started to begin with.

It is relatively easy to stop something, but it is remarkably difficult to stay stopped. It was easy emptying the pantry, having a plan in place, and acting in line with that plan. However, within a short period, you gave in easily, quickly, almost without provocation. Here you are “once again” eating unhealthy food, paying for that unused gym membership, or considering canceling it. Sadly, you are discouraged and believe fitness and healthy eating are not in the cards for you. You “tried” many times before, and once again, here you are. A Failure! Sound familiar?

What you missed in your plan was determination. You did not have a plan of determination to follow through when you started. You had not planned for the cravings and temptations and “little monsters” running around the kitchen yelling and screaming. These little food-demons are inevitably going to show up. They will challenge you, but they are not more powerful than you unless you “think” they are! Your imagination will fool you into thinking they are too big to handle.

## EMOTIONS

*“Motivation is a feeling. Feelings change. It is great to be motivated, but for lasting results and to maintain your determination, you need to be Inspired! Inspiration moves someone to act. Inspiration transforms the way you perceive your own capabilities.” – Rob Lopicola*

We are driven by emotion. Our decisions are motivated, or demotivated, by our emotions. You decided to join the gym and eat healthier because you were sick and tired of being sick and

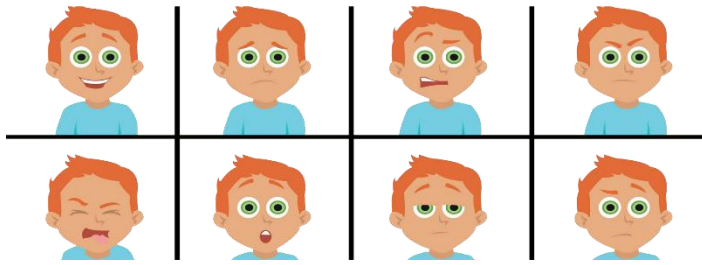
tired. You missed the feeling of how sexy you felt when you were sixty pounds lighter four years ago, and how it felt going to the beach with friends flashing your sexy body, dating the guy or gal of your choice, and wearing your favorite tight jeans that made you look smoking hot. The memory of how “that” felt inspired you to clean the pantry, empty the fridge, and hit the gym. Yes, you want that feeling again!



However, in time you started feeling uncomfortable as cravings crept up on you; you started telling yourself fitness is not your thing and why bother now anyway. You sank back into old habits of behavior, and soon, you were discouraged and gave in to living a life of mediocrity, laziness, and obesity once again. It seems to be a great wonder of the world how others can do what you cannot.

You must decide to be determined before you start. Determination must be part of the plan. Determination is firmness of purpose to do a thing no matter what. You must accept that obstacles will come unexpectedly and perhaps frequently. Be prepared well ahead of time. If you are prepared, you are more likely to succeed and achieve your goal.

I have coached and trained hundreds of clients, and I am quite familiar with “obstacles.” My personal journey of fitness and healthy eating has also had its challenges and obstacles. During my fitness modeling career, I was a lean, shredded 165 pounds; however, I was also a “beefy” 225 pounds several times. I had to rediscover my determination more than once. We are all human and have much more in common with each other than we may think.



Remember, you make most of your decisions based on how you “feel.” Most of the decisions we make are either emotional or rational. A

totally *emotional decision* is very fast compared to a rational decision that comes with clearly thinking of the rewards and consequences. If you decide to do a thing simply on your “feelings” (emotional motivation), you will find yourself negotiating when your feelings change. So, be aware not to make your decisions solely based on emotion.

You will likely decide to change your health and body because you “feel” the need to. However, feelings change. Will you change your goal and your determination when your feelings change? Most people give in to old behaviors of overeating and laziness because it is the easy way out. They return to a lack of exercise. They give up their determination and constructive decisions back to a future time – “I will start next month.”

They restock their pantry and fridge with the very foods they eliminated. The easy way out is to only follow your feelings or emotions. The hard way is to remain determined despite a change in feelings. Remember, if you do what is easy, life will be hard. If you do what is hard, life will be easy.

There are five “feelings” that are likely to set you off course. At some point in your journey, you will feel these emotions. Be prepared. Hunger is a tough contender to ward off unhealthy food. When you are angry, sweets and carbohydrates tend to make you “feel better.” Many make

poor eating choices when they are lonely and tired. Stress eating is one of the number one “excuses” to overeat or eat unhealthy foods.

***The acronym H.A.L.T.S.:***



1. *Hungry*
2. *Angry*
3. *Lonely*
4. *Tired*
5. *Stressed*

When you are determined to eat healthy, regularly exercise for weight loss, increase lean muscle mass, and improve your overall fitness, you must be prepared for obstacles - which will come. Obstacles will attempt to break your determination. Obstacles are many, and they come at us all. Here are a few of the most common:

- a. **Cravings** will come, and they are powerful, misbehaved, ambitious, and invisible demons. They will scream and yell and throw tantrums for you to give in to them. They are loud, obnoxious, and rude. They need to be



disciplined and redirected. Self-Control is a “muscle,” and you must learn to use this “muscle” if you are determined. Let your no mean no.

- b. **Negative internal dialogue** is common and a difficult cycle to break. You may tell yourself the gym and eating healthily is not worth it, and worse yet, you may tell yourself you are not worth it. You must practice telling yourself a different story. The old story does not work for you, and it is time to end it. Yes, it is time to stand up to yourself within yourself and tell yourself to shut up. Interrupt the old story. Practice positive, upbuilding, and encouraging self-affirmation. By practice, you will begin changing. Keep in mind, you are not responsible for your first thought, but you are responsible for what you do with the thoughts that follow. Gain Self-Mastery over your thoughts.

- c. **Old behaviors** will show up in your day-to-day patterns. These behaviors can captivate



you without much difficulty and lead you to poor eating, snacking, and laziness. If you are not prepared for them nor aware of them, these silent gremlins will set you back and make

it difficult for your return. Know your old behaviors which deterred you before and set your sails off course. Behaviors such as late-night Netflix watching, going to the movies, binging on buttered popcorn and soda, having a fatty breakfast at Denny's, walking into temptation eating with an old friend who loves fried chicken and heavy creamed pasta, etc. Sometimes you must change people, places, and things to stay determined and complete your goals. It is imperative to be determined to stay on course no matter what!

- d. **Feelings** will get in the way of your determination. Hunger, anger, loneliness, fatigue, and stress are the five sisters of chaos. Learn coping skills and develop new techniques to see

you through these five. Be prepared ahead of time to remain determined when you are hungry, angry, lonely, tired, and stressed. Remember, feelings change. Eradicate the notion that food is for “comfort.” It is not. Food is for self-nourishment. Food is to keep your body and mind healthy, strong, and for your life longevity. Delicious food is a part of life and should be enjoyed. Therefore, learn and maintain a healthy balance with food for healthy weight management and good health.



Focus on your why! Remember why you want to change. Remember why you are sick and tired. If you were lean, healthy, and strong years ago, focus your thoughts on how you felt when you ate healthily; how you felt when you wore those tight jeans four years ago that you now have hiding in the dresser; and how you felt when you went to the beach proud of your physique.



Focus on how energetic you are when you eat healthy, light food. How does it feel to be slim, lean, strong, fit, and sexy? **Know your why!**

## 2. COMMITMENT

Determination and commitment, although characteristically similar, require a different set of principles. Determination is needed to complete a goal to see you through obstacles and difficulties. Commitment involves being dedicated and (self) obligated to certain activities, or tasks, to complete your goal. You can look at commitment as a contract you make with yourself. A contract has specific details agreed upon to finish a task or purpose.

Example: I may be *determined* to make a million dollars and I am willing to do what it takes to get it. However, I must be **committed** to a particular activity or cause to get there; **I must commit to a list of activities that** will get me the outcome I am *determined* to receive.

I am *determined* to eat healthy, lose forty pounds of unwanted fat, and gain ten pounds of hard, lean muscle mass. I am **committed** to eating one-hundred and fifty grams of protein daily and sixty grams of carbohydrates to get there. If I stick to my commitment, my determined effort will get me to my goal weight.

So here is a hypothetical:



You clean out your pantry and fridge and replace the unhealthy food choices with nutritious foods. You join a gym and decide, backed with action, to change your life. Next, you set goals - for without goals, there is no direction. Goals are much like a road map, or GPS, to reach your destination. You must be determined to reach your destination no matter what obstacles arise.

Next, you must gain knowledge of how to complete your goals, and with that knowledge, there must be application (action). You must be dedicated to action. Here are “how” questions, when answered, will likely get you started with your roadmap for success:

1. How do I reach my goal weight?
2. How do I prevent a relapse of old behaviors?
3. How do I stay on track to eating healthy?

4. How do I stay consistent in the gym three days weekly?
5. How do I build lean muscle mass?
6. How do I weight train at the gym?
7. How do I say “no” to unhealthy food and laziness?

### 3. PERSEVERANCE



This is by far the most important of the three principles necessary for successful change. You must be relentless, fierce, and on fire. Although perseverance and commitment have similar qualities, perseverance is a whole new animal.

According to scientific studies, of all the people who set goals for themselves, only 8% achieve them (one such case reported in *Inc. magazine* July 26, 2016). We can only wonder why that is. There are no certain answers, although some studies have their suggested reasons. My experience tells me that most lack (the principle) perseverance.



### IMMEDIATE GRATIFICATION

We live in a culture where people want what they want and want it now. Amazon made this happen Christmas 2021. They were delivering products the same day that they were ordered. Amazing. People were astonished. Amazon knew we wanted it immediately, and they delivered. We have the same response to our cravings. When an unhealthy food craving crops up on us, we

immediately give in to temptation and feel good. Open the pantry and grab the bag of chips or Oreo cookies. The culprit? The habit of *Immediate Gratification*.

The more we use immediate gratification, the more we want it. This has become a destructive habit. Habits are created; therefore, they can be destroyed. If we repeatedly satiate ourselves with getting what we want “now,” then we will habitually continue this characteristic in our daily lives well into the future. Individuals who seek immediate gratification are at risk of substance abuse and obesity, and many other issues.

They also find it difficult to regulate their emotions and suffer from mood dysfunctions. A study by Stanford University in 1970 found that children who exhibited the ability to delay gratification were more successful in life.

If we strengthen our “self-control” muscles and say no when it is in our best interest, we will develop a new habit of patience. This mental attitude must be eliminated: “why wait when I can have it now” because the “future is uncertain.”

Our behaviors are controlled by the subconscious. The subconscious is where habits are stored. We must develop the habit of patience through practice and override the subconscious. In time, patience will be much easier for us. In time, patience becomes a healthy habit. Patience will progressively eliminate the urge for immediate gratification. Keep in mind, impatience is triggered when we have a goal and realize it is going to cost us more than we thought to reach it. Create your goals with keen awareness or anticipation of the battles, struggles, and challenges that may arise. Simply, be prepared.

Here is an example of patience, using the self-control muscle – “I will not have a cookie just for today. I will have one tomorrow instead.” The good news is if you practice this every day, tomorrow ultimately never comes. It is a trick that works for many. You must practice:

- Accepting your current circumstance or feeling
- Actively build a tolerance of being uncomfortable
- Practice mindfulness, being in the present moment
- Change your thoughts and refocus



Fast food is another curse for the struggling dieter. Fast food is an epidemic. Who has the time, concern, or interest in cooking a healthy meal with long work hours and the heavy mental burden of inflation and bills? Yes, you may be determined to lose weight and build lean muscle; yes, you may be committed to hitting the gym and researching how to reach your goals; and yes, you may be committed to healthy eating (when it is convenient and easy), but are you willing to persevere? Are you developing the habit of perseverance?

Perhaps you hit the gym for a few weeks, lost a dozen pounds of unwanted fat, and can finally bench press more than you weigh. Yes, you are doing well. Congratulations! However, when days turn into weeks, and the bills keep coming, the weather stays cold longer than expected, the job is still stressful, and your muscles ache from time to time more than you would like, will you keep moving? Will you give up and give in? Or will you persevere no matter what?

Many find excuses to support their negative internal dialogue. Many are successful in building a case against their own success. It is sad but true. Motivation has eluded you. Have you been inspired? Inspiration encourages perseverance.

Perseverance is key because success does not arrive overnight. Success takes time. Success includes setbacks and inconveniences. Success is not the reward for commitment and determination. **Success is the reward of perseverance.** Perseverance is a principle developed over time, from time, and with practice. Perseverance and patience go hand in hand. You must persevere to reach your goals in the gym, goals of weight loss, and goals of fitting in those old jeans buried in your bottom dresser drawer. You must persevere through the cold winter, the persistent nagging of bills, and the ongoing screaming and rants of cravings creeping around the



kitchen pantry. Those pesky kitchen gremlins throwing cookies and chips at you. It will take time for them to go elsewhere. Perseverance is necessary to get what you desire. You will not succeed without perseverance.

If you take in knowledge and practice these principles, if you are determined to persevere and committed to the nature of perseverance, not one obstacle before you will make you fail. Yes, with these three principles (determination, commitment, and perseverance), you will undeniably succeed and will be set free! No matter how long it takes, perseverance will see you through the following:

- Negativity
- Failures; setbacks
- Cravings

- Obstacles; challenges; difficulties
- Time
- Excuses; Alibis
- Self-Doubt
- Lack of support

Perseverance will be the greatest ingredient to your success. Interestingly, the result or goal is not the means to an end as you may have thought. Perseverance will teach patience, acceptance, and powerlessness. Perseverance will make you a champion. The result is not just the loss of weight or improving your fitness level.



It is ***who you become*** during your journey!



In essence, you will gain freedom from the prison of poor self-image, lack of self-control, disease, and the risk of early death due to obesity, visceral fat, high blood pressure, liver disease, etc. Yes, you will live a long, healthy, prosperous life. You deserve it!

## **HIGHLIGHTS**

### **STRATEGY #2**

#### **INGREDIENTS FOR SUCCESSFUL CHANGE**

- Success begins in the mind
- Determination begins before you start
- We are driven by emotion
- Determination is firmness of purpose to do a thing no matter what
- Cravings need to be disciplined
- Sometimes you must change people, places, and things
- Know your why
- Success includes setbacks and inconveniences
- Perseverance will teach patience, acceptance, powerlessness, and integrity

## STRATEGY # 3

### DEVELOP YOURSELF AND FORGE AHEAD

#### INFERIORITY



Many have dreams about losing weight, transforming, and reshaping their body, gaining lean muscle, and living an active, healthy lifestyle. However, many remain overweight, out of shape, lazy, and unhealthy and do nothing about it. They are dreamers and “waiting.” They wait for when life is easier, when they have more time, or when they have the right job. Waiting and waiting. I ask, honestly, waiting for what? Nothing is waiting for you! Life is happening and will continue to happen – life will not wait for you. Bills, stress, anxiety, traffic, aging, death, sickness, etc. are not waiting for you. So why are you waiting? You think you are waiting for the “right time.” Be careful not to lie to yourself or deny the truth! The graveyard is full of people who were waiting.

*You are waiting because you lack Self-Confidence.*

You are denying the truth. You have filled your mind with lies. You have lied to yourself so long you believe them. You believe “waiting” is the answer. You live with the destructive principle of *procrastination*. “I will put off till tomorrow what I can do today” is part of your internal dialogue. Waiting is procrastination, which is born from fear of failure. Fear of failure comes from negative self-talk. Negative self-talk comes from feelings of inferiority. Inferiority spurs up this faulty belief system:

- I am never going to succeed if I join the gym (fear)
- I will never lose all this weight (fear)
- Those days when I looked great are over (fear)
- I'm too old for change (Fear)
- I will look like an idiot if I go to the gym (fear)
- I have "tried" many times before and always failed, why "try" again (fear)
- I will wait until I feel better, have more money, have a better job, have more time (fear)



As stated previously, you must replace your internal dialogue of self-abuse with one with affirmations of encouragement. Many live their lives building a case against themselves as to "why" they will not succeed. In essence, many have become their own greatest enemy.

It is sad when one looks at themselves in the mirror and hates who they see. It is truly disheartening when one keeps wearing loose baggy clothing to hide their body. Or those who keep tugging at the shirt to make sure it's not too snug around their "fat" belly. Or those who struggle breathing while bending over tying their shoelaces. So many would rather stay home and isolate because they are embarrassed with their body even though they are social by nature.



They live life, missing out on all the fun others are having. Many have watched Netflix eating potato chips arguing with themselves and wishing they would stop eating so poorly. Brain cells inside one's head battle with each other in what seems to be silence to the outside world. There is a war going on in your mind. Your mind is a battlefield.

For many, this goes on for years, and before they know it, the weight scale has numbers well over 200 pounds and over 300 for some. They look in the mirror and are baffled about how they got here. This leads to more discouragement, isolation, depression, and a life unlived. The mask of laughter and giddiness cannot totally muffle out their internal suffering and inferiority. Hearts are breaking. Souls are bleeding. Yet, discouraged and procrastinating, they continue to wait.

## **SELF CONFIDENCE**

Self-Confident is not something to “try” being. Nor is self-confidence something a coach, teacher, or therapist can give you. It is not a quality you can learn educationally. Self-confidence does not come from how intellectual you are, nor the knowledge gained from a college class, nor can you get it from a self-help book. You cannot “try” to be confident. It comes from within and is developed by changing your mindset.

Many fake it to make it and wear the mask of confidence. Hence, many judge their insides by other people’s outsides. Others may see who you are pretending to be, and they may believe it to be true of you. The real you, however, is invisible. Although ironically, pretending may be a beginning. Pretending is a form of faking it to make it. This strategy works if you are aware of why you are faking it and how that will help you make it.

Self-Confidence takes time. The person suffering from feelings of inferiority, unworthiness, and self-loathing must be *willing* to change and patient with the process. He must go beyond the *wanting* and *needing*; he must be *willing* to do what it takes. He must be honest,

open-minded, and willing. Patience is a virtue needed as success takes time. All these are spiritual concepts necessary for success.

Who can be saved from inferiority?



No one can be saved who is not willing to be saved. Most people who want to be saved and need to be saved are not ready to be saved. No one soul has the capacity to save another soul unless the other soul is willing. Examples of “saving” addicts and alcoholics by family and friends have proven futile much of the time until the addict is ready and willing. The person who is waiting and suffering from inferiority issues must be ready and willing to be “saved.” Only when ready can a person change and transform. **Miraculous transformation occurs for the willing and “desperate.”**

*“Self-confidence comes by doing good for self and others. It comes with taking responsibility for your life. Self-confidence is the result of being honest, loving, compassionate, and forgiving of self and others.”* – Rob Lopicola

There are those who learn, read, and study to gather information for a later time. They learn for the sake of learning and file the information. They are also waiting. These educational varieties may be aware they need change, but not fully ready for it. I waited like many others and filed information for nearly a decade. When I was ready to be saved, I put all the information to good use. When I was ready, I was willing.

Many are waiting for a magic moment or bolt of power to do it for them. Waiting for a magical moment when, out of the blue, they are changed. Waiting for any power to jolt them out

of their misery. This form of waiting is simply futile. Some believe gathering enough information will change them. The fact is, for those who are willing, there is much to learn, but there is also much to practice. There is a process for you to become self-confident, and it is simple. I implore you to keep it simple, for the human mind has a way of making things difficult. I assure you; this is not a difficult process.

You must practice two principles during your journey to self-confidence:

### **1. Willingness**

### **2. Patience**

#### **1. WILLINGNESS**



For you to step away from the comfort of misery, you must be willing to speak, think, and behave differently. If you speak, think, and behave differently, so will your life be. Willingness simply means you are open-minded to another way of living your life. Willingness means you are open-minded to stepping out of your comfort zone and taking risks. It also means sweeping away old beliefs and uncovering new beliefs. In essence, like a computer, deleting old files which are destructive and no longer work for you and establishing a whole new set of ideas, or files, which will upgrade your life.

Very few people succeed at reaching their goals because they lack commitment, determination, and perseverance. As you organize your commitments to change your spirit (how you think, live, function, and behave), you must be committed to doing what many do not. If you want to be great, then you must do what the great do. If you want to be strong, then you must

do what the strong do. Similarly, for the wealthy, the fit, and the self-confident. You must be committed to the tasks necessary to get what you want.



Many do not want to do the “work” necessary. They want a magic potion to do it for them. They want the solution to be quick and easy. They want a magic pill to lose 50 pounds in 90 days, for example. The “work” is simple, but it is neither quick nor easy. Simplicity is motivational enough for the few. Hence, few make it. I am not an advocate of the word “work,” work has a negative connotation. Who, after all, wants to work? So, I would rather use “reprieve.” Transforming your life to one of self-confidence is simple. What needs to be practiced in developing your self-confidence is, in fact – reprieve. Hence, the work is not work at all.

A reprieve is a relief. It is a heavy burden to carry when you are self-abusing much of the time. It is tiresome when you spend time talking negatively to yourself. When you are weighed down with self-loathing, burdening yourself with inferiority and shame. These are depressive, dark burdens to carry. This is work. However, to develop self-confidence is, in fact, a reprieve. It is a much lighter load to carry to tell yourself you are ok as you are. Much lighter and brighter to tell yourself you can achieve greatness. Your shoulders will likely straighten when you tell yourself there is a champion inside of you waiting to come out.

Negative energy is significantly more draining than positive energy. There was a study at M.I.T. which showed that for every ONE negative comment to yourself, seventeen positive affirmations are needed to counteract it. Amazing really. Processing negative thoughts are more powerful in our brain than processing positive ones. In fact, research shows that we require more

positive messages for every negative one to keep our thoughts and life on a positive trajectory. Negative information causes a surge in activity in the brain's critical information processing area; thus, our behaviors and attitudes tend to be shaped more powerfully.

However, positive affirmations are very powerful because they release you from negativity, fear, worry, and anxiety. When positive affirmations are repeated, they begin to take charge of your thoughts. After all, you are what you think! If you consistently practice positive affirmations, you will change your thoughts, change your behaviors, and begin changing your life. *"If we want to start to make less room for negative thoughts, we have to intentionally practice positive thoughts,"* says Psychologist Lauren Alexander, Ph.D.



It is a reprieve to look in the mirror and tell yourself how wonderful you are. It is ok that you are imperfect. It is ok that you made mistakes. It is a reprieve to look in the mirror and smile at the child within you who needs your love. There is much reprieve in telling yourself that you are worthy, loving, and loveable. Imagine how wonderful it is to look in the mirror and forgive yourself. How much reprieve will it be for you when you go for a walk and imagine yourself happy, slim, strong, and laughing for real, no masks! How wonderful is the reprieve you feel when you love your reflection in the mirror? How about the feeling when you wear the bathing suit you dreamed of? It is reprieve being good to yourself. There is no work! There is a reprieve.

You must change your internal dialogue and fill your time with positive affirmations. Fake it to make it within yourself for a while. Trust me. You have lied to yourself far too long, and today

you believe your lies. Perhaps others have lied to you for a long time as well, and you believe them. You say and hear words long enough you will believe them and then live them. Do what you need to do to develop self-confidence. Not by *trying* to be self-confident, but by *doing*. Self-Confidence will come in time as you continuously practice positive affirmations. You will not succeed unless you persevere! You must keep on doing it and keep on doing it. There is no rest. There is no giving up. There is no stopping.

## 2. PATIENCE



Time takes time. If it takes you five days to walk into the forest, it will take you five days to walk out. The principle of patience must be practiced.

Perseverance is key! If you want something bad enough, and if you are sick and tired of being sick and tired, and you never give up – self-confidence will sprout within you. It will show up when you least expect it. It will sprout and grow and shine in your life. As challenging as the journey may be, it will be worth it because you are worth it. Allow time.

Be patient with the time it will take to transform. Along your journey, do not let time do you, you do time. You make time count in your favor. Rather than count days, make the days count. You oversee you and your life. You use time as an advantage to learn, grow, prosper, and shine. Use time as an ally. I make you a promise which my experience has taught me. The time it takes to outgrow the “old” you and give birth to the “new” you will be remembered as a time of deep personal intimacy. You will look back and remember how beautiful, how inspiring, and how intimate the transformational journey was. There is no greater time, I believe, in one’s life as a time when one sheds off old skin and reveals the beauty of newness.



Be patient as it will take time to practice a new design for living that will work for you. As you practice positive affirmations regularly, you will begin to transform. You must wipe away your old beliefs and fill them with new ones. Ask close associations who love you to tell you your strengths. Reflect on your past and times when you succeeded.

Review your history of all the challenges and difficulties you overcame. Glance through your memories of what made you smile and laugh. Meditate on your childhood dreams and bring them back into your life. Take time to smell the flowers, listen to the birds, see the heavenly stars at night, and tell yourself how wonderfully made you are. Go do something loving for someone and do not get caught.

***You only need to know you are good. Someone's opinion of you is not your destiny.***



Be patient as you discover yourself. What someone else wants for you may not be what you want for you. If someone does not want you, let them go. Your destiny is not tied to someone else.

You are not the result of what others think of you. You are the result of what you think of you. Surround yourself with people who love and respect you. Build around you a village of people who have what you want. If you are the smartest, most successful person in your group of friends, find new friends. You need people you can learn and grow from in your circle.

Do not be selfish but be self-interested. Take care of yourself because no one will do it better than you will. Eliminate toxic conversations and people from your life. Your life is in your hands now, and you own it. Take full responsibility for your life.

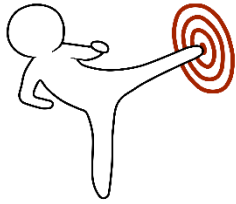
## **IT IS TIME TO ACT AND FORGE AHEAD**

It is time to get up and get going. By now, you are well on your way to change and transformation. Get a personal trainer, life coach, or join a gym. Make yourself determined to succeed no matter what. Stay committed to your goals and persevere until the end. Fill your mind with positive affirmations.

Surround yourself with people who have what you want; those who are lean, fit, strong, and healthy. Keep your mind open to new and bright possibilities. Live your life full and push yourself for more and more. Continue taking in knowledge, applying that knowledge, and allow time to get you where you are going.

There is no finish line. There is no graduation. There is no perfection. Your journey is one of progress, not perfection. Your journey is one of reshaping your life as you grow and mature. One of reshaping your ideas, beliefs, and convictions. Remember your dreams and bring them alive once again.

GOAL ACHIEVED!



*Finishing thought:*

*Say goodbye to the old you, for that person is long gone. You are Powerful! You are what you think, therefore, think of your greatness. Always remain humble and remember the journey. Never forget where you came from. There will be times when someone is where you are now, and you may be fortunate enough to save them, as you were saved if they are only as willing as you!*

## **HIGHLIGHTS**

### **STRATEGY # 3**

#### **DEVELOP YOURSELF AND FORGE AHEAD**

- Self-Confidence takes time
- You must be willing and patient
- You must be willing to think, behave, and live differently
- If you want to be great than you must do what is great
- You oversee you and your life
- You must wipe away old beliefs and fill your mind with new ones
- Someone's opinion of you is not your destiny
- Build around you a village of people who have what you want
- You are what you think, therefore think of your greatness
- Remain humble and remember how it felt when you started your life transformation – in this you will have gratitude

## STRATEGY # 4

### EXERCISE FOR LIFE

#### OBESITY IN AMERICA



Unfortunately, we live in a culture where fitness and nutrition are not a priority for most people. Although, many



will “talk” about going to the gym and losing weight. The thought of going to the gym simply ends right there, mere “talk.” The United States suffers from an unspoken epidemic of obesity. Many are overworked, underpaid, exhausted, and the feeling of hopelessness has significantly increased since the Covid pandemic. Many find excuses of why they cannot eat healthily or work out. They moan, “when life gets easier, I will get fit.” Interestingly, regular exercise and a healthy diet are what make life easier.

*If you do what is easy, life will be hard.*

*If you do what is hard, life will be easy.*

Studies suggest over 40% of Americans are obese. Obesity leads to heart disease, high blood pressure, diabetes, liver disease, and early death. Obesity is costly and deadly. Yet, the numbers of obese Americans continue to rise year after year. Ironically, so does the availability of gyms around the nation.

There are few who go from “talking” about joining a gym and “walking” into a gym. *The Global Health & Fitness Association* revealed that only about 25% of Americans have a gym membership and go. Studies have also revealed that 90% of people quit the gym after 90 days. Only 10% continue training in the gym, with only about half going twice a week or more. Of those who hit the gym regularly, only a small percent has results and achieve their goals. Most gym members never reach their potential.



There was a 1.5% increase in Health and Fitness Club businesses in the United States as we transitioned from 2021 to 2022, with a total of 106,132. Gyms everywhere. Obesity everywhere.

According to the *National Institutes of Health*, obesity is the second leading cause of preventable death in the United States. An estimated 300,000 deaths per year are due to the obesity epidemic. Obesity is preventable and “curable.” Common treatments for obesity include losing weight through healthy eating, being more physically active, and making other changes to your usual habits.

## EXERCISE FOR LIFE

Fitness must be a lifestyle if you are to be successful with it. *If you want to change the way you look at your future fitness lifestyle, then the fitness lifestyle you are looking at must change.* Many perceive fitness, exercise, lifting weights, and going to the gym as one of the most difficult challenges imaginable. Excuses are created. Procrastination leads to endless

“tomorrows.” Getting fit and healthy can wait. Unfortunately, tomorrow never comes. Excuses are created to prevent them from going to the gym whatsoever. Many talk themselves out of exercise and talk themselves into doing nothing. Many talk themselves out of having a lean, healthy protein packed meal for one which is fatty, heavy, and carb loaded. Mindset change is needed.



Remember, if you do what is easy, life will be hard. If you do what is hard, life will be easy. Change your perspective about the fitness lifestyle you are about to undertake. See it as one that will make your life easier, make you stronger, leaner, and likely significantly increase your life longevity. Change your focus!

**You are what you think about.** Focus your thinking on *where* a lifestyle of fitness will lead you. You will live longer, gain a sense of accomplishment, meet new people, and face new challenges. You do not have to be great to get started, but you have to get started to be great. It is time to get started, so eventually you, yes you, will be great. Let's begin!

## EASY DOES IT



Easy does it. Take your journey one day at a time. Small steps at first, and one step at a time. You do not need to know anything. In fact, walking on a treadmill needs no intellect other than hitting the “start” button. Maybe this should be the goal of your first week in the gym.



*Imagine each day for one week: you get dressed, drive to the gym, walk in the front door of the gym, walk over to the treadmill, and stand on it, hit the start button, and walk at 3.5 mph for 30 minutes. When you are done, hit stop, drink some water, walk out of the gym, and go home. It is that easy. And look, one whole week in the gym. Next week, you will do the same thing, but this time you walk on the treadmill for 15 minutes and go to the elliptical for 15 minutes. Wear your headphones, listen to music that motivates you, and drink plenty of water. The third week, progress to 10 minutes on the treadmill, 10 minutes on the elliptical, and another 10 minutes on the stationary bike. Then use three pieces of workout equipment. Most gyms have machines with directions and pictures on them. If you can read, you are all set. Look, three weeks in the gym, you are using three pieces of cardio equipment and three exercise machines. Progress. Congratulations!*

You may not have been great when you started, maybe you are not great yet, but you are progressing. And think of it, by week three, you will feel better, not only about going to the gym, but you will feel better about yourself. This is about *who you become* during the journey. Everyone has potential within them. Do not give in to mediocrity, laziness, and an unhealthy pattern of living. Transform your life because you deserve better. Tell yourself, “I deserve better,” repeatedly throughout the day. Then do something about it. May the learning begin! And may your self-confidence soar.

## WEIGHT TRAINING AND CARDIOVASCULAR (CARDIO) EXERCISE

There are three areas of focus needed as you begin to build your fitness journey.

1. Strengthening cardiovascular endurance
2. Strengthening muscular endurance
3. Building muscular strength

### 1. Strengthening Cardiovascular Endurance to eliminate unwanted body fat

Cardiovascular means – relating to the heart. Many who are overweight and unfit seem unable to catch their breath merely walking up a small flight of stairs. Their legs tire out quickly along with an elevated heart rate. High blood pressure, diabetes, and high cholesterol are the results of living with obesity. Early death is likely. Not to mention the added stress on the heart from a lack of cardiovascular strength. Those who are overweight, but not considered “obese,” suffer the same consequences.



Symptoms of a weak cardiovascular system affect not only the obese or overweight but also many who are lean, slim, and seemingly fit. They also struggle with heavy breathing climbing a small flight of stairs, an elevated resting heart rate (RHR), and they too quickly fatigue when on their feet for any length of time.

Cardiovascular health is important for most everyone, both those who are overweight and those who are slim. Added benefits of Cardio-exercise is that it helps lower your blood pressure by

reducing the levels of bad cholesterol and raising levels of good cholesterol. It also increases insulin sensitivity, lowers body weight, and increases exercise tolerance.

Three additional unexpected benefits of a strong cardio-exercise program are:

1. Elevated mood
2. An improved outlook on life
3. An increase in Self-Confidence



However, cardiovascular-exercise and strength comes with a price. The price for good health is *risk taking, being uncomfortable, and challenging yourself*. Alternatively, lack of a healthy cardiovascular system comes with a price as well. I suggest you the pay the price for good health; the price of poor health is too expensive (hospitals, medications, medical bills, and early death). Each with a price, and each must be paid.

The monetary price for good cardiovascular health is simple: pay for a small gym membership monthly and use it, drink plenty of water, eat healthy nourishing food, and invest two to four hours exercising weekly. Out of 168 hours a week, use only four of them to challenge yourself physically in the gym. Cardio-exercise will clean out your pores and eliminate water retention through sweating. Sweating will also increase weight loss as you will lose water weight.

*Resistance weight training*, as an additional part of your cardiovascular health, will produce an increase in lean muscle mass. The result, life longevity with a strong heart and a strong body. There are numerous benefits of a regular exercise routine. They are priceless.

- Exercise controls weight; weight management
- Exercise can help prevent excess weight gain or help maintain weight loss
- Exercise combats health conditions and diseases
- Exercise improves mood, can be fun and social too
- Exercise boosts energy
- Exercise promotes better sleep
- Exercise puts the spark back into your sex life



There are several methods which must be included in your exercise routine to strengthen your body. *Strength* is a measure of how much resistance your muscles can push or pull. *Endurance* is how long you can stress your muscle mass before you need to rest. Both are important for weight management.

*Strength training* is important for long-term weight management and increasing lean muscle mass. For every pound of lean muscle added to your body, the result is a boost in your resting metabolic rate. For example, if you were to add ten pounds of lean muscle mass to your body through resistance weight training, your body will burn nearly 3,600 calories a week at rest. There are approximately 3,600 calories in one pound of fat. Thus, you will burn an added four pounds of fat off your body monthly at rest, doing nothing. The simple process of adding ten pounds of lean muscle mass significantly boosts your metabolism. Weight training is how you will manage your weight more effectively in the long-term. Increasing your lean muscle mass is the answer for losing weight and keeping it off for good.

*Endurance training* is important for short-term weight loss. Your body burns calories through heat, which is created through cardiovascular exercise. Additionally, endurance training has a direct and progressive affect for your combined long-term weight management and overall muscular strength. Additionally, *endurance training* prepares your muscle for the future increase in resistance weight training, aka, bodybuilding.

### Techniques to improve cardiovascular endurance

- A. High Intensity Interval Training
- B. Superset Training
- C. Explosive Training



#### A. HIGH INTENSITY INTERVAL TRAINING (HIIT)

**High Intensity Interval Training (HIIT)** is by far the most effective to losing unwanted **body fat**. Cardio exercise can be in any form you choose if you are alternating - for short bursts of time - high and low intervals. For example, to maximize **HIIT**, you can perform a high-speed run for one minute, then a steady walk for one minute, followed by a high-speed run for a minute, and so on, repeating these one-minute intervals for a period of time. The **HIIT** is suggested non-stop for a minimum of 20 minutes. In fact, 20 minutes is the minimum time needed to tap into fat burning. Your body will continue burning fat for an additional 30 minutes following your cardio training as well. So, for a 20-minute cardio session of **HIIT**, you will burn fat for nearly an hour.

It is strongly suggested you do not eat three hours prior to your cardio and another 30 minutes following your cardio. This is to maximize fat burn. Otherwise, your body will use the food in your belly and digestive track for energy. Your body will likely “try” to tap into sugar and carb reservoirs for energy, but with a limited amount available, fat stores will be hit quick and hard. Cardio is best for fat loss when on an empty stomach, or what is called a “fasted state.”

**HIIT** uses much more fat-energy from your body than *steady* cardio exercise. It takes much more energy to repeatedly increase your heart rate from rest. For example, your car uses more fuel for local driving than highway driving. Why? The vehicle uses more gas to continuously accelerate (from red lights and stop signs) than it does on the highway. Your body is similar. Accelerating your heart rate uses far more fuel (fat) than a continuous steady effort does.



*Target Heart Rate (THR)* is generally expressed as a percentage (usually between 50 percent and 85 percent) of your maximum safe heart rate. In general terms, the maximum rate is based on your age, as subtracted from 220. So, for a 40-year-old, maximum heart rate is 220 minus 40, or 180 beats per minute (**BPM**). It is important not to go beyond your **THR**. If you are wearing a device, like an Apple watch, to monitor your heart rate, check it periodically during training. For those who do not, pay attention to your breathing. If you reach a point when you are unable to talk during exercise, you are likely breaching your **THR**. If you do go beyond your **THR**, simply slow down your pace a bit and your heart will slow down too.

Interestingly, oxygen helps to break down fat molecules into its constituent parts, and the blood then picks up the waste carbon dioxide to transport it out of the body via the lungs.

The more oxygen we take in, the more fat our bodies can burn as the metabolic process is kicked into higher gear! In essence, we breathe out our unwanted body fat. **HIIT** will provide deep breathing, an increase in heart rate, and a spike in body temperature needed to get unwanted body fat off and out of your body. Yes, we can breathe out our body fat.

Pace your cardio program at your level. Do not push yourself too much in the beginning. Allow your body to get used to your program. Your body will likely resist initially feeling aches,



pains, and soreness. This is normal. When you do your **HIIT**, make sure you pace yourself. One-minute intervals are suggested. You can however create your own style of intervals, with one-minute intervals as your goal. You can do

30-second or 2-minute intervals. Keep in mind, give yourself a 5-minute warm up and 5-minute cool down. Therefore, in your 20-minute **HIIT**, you are only performing ten minutes of **HIIT**. Here are three example of your 20-minute **HIIT**:

1. 5-minute warm up, one minute high, one minute low, one minute high, one minute low for 10 minutes, then a 5-minute cool down.
2. 5- minute warm up, 30 seconds high, one minute low, 30 seconds high, one minute low for 10 minutes, then a 5-minute cool down.
3. 5-minute warm up, 15 seconds high, one minute low, 20 seconds high, one minute low, 30 seconds high, one minute low, etc. for 10 minutes, then a 5-minute cool down.

Remember:

1. High Intensity Interval Training (**HIIT**) for a minimum of 20 minutes
2. Do your **HIIT** in a fasted state three hours after your last meal
3. Do not eat for a minimum of 30 minutes following your **HIIT**
4. Drink plenty of water and always remain hydrated
5. Your **HIIT** can be any form of cardio which increases your heart rate
6. Your high and low intervals are at your level of relative comfort
7. Find your THR and stay within its parameters

## **B. SUPERSET TRAINING**

*Superset Training* is like **HIIT**, but with added light weights. As it is with **HIIT**, the goal is to increase your heart rate in intervals. An additional benefit with superset training is that it also prepares your muscles for heavier resistance training as you advance.

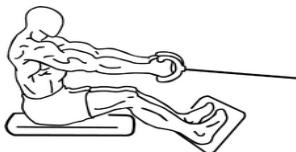
Exercising opposing muscle groups back-to-back (a superset) is a popular method to help eliminate unwanted body fat. However, *A Journal of Strength and Conditioning Research* study revealed that supersets did not burn away any more calories than traditional straight sets. Agreed!

However, for fat loss, your superset training must be in high intensity intervals with short rest periods. The intervals must also be a set of three or more exercises rather than the traditional two exercises.

- High intensity intervals with light weights
- Short rest periods
- Three or more exercises per set

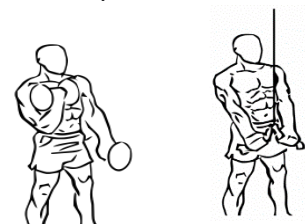


A *traditional superset* consists of *two exercises* back-to-back. For example, a heavy set of back rows followed by a light high rep set of back pull-downs. This is a classic form of super setting for back.



However, for high intensity *superset training* and further exasperate fat loss, a superset must be multiple series of exercises, of light weight and high reps, completed in a short period of time. Here is an example:

120 seconds to complete these five exercises

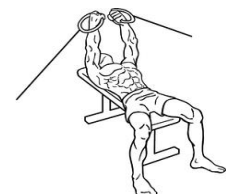


- 15 dumbbell bicep curls of 15 pounds – 10 second break
- 15 triceps rope extensions of 10 pounds – 10 second break
- 15 pushups and 15 crunches – 10 second break
- 15 cable chest flies



30 second break followed by another superset. Perform this superset 3-5 times. This routine will be completed in six minutes if performed three times.

I suggest a 5-minute run at 3 to 5 mph when completed with 3-5 sets.



There are numerous superset techniques, but the *Explosive Training* technique is amazing. This one is more weight aggressive promoting the increase in lean muscle mass and maximizing muscle fatigue. Training a muscle to fatigue is one component which will encourage intense lean muscle mass building, increase strength, and increase muscular endurance.

### C. EXPLOSIVE TRAINING

As with **HIIT** and *superset training*, *explosive training* is also excellent for fat loss if used properly. Once again, these exercises need to be performed in short bursts creating the **HIIT**. *Explosive training* can be great for muscle building and muscle fatigue if used with weights; however, using weights with this form of training is highly suggested for those who are a bit more experienced. Fast-paced workouts with weights can cause injuries if not performed properly.

Explosive training is one of the best training programs for fat loss - especially if you do not have weights or equipment. You can perform these exercises indoors.

Explosive training can simply be performed as calisthenics. Calisthenics are exercises that don't rely on anything but a person's own body weight.



These exercises allow for the development of strength, endurance, flexibility, and coordination. Not only will you build great functional strength, making everyday tasks easier, but by reducing stress on your joints while building that strength, results in a longer lifespan for those joints. Calisthenics increase your resting metabolic rate, as well as enhance and develop muscular and aerobic endurance.

As with **HIIT**, all you need is 20 minutes or more three days weekly. Perform a series of explosive exercises using your body weight only. Keep your breaks as close to 30-seconds as possible to keep your heart rate elevated, improve your endurance, and increase fat loss. Here is an example which will set the pace for your 20-minute explosive training session.

- 3-minute stretching
- 2-minute jog or run
- 25 explosive pushups – every push up, your hands explode off the floor
- 25 explosive squats – every push up with your legs, your feet explode off the floor
- 25 explosive lunges – with every lunge, both feet explode off the floor
- 25 box jumps – create a height which is challenging for you
- 5 sets of 25-meter sprints - 30 second break between each
- 5 sets of 10 heavy ball throws – use weighted ball of 10 to 20 pounds
- 5-minute jog or fast-walk to cool down



*Explosive movements* increase muscle fiber recruitment. Simply put, the more muscle fiber you activate, the more fibers you can exhaust while training, increasing muscle size. Adding the right explosive exercises to your workout can make your next run feel lighter and faster than ever. Explosive movements help runners cover more ground with each foot strike, reinforce minimal ground contact, and promote full extension with every stride. Power workouts have many health benefits according to an article published on the *Harvard Health blog*:

- Strengthens muscle and bones
- Increase reaction times to falls
- Healthier heart
- Increased energy
- Decrease in stress



*Explosive training* is highly challenging. Again, this is for those who are a bit more experienced in the gym as they require a lot of intensity. Either way, beginner or advanced, perform these at your best. Remember, you can always better your best, so do what you can with what you have with where you are. You do not have to be great to get started, but you have to get started to be great.

Keep in mind as you advance, you can also use explosive training for muscular strength and endurance. If you do, increase your breaks from 30 seconds to 60 or 120 seconds. Perform your explosive moves slowly, accurately, and with more power. You will not increase your heart rate significantly as with **HIIT**, but you will train your muscles to fatigue and reach their maximum potential.

## 2. STRENGTHENING MUSCULAR ENDURANCE

Strengthening muscular endurance requires many of the same techniques as with strengthening cardiovascular



endurance. These are both fast paced training sessions without weights, or with light weights, and with short breaks.



*Muscular endurance* is performed in intervals to increase heart rate but with the added stress of weights. For endurance, you must train to fatigue. These types of exercises promote “muscle burn” and “muscle pump.” Muscular endurance training with light weight, high reps create *lactic acid* build up in the muscle trained, thus the burn-pump feeling occurs.

**Lactic Acid:** A temporary buildup of lactic acid can be caused by vigorous exercise if your body doesn't have enough available oxygen to break down glucose in the blood. This can cause a burning feeling in the muscle groups you're using. This is a temporary feeling and goes away after a few moments of rest. Lactic acid, also known as lactate, is a chemical byproduct of anaerobic respiration — the process by which cells produce energy without oxygen around. Research has also determined that lactic acid is an important fuel source for muscles. Therefore, when performing high rep, light weight, burn out sets, expect a bit of lactic acid buildup and some discomfort that comes with it. However, this is normal and will only be a temporary feeling.



To develop muscular endurance, weight training routines will typically have a series of the traditional *two exercises* back-to-back in each set. There will be a series of sets and reps performed. **Reps**, short for repetitions, are the action of one complete strength training exercise, like one biceps curl. **Sets** are how many reps you do in a row between periods of rest. By using reps and sets to guide your strength during your workouts, you can pinpoint and achieve your

fitness goals with more control. The best way to measure your success is to journal your sets, reps, and weights used.

## Techniques to improve muscular endurance

- A. Superset training
- B. Burnout sets or drop set training



### A. SUPERSET TRAINING

*Strengthening muscular endurance* superset training sessions are a bit different from the superset training sessions aimed at fat loss and cardiovascular endurance training. The purpose of this style of superset training is to build lean muscle, improve overall fitness, and increase muscular endurance.

Many in the gym can push or pull a significant amount of weight, however, after a few short sets they are fatigued and exhausted. Many do not have the endurance to lift weights for an extended period. Lifting, pushing, or pulling heavy weights is great for increasing strength and lean muscle mass. Increasing endurance to train longer will significantly increase results and progress. That is the goal here.

Although many want to lose unwanted body fat for a slimmer, leaner, healthier appearance, the long-term goal is to build lean muscle mass. Remember, building lean muscle mass is the only way to increase your resting metabolic rate and maintain long-term weight management. Many go through their fitness journey gaining and losing weight only to gain and lose weight again.

Unfortunately, the process of repeatedly gaining and losing weight increases your chances of developing unattractive cellulite. "The collagen in our skin was not designed to stretch and shrink," explains Dr. Neinstein, a plastic surgeon based in New York City. "The [habit of yo-yo dieting] damages it and allows the skin to look uneven," explains Neinstein.

Metabolism is controlled by how much lean muscle mass you have. (Keep in mind, genetics, medications, and health factors play a role as well). Adding lean muscle mass is what will keep the unwanted body fat away long-term. As stated earlier, for every ten pounds of lean muscle mass added to your body, you will burn an additional four pounds of fat off your body a month – at rest.



*A bit about age and metabolism: As we age through our thirties and thereafter, our metabolism slows. Our body begins to decay, or breakdown, faster than it can keep up. Thus, the aging process. Hence, we are more obligated as we age to gain lean muscle mass so we can live healthier, stronger, and longer. Building lean muscle mass is in fact, the fountain of youth. Additionally, the increase in lean muscle mass will reduce the risk of injury to ligaments and tendons, improve your posture through stronger core and back muscles, and will protect your bones from becoming weaker in later life with increased bone density and strength.*

*Superset training* leads the way to muscular strength and increased muscular mass. Endurance, however, is imperative to get there. Your starting point is just that, your starting point. Everyone is unique, so is your routine in the gym. You start where **you** are at. You may get fatigued within 15 minutes, maybe twenty, as you begin your training. In time, as you advance,

your endurance will build, or increase, and fatigue will set in at 45 minutes, rather than the 15 minutes when you started. Pay attention, keep a fitness journal, on your progress. Remember, progress not perfection.



*Do not get confused as you begin your journey.*

*There are countless ways to weight train. If you google all the ways or read a dozen fitness magazines, you will be overwhelmed with the massive amount of*

*information. Many are overwhelmed and confused; hence, they procrastinate. Many may never go to the gym because it's "too confusing." Do not allow that excuse to hinder you. Keep it simple. It is not confusing at all if you find the right information from the right person for you. That is why I am here.*

The secret of your success - personally, professionally, socially, and in the gym - is to find someone who has what you want. Do what they do, and you will likely get what they have. Rather than searching all the unlimited bits of information online or in magazines or through tens of thousands of trainers; find one mentor who you trust. If you get a personal trainer, make sure he or she is someone you can relate to, who has what you want. You must trust that person to lead you to your goals. Therefore, no confusion. Keep it simple. A mentor can lead you, but you must do the work.

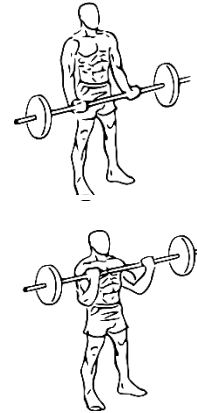
### **A basic training routine that works**

Although there are many formulas for strength training to improve your fitness, there is a basic training program which works for everyone, especially for beginners. Your fitness journey

By The Sex Addicts Recovery and Transformation Accelerator Program Course Creator Robert J Lopicola

is about to commence, so let us keep it simple. General rule of thumb when weight training: keep breaks between sets of only **one minute**. Perform 5 sets for each body part (major muscle groups: chest, back, shoulders, quads, hamstrings; *minor* muscle groups: biceps, triceps, calves, traps). Bicep curls will be used for this example:

- Set 1 – 12 reps light weight (level 5 intensity)
- Set 2 – 10 reps a bit heavier (level 6 intensity)
- Set 3 – 8 reps moderate to heavy weight (level 8 intensity)
- Set 4 – 6 reps heavy weight (level 10 intensity)
- Set 5 – 12 reps light weight (level 5 intensity)

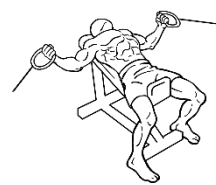


The routine above is great for beginners as well as advanced. Your level of training is your level. My level 10 intensity will likely not be your level 10 intensity. You create your own intensity level. To the best of your ability, as you train, determine your own personal levels. Of course, in time, a level 5 intensity early in your training journey will, later, likely be a mere level 2. Therefore, the bar of intensity level changes as your fitness level matures.

Add a superset exercise to make your *weight training a superset training*

Follow the same routine on the previous page for superset training to strengthen muscular endurance but add a second exercise. This will make your routine a superset. Here is an example for training chest in the gym with the added exercise for a superset.

- Set 1 – 12 reps level 5 barbell bench chest press
- Superset – 15 reps level 8 chest cable flies or 25 pushups
- Set 2 – 10 reps level 5 barbell bench chest press
- Superset – 15 reps level 8 chest cable flies of 25 pushups
- Set 3 – 8 reps level 8 barbell bench chest press
- Superset – 15 reps level 8 chest cable flies of 25 pushups
- Set 4 – 6 reps level 10 barbell bench chest press
- Superset – 15 reps level 8 chest cable flies or 25 pushups
- Set 5 – 12 reps level 5 barbell bench chest press
- Superset – 15 reps level 8 chest cable flies or 25 pushups



strengthen muscular endurance. You can research how to train various body parts in the gym easily through online resources or hire a certified, qualified, and experienced personal trainer.

## **B. BURNOUT SETS AKA DROP SET TRAINING**

An additional advantage of drop sets is that they will increase your heart rate and increase fat loss. Drop sets also have the advantage of building lean muscle mass by increasing muscle fiber tearing. Lean muscle is made of tiny little muscle fibers. These fibers must tear so through the process of repair, they grow. The muscle fibers tear microscopically with adding heavier resistance. A muscle fiber tear is significantly different than a muscle tear which is painful and a product of lifting too heavily or incorrectly. Tearing your muscle will take significant time to heal. Proper form, respectable weight, and control of movement during exercise should prevent injury.

*Drop sets* allow you to train until burnout occurs. With drop sets, your goal is to reach a point where you have fully exhausted the muscle or muscle group you are training. These burnout sets create the feeling of “burning” in the muscle. When your body is working at its greatest capacity, your muscles are not able to get enough oxygen to convert food to energy, causing lactic acid to be produced and built up in the muscle, leading to that burning feeling. The burn is a good indicator of performing an exercise correctly and targeting the muscle properly. You can get a good "burn" by doing 20 repetitions. Additionally, lactate plays a role in generating the "growth hormone" that's responsible for increasing muscle mass. Thus, drop sets are fantastic to include in your routine.

### A basic training drop set routine that works

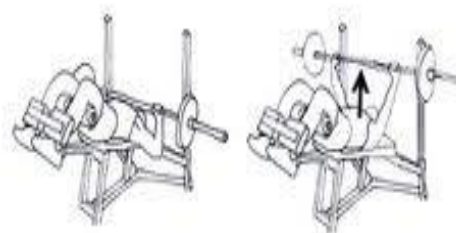
During your normal weight training routine (12, 10, 8, 6, 12), you can end with a drop set replacing the final 12-rep set. In this example, you will perform the barbell bench press for your typical weight training routine with the 12-rep, 10-rep, 8-rep, and 6-rep set with the standard one-minute breaks between them. Remember your 6-rep set is with level 10 intensity.

*However, change the last set from 12 reps to 25 reps as a drop set.* Easy to do. Let me explain.

Begin your 25 reps with the same weight you completed your 6-rep set. Do as many reps as you can with that weight until you are exhausted. As you hold the barbell with elbows locked out, have your partner lower the weight slightly, then bench press again until exhaustion. Repeat the lowering of weights, reps until exhaustion, until you have reached 25 reps. You may end this drop set with a very little amount of weight remaining on the bar. Some people end with no weight left on the barbell. You have maximized the muscle, lactic acid has likely filled the muscle, and you created muscle fiber tearing. Good work!

Your final set of 25 repetitions may look this on the decline bench press:

- 5 repetitions of 190 lbs (drop 40 lbs no break)
- 5 repetitions of 150 lbs (drop 40 lbs no break)
- 5 repetitions of 110 lbs (drop 20 lbs no break)
- 5 repetitions of 90 lbs (drop 25 lbs no break)
- 5 repetitions of 65 lbs (bang out your last five reps)



For the drop set, the last set, the 12 reps, is replaced with the 25-rep burnout set. This will bring your chest training session to full exhaustion, a deep burn, and maximum muscle pump. This will also lead to an increase in muscle fiber tearing. The example is for bench press, but of course use this technique on every muscle group, such as bicep curls, triceps extensions, shoulder press, back row, leg extension, hamstring curl, and calf raises.

### 3. BUILDING MUSCULAR STRENGTH



Weight Training is one of the best medicines for physical strength, mental focus, and self-development. It is a powerful agent to increase life longevity, decrease health risks, and prevent early natural death. Resistance weight training has many benefits such as an increase in lean muscle mass, metabolism, and bone density. An added benefit is a decrease in body fat storage. Joints and tendons are stronger and healthier with proper weight training. Building lean muscle mass from weight training improves physical posture and mental clarity. Studies show that the most successful people go to the gym before 8am. They believe fitness and weight training is one component which increases their ability for success. *You cannot do well if you do not feel well.*

There are many reasons why people build muscular strength.

The world of fitness includes more than endurance and cardio. Resistance weight training exercises is a more intense bodybuilding routine which builds lean muscle mass for *body reshaping*. An overweight person can lose weight but keep the same physical shape slim as when

overweight. Building lean muscle mass reshapes the body, i.e., broader shoulders, leaner waist, and well-developed quads. Many include muscular strength training to their repertoire for that sexy “beach” physique, some for sheer pleasure, and others for the sport of it. Some people weight train for overall improved fitness and general health. Others challenge themselves with the sport of professional bodybuilding, lifting heavy weights, for a bigger, stronger more competitive appearance. These bodybuilders sometimes go hardcore into the bodybuilding industry and power lifting.



*Professional bodybuilding is a world of its own and deserves much credit. These monster men and women train incredibly hard with unwavering determination to reach new benchmarks of strength and power. The ultimate title, Mr. Universe, such as Arnold Schwarzenegger in 1967, and others before and after, truly show the ultimate potential of the human body.*

There are numerous workout routines scattered throughout the internet, from the multitude of personal trainers, coaches, and fitness “experts” whose combined information may overwhelm and confuse you. The result of too much varying information can paralyze your progress. There is a such thing as “too much information.” Information overload. Up to 67% of gym memberships go unused. Most people are unsure how to eat the “right” way. There are hundreds of fad diets, nutrition plans, supplements, and fitness gurus selling themselves, their product, and their training. Information changes, new fitness machines are created, and new

trends begin wiping away old ones. Do not be discouraged. There are techniques that worked decades ago which still work today.

There were numerous fitness experts and fitness buffs in the past who achieved great success in the gym, long before the new workout machines of today. Long before the array of supplements we see today marketed everywhere. The adage, “if it isn’t broken, don’t fix it,” applies in the gym. So, let us look at the basics which worked for our great-grandparents and still work today. There is a basic layout of weight training which will give you an increase in lean muscle mass as it did decades ago.



Weight training is simple. The process to increase lean muscle mass is far from complicated. These rules are enough to begin:

- Lift a series of sets and reps to **exhaust a muscle or muscle group**
- Include a **heavy set of weights** to maximize *muscle fiber tear*
- **Consume a large amount of protein** to rebuild muscle fiber
- **Drink plenty of water** to keep your muscle mass, and body, well hydrated
- **Get plenty of sleep** and rest between training muscle groups

Keep in mind, as you progress and your fitness knowledge expands, you will develop new techniques. Your training will advance as you advance. For starters, however, simplicity is key.

### Exhaust a muscle or muscle group & include a heavy set of weights

There are *major muscle groups* and *minor muscle groups*. A general rule of thumb is to train the major groups with two exercises and the minor muscle groups with one exercise during your training session.

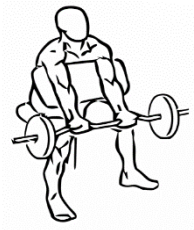
When training a major muscle group, such as chest, do **two exercises** such as the barbell or dumbbell chest press for five sets (12, 10, 8, 6, 12). When completed, do the cable fly for five sets (12, 10, 8, 6, 12).



Bodybuilding is a routine that targets your muscles to reach their maximum effort of resistance -heavy weights. So, you will need longer rest periods between sets. The heavier the weight lifted, the longer the rest period is needed. Rather than the 60 second rest between sets such as in burnout sets or endurance training discussed earlier, rest periods will increase to 90 seconds, or up to 2-minutes. For the

heavy set of 6-reps, it is suggested to rest between two and three minutes. This longer rest period will provide the time needed for your muscle to receive a significant amount of added energy to maximize the heavier weight in the next set. Your blood needs time to bring more “energy” (sugar/carbs) back into the muscle trained. The muscle has been “emptied” or “ran out of gas” so-to-speak.

When training a minor muscle group, such as biceps, do one exercise such as barbell, or dumbbell, curls for five sets (12, 10, 8, 6, 12). That's it. This makes for a great beginning in your exercise routine.



*Major* muscle groups: chest, back, shoulder, quads, hamstrings

*Minor* muscle groups: biceps, triceps, traps, calves, abs

## CONSUME LARGE AMOUNTS OF PROTEIN (AND VEGGIES)



This will be discussed more in the next chapter, but the general rule of thumb is to consume one gram of protein per pound of body weight. This will make gram counting for your diet easy. If you weigh 200lbs, it is suggested you consume 200 grams of protein daily.

However, you must also consume other macronutrients (**macros**) as well, such as carbohydrates and fats. Micronutrients include vitamins, sugar, and sodium (salt). All these should be included in your well-rounded diet. The next chapter will get in more detail regarding the **macros** needed for your genetic body type.

## DRINK PLENTY OF WATER

Water is the main component of the body and represents approximately 76% of muscle mass. If you do not drink enough water, you will become dehydrated. Dehydration is the leading cause of:



- Headache
- Fatigue
- Muscle weakness
- Dizziness
- Lack of focus
- Joint pain
- Low blood pressure
- Disorientation
- Rapid heart rate
- Inability to sweat
- Inelastic skin

It is suggested that men drink 16 cups of water daily, and women 12. However, I suggest to all my clients a goal of up to one gallon of water daily. Everyone can buy a gallon jug of water, fill it in the morning, and drink it throughout the day. Obviously, you will urinate more frequently if you drink a gallon daily. Experts suggest



that urinating up to 10 times a day is considered healthy if it is not interfering with your quality of life. The average person urinates 6 or 7 times in a 24-hour period.

## GET PLENTY OF SLEEP

A well-rested sleep is one of the most important factors for mental health, allows your body to recharge, muscle fiber repair and muscle growth, healing and repair of your heart and blood vessels, proper brain function, and weight management. Plenty of sleep also reduces stress and elevates your mood. A good night's sleep also has a direct correlation with you getting along with others better. Sleep helps muscles release protein-building amino acids into the bloodstream at an increased rate which helps them grow bigger and stronger over time. Sleep helps to release growth hormones during rapid eye movement (REM) sleep which helps with muscle repair.



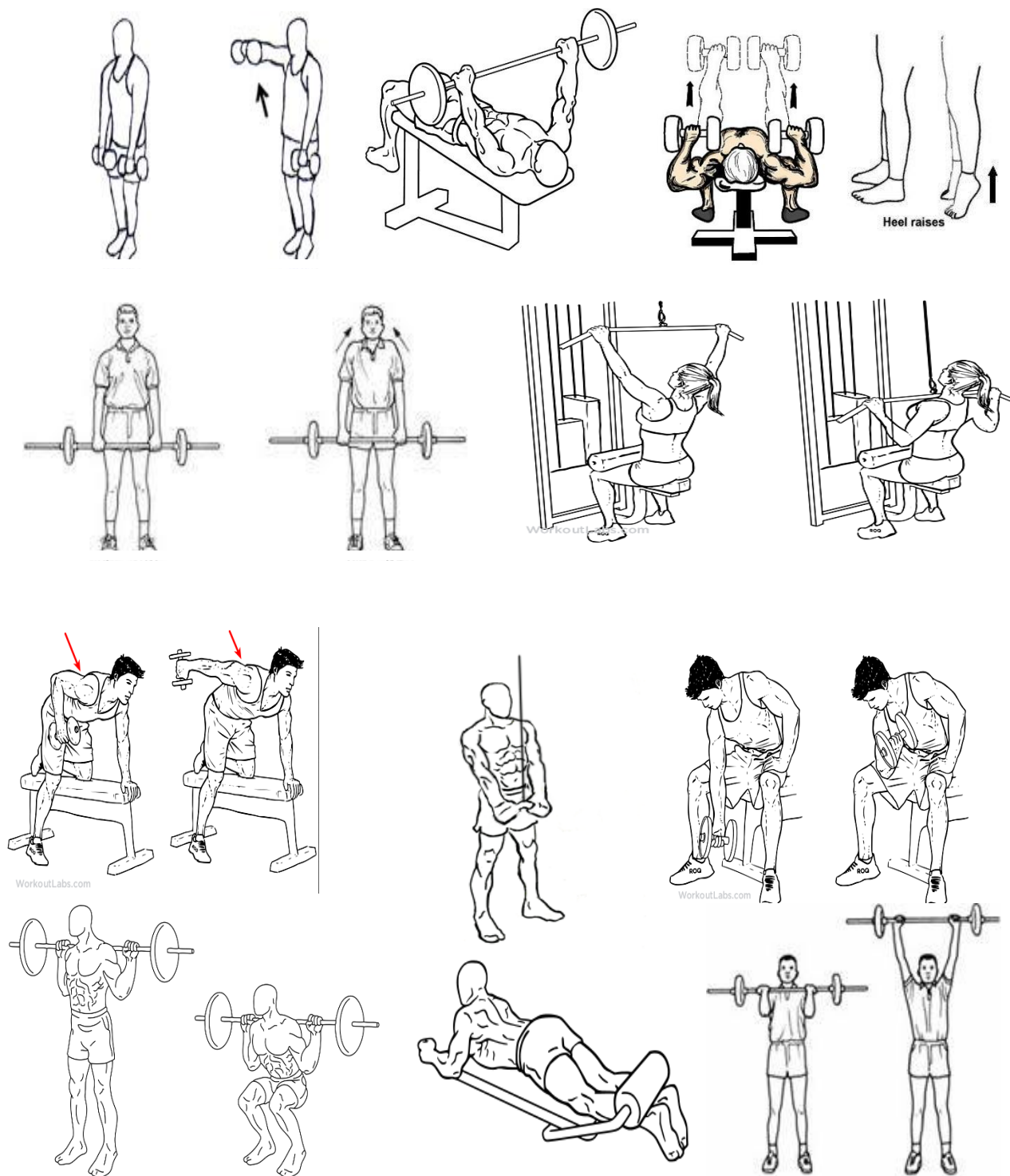
## **HIGHLIGHTS**

### **STRATEGY # 4**

#### **EXERCISE FOR LIFE**

- Fitness must be a lifestyle if you want to be successful with it
- You don't have to be great to get started, but you have to get started to be great
- HIIT is the most effective for losing unwanted bodyfat and building cardiovascular endurance
- Lifting light weight with high reps with short rest periods is most effective for building muscular endurance
- Lifting heavy weights with long rest periods between sets is most effective to build lean muscle mass
- A high protein diet is best to increase lean muscle mass
- Drink a gallon of water and get 7-8 hours of sleep daily
- (K.I.S.S.) Keep It Simple Silly

## Examples of various exercises for upper and lower body movements



## STRATEGY # 5

### NUTRITION FOR LIFE

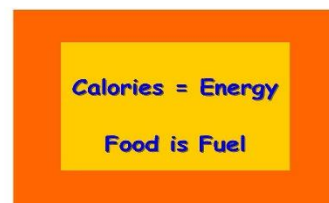
#### THE HUMAN BODY



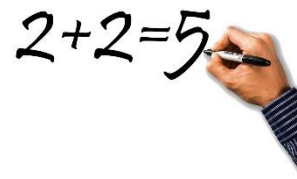
The human body has about 37.2 trillion cells. By the end of adolescence, you have essentially all those cell types you're ever going to get for the rest of your life. In adulthood, therefore, all the fat cells you will ever have will not change. Whether a person is slim or obese, there are approximately 80 billion fat cells in place and will remain constant for life. However, some studies suggest that when a person reaches class three obesity, their body may develop additional fat cells by the millions or billions. When this person loses significant weight, the "new number" of fat cell count will continue to be higher than the average person. An obese person will have a high probability of being obese again due to the significant increase in fat cells. However, for the most part, individuals maintain a set number of fat cells for life.

When a person gains fat mass, their fat cells get bigger because the fat cells have more fat molecules in them. When a person loses weight, their fat cells get smaller. Whether your fat cells gain or lose size is in direct proportion to your caloric intake. Intake of calories is more important than intake of fats or carbohydrates.

Calories can be likened to “energy.” If you take in more energy than your body uses, you will store this energy. The energy gets stored in the fat cells. Thus, your fat cells get bigger. As they get bigger, so will you. Conversely, if you use more energy than you take in, your fat cells will shrink. As they get smaller, so will you. This is exactly what happens when someone gains or loses weight. It is all about energy! To lose body fat, you must be in an energy deficit. To gain lean muscle mass, you must take in a surplus of energy.



The body is a mathematical machine. It is all about numbers. There is a formula for you to reach your best physical form or your worst. There is no way around the numbers. I believe it is important to understand how these numbers work so you can best create or recreate your body to its optimal level of health and fitness.



## **BUT FIRST, FOOD ADDICTION**

There are more than 70 million food-addicted adults nationwide, and the total is rising, according to Dr. David Kessler, a former commissioner of the U.S. Food and Drug Administration. Also, while roughly half of the obese population is viewed as having a food addiction, 30 percent of "overweight" people and 20 percent of people at "healthy weight" are also in that category.

There are genetic dispositions for obesity and being overweight. Medications can also wreak havoc on the body and metabolism. Sleep patterns play a role in how your body stores or breaks down fat within the fat cells. Stress, anxiety, and other mental disorders play a role as

well. These factors may require medical or psychological attention. However, there are many who are overweight and obese due to eating unhealthy food rather than a food addiction. Many are taking in a huge *surplus* of “energy” and much of the excess calories is stored within the fat cells. One day, after gaining a significant amount of weight, one looks in the mirror and wonders, “How the heck did I get here?”

## **DIETING (WHAT YOU EAT)**

Your diet is what you eat, or more adequately defined, what your habits of eating are. According to *Wikipedia*, in nutrition, diet is the sum of food consumed by a person. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons. An estimated 45 million Americans go on a diet each year, and Americans spend \$33 billion each year on weight loss products.

“You can initially lose 5 to 10 percent of your weight on any number of diets, but then the weight comes back,” said Traci Mann, UCLA associate professor of psychology. “We found that most people regained all the weight, plus more. Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority. Diets do not lead to sustained weight loss or health benefits for most people.” It seems, “dieting” may not be the answer to the obesity problem in America. Dieting may not be the answer for you. The diet world, however, is loaded with options to choose from.

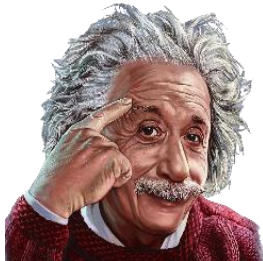
- The Paleo diet
- The blood type diet
- The Vegan diet
- The South Beach diet
- The Mediterranean diet
- The Raw food diet
- The Keto diet
- The Weight Watchers diet
- The Jenny Craig diet



Many people follow one diet after another to no avail. They lose weight only to gain it all back, and then some. Studies have shown that 95% of diets fail people. Research has shown that only 5% of people who lose weight keep it off. These numbers are staggering, especially with the many diet strategies available. Most diets are rigid and unsustainable. On average, weight loss attempts last four weeks for women and six weeks for men. Most people who have successfully lost weight gain it back after two to three years. Dieting increases stress sensitivity, and stress makes us seek out rewarding things like high-fat, high-calorie "comfort" foods.

"Dieting is tough because your brain is working against you," says Tracy Bale, a neuroscientist at the University of Pennsylvania. Stress causes the body to release the hormone cortisol, which fuels the blood with energy in the form of sugar, enabling us to flee from potential dangers. Over time, high stress levels lead to chronically elevated cortisol levels that can cause increased appetite and weight gain. This may sound daunting, but there is a solution. Learning better ways to cope with stress may be the key to successful weight loss because "you aren't prone to have stress drive you to want to consume."

## THERE IS A SOLUTION – MINDSET CHANGE



Although all this may sound daunting, there is a solution. Einstein said, “no problem can be solved with the same consciousness that created it.” You cannot change your situation with the same mindset that caused it. *Your mindset must change.* Sure, you can lose twenty or thirty pounds, but if you keep the same mindset that brought on the thirty pounds in the first place, the thirty, or forty, will make its way back. Thus, mindset change is imperative.

*Mindset change* begins with knowledge. In time you must begin applying that knowledge. Applying knowledge comes with “doing” something about it, not only “thinking” about it. Action is key. It is important to learn what drives you to eat unhealthy food. There are five feelings which potentially interfere with the success of a dieter. They are easy to remember with the acronym H..A.L.T.S. - Hungry, Angry, Lonely, Tired, or Stressed. You can be ahead of the curve with your healthy eating plan if you are aware and present when these feelings show up. *Practice mental exercises* (meditation, breathing, praying) when difficult situations that negatively affect your eating choices and habits happen to you. Difficult situations and problems will show up. As Les Brown says, “you are either leaving a problem, in one, or headed toward one.” You must live life on life’s terms without destroying your body, mind, and spirit.



Know what *triggers* you to eat poorly. Although we call it “food” addiction, it is not that clear. We are not addicted to food. We are addicted to *certain foods*. Many are addicted to fatty foods, some to sugary foods, and others to carb-loaded foods. Snacks, chips, and cookies are a

deadly pass time and addictive. Alternatively, and unfortunately, many “food addicts” are not addicted to grilled chicken, vegetables, and protein shakes for example. *Healthy eating takes conscious deliberate effort.*

Individuals who have a food addiction must learn where they fall off the wagon, know which foods they are powerless over, and which patterns of eating make their life unmanageable. There is a solution. Create a three-column chart with the following: *top-line foods*, *trigger foods*, *bottom-line foods*.

Top-line foods are those that are healthy. They will help you transform your body to one that is strong and lean. Foods which build your health. Bottom-line foods are all the foods you no longer want as a part of your nutrition plan. These foods make you feel discouraged, hateful, negative, and keep your life unmanageable. Triqger foods are all the foods which trigger you to overeat. They are poor food choices that lead you off track. These foods are not necessarily unhealthy, but they tend to trigger bottom-line eating.

### Here is an example of what your list should look like

| Top-line Foods | Trigger Foods  | Bottom-line Foods     |
|----------------|----------------|-----------------------|
| Chicken breast | Bread          | Ice cream             |
| Baked fish     | Sugar          | Fried Chicken         |
| Tuna           | Butter         | Oreo cookies          |
| Salad          | Pasta          | Pizza                 |
| Sweet Potato   | Dark chocolate | Fast Food Restaurants |
| Broccoli       | Cheat meal     | Potato Chips          |

One final note, be aware of not only the feelings and foods that trigger you, but also of situations which trigger you. You may need to change your routine, patterns, and social choices as you change your eating lifestyle. Here is an example of what may need to be changed.

- Watching Netflix late at night
- Going to the movies hungry
- Having snacks available in the pantry
- Meeting friends out for dinner
- Going to parties hungry or angry (H.A.L.T.S.)
- Holidays



No one wants to “fight” food their whole life. This is a fight no one must have long-term. The goal is to experience life enjoying various foods, healthy and unhealthy. Balance is key, and balance must be learned. *Balance* along with *self-control* is essential. You must practice integrity with your boundaries for certain foods and know your limits. Have a healthy perspective that setbacks are part of the journey and be flexible. Be kind to yourself and forgive yourself when you have a setback. Everyone has setbacks. You will fail on your way to success. Accept failure as part of your journey. No one can be perfect all the time. Remember, progress, not perfection. With time, practice, and progress comes an increase in self-confidence.

## TAKE A BREAK



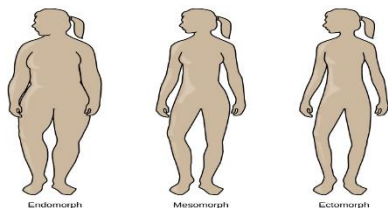
Take a break and plan a cheat meal or a cheat day once a week. This means, once every week, for a meal, or an entire day if it suits you, to relax your food choices, eat what you want and what you crave, and hit the refresh button when you are done. Plan every Sunday, or when you attend a party, or pick one day a week to take a break. You are taking a break to possibly satisfy cravings and to simply enjoy yourself. This break will help prevent binges, reduce cravings, provide a mental break from dieting, and boost metabolism. Interestingly, sometimes these breaks have positive results. They remind you how awful fattening food and overeating feels. You will hit the refresh button with a new vigor. Also, cheat meals can help to reset hormones responsible for metabolism and insulin regulation, replenish glycogen for increased energy and keep calories burning and fat torching mechanisms high.

## FOOD PLAN

Now, to the good stuff. How should you eat? There are **macros** which you want in your nutrition plan. They are *proteins*, *carbohydrates* (vegetables can be substituted as carbs), and *fats*. These **macros** are essential for a healthy body, lean muscle building, and fat loss.

| Proteins           | Carbohydrates     | Fats           | Vegetables    |
|--------------------|-------------------|----------------|---------------|
| Chicken breast     | Sweet potato      | Avocado        | Broccoli      |
| Lean ground turkey | Brown rice        | Peanuts / nuts | Asparagus     |
| Shrimp             | Yogurt            | Dark chocolate | Spinach       |
| Egg Whites         | Whole wheat bread | Olive oil      | Green peppers |
| Cottage Cheese     | Baked potato      | Nut butter     | Lettuce       |
| Turkey breast      | Oatmeal           | Fatty fish     | Carrots       |

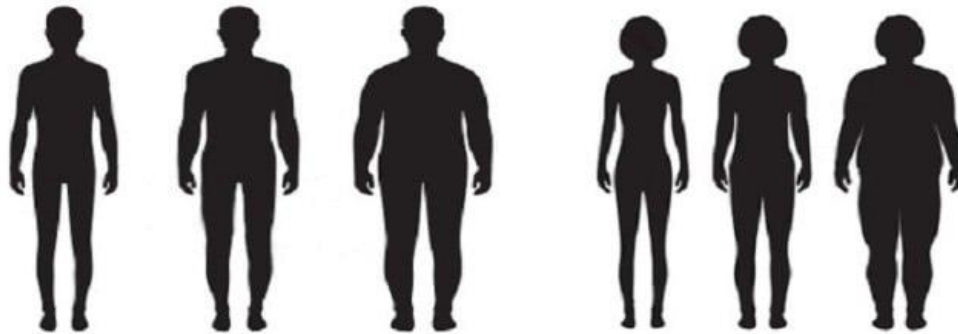
## THREE BODY TYPES



How you need to eat is based on your body type. Everyone is born with a genetic body type. Some people have advantages, others have disadvantages based on their genetics. Your body

type will determine the best eating formula for you to reach your optimal health potential. All three basic body types have the potential to be strong, lean, and healthy with proper *knowledge*, *determination*, and *perseverance*.

Some are born skinny with long limbs; these find it difficult to gain weight and add lean muscle mass. Others are born with a tendency to carry more fat mass along with shorter limbs, rounded shoulders, and rounded faces. Others are born with an almost natural tendency for lean muscle building and a model-type physique; these seem to gain lean muscle mass easily but also tend to be “beefy” if they overeat. Which body type you are will determine which formula of eating will provide your body to look and feel at its optimal potential. So, let us get to it. There are three body types. You must determine which is yours. There is the Ectomorph, Mesomorph, and the Endomorph. Look at the pictures below and find your body type. Once you know your body type, then you will know how to eat for your best body imaginable.



Now that you know your body type, you need to know how many calories you must consume daily to reach the lean, strong, fit physique you desire. There are many mathematical equations available to determine the number of calories needed for you. I am going to keep it generic and simple, and it will work for you.

Take your weight, multiply by ten, then add 200. If you are more sedentary, add 400 if you are active. For the more motivated and advanced, *use your goal weight rather than your current weight*. If you are very overweight, you can use incremental goal weights and adjust your calorie intake as your scale lowers.

**EXAMPLES FOR AN ACTIVE MALE AND FEMALE**

**Average active male:** goal weight of  $165 \times 10 + 400 = 2050$   
calories daily

**Average active female:** goal weight of  $125 \times 10 + 400 =$   
**1650** calories daily

- 1 gram of fat = 9 calories
- 1 gram of carbohydrate = 9 calories
- 1 gram of protein = 4 calories

**Determine your caloric intake.**

**Your goal weight \_\_\_\_\_  $\times 10 +$  (200 if inactive, 400 if active) = \_\_\_\_\_ Calories Daily**

**Note:** For rapid weight loss: Your goal weight \_\_\_\_\_  $\times 8 =$  daily caloric intake.

**DISCLAIMER**

PLEASE stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. All exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree that you are responsible for your health and well-being in relation to any exercise program that you may undertake. Everyone's dietary needs and restrictions are unique to the individual. You are ultimately responsible for all decisions pertaining to your health. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program. The writers and publishers of this site are not responsible for adverse reactions, effects, or consequences resulting from the use of any recipes or suggestions herein or hereafter.

## **NUTRITION MACRONUTRIENTS FOR MEN (2050 calories daily)**

### **Ectomorph**

55% carbs = 1127.5 calories = 125 grams daily

25% protein = 512.5 calories = 128 grams daily

20% fat = 410 calories = 46 grams daily

- 5 meals daily is suggested
- 25 grams carbs each meal
- 26 grams protein each meal
- 9 grams of fat each meal

### **Mesomorph**

40% carbs = 820 calories = 91 grams daily

30% protein = 615 calories = 154 grams daily

30% fat = 615 calories = 154 grams daily

- 5 meals daily
- 18 grams of carbs each meal
- 31 grams of protein each meal
- 31 grams of fat each meal

### **Endomorph**

25% carbs = 512.5 calories = 57 grams daily

35% protein = 717.5 calories = 179 grams daily

40% fat = 820 calories = 91 grams

- 5 meals daily
- 11 grams of carbs each meal
- 36 grams of protein each meal
- 18 grams of fat each meal



## **NUTRITION MACRONUTRIENTS FOR WOMEN (1650 calories daily)**

### **Ectomorph**

55% carbs = 907.5 calories = 101 grams daily

25% protein = 412.5 calories = 103 grams daily

20% fat = 330 calories = 37 grams daily

- 5 meals daily
- 20 grams of carbs each meal
- 21 grams of protein each meal
- 7 grams of fat each meal

### **Mesomorph**

40% carbs = 660 calories = 73 grams daily

30% protein = 495 calories = 124 grams daily

30% fat = 495 calories = 55 grams daily

- 5 meals daily
- 15 grams of carbs each meal
- 25 grams of protein each meal
- 11 grams of fat each meal

### **Endomorph**

25% carbs = 412.5 calories = 46 grams daily

35% protein = 577.5 calories = 145 grams daily

40% fat = 660 calories = 73 grams daily

- 5 meals
- 9 grams of carbs each meal
- 29 gram of protein each meal
- 15 grams of fat each meal



It is suggested you eat five meals daily, three hours between meals. You can absolutely supplement meals with protein shakes and protein bars. You can supplement carbs with veggies to lower



your carbohydrate intake for fat loss. There are many tricks for weight loss, in particular rapid weight loss. The number one approach if you desire losing unwanted fat more quickly, calorie cut. Remember the math, there are 3,600 calories in one pound of fat. If you want to lose four pounds of fat monthly, deduct 14,400 calories from your diet monthly. Hence, you would deduct approximately 480 calories from your diet daily to lose four additional pounds a month. I however suggest you hire a nutritionist and personal trainer to guide you further for a healthy approach to dieting and follow up during your weight loss program.

## **HIGHLIGHTS**

### **STRATEGY # 5**

#### **NUTRITION FOR LIFE**

- If you consume more energy than you use, you will gain weight
- 95% of diets fail people; they do not work long-term
- Create your own top-line, triggers, and bottom-line food list
- Be aware of your feelings which trigger overeating (H.A.L.T.S.)
- Be aware of situations which trigger your overeating
- Determine your body type and learn how to eat according to your genetics
- Plan to eat five meals daily
- Hire a nutritionist and/or personal trainer to guide your approach to weight loss and monitor your progress



## OVERVIEW AND POINTS TO REMEMBER

- The most powerful computer known is the brain
- Mind Power is one of the strongest powers you possess
- You can either be imprisoned by your thoughts or set free by them
- Surround yourself with people who have what you want, do what they do, and you can get what they have
- Most fears have no merit and are simply illusions of imagination
- Practice positive encouraging internal dialogue
- Accept that you are imperfect
- Your journey is about progress not perfection
- Success begins in the mind
- Determination begins before you start
- We are driven by emotion
- Determination is firmness of purpose to do a thing no matter what
- Cravings need to be disciplined
- Sometimes you must change people, places, and things

- Know your why
- Success includes setbacks and inconveniences
- Perseverance will teach patience, acceptance, and integrity
- Self-Confidence takes time
- You must be willing and patient
- You must be willing to think, behave, and live differently
- If you want to be great than you must do what is great
- You oversee you and your life
- You must wipe away old beliefs and fill your mind with new ones
- Someone's opinion of you is not your destiny
- Build around you a village of people who have what you want
- You are what you think, therefore think of your greatness
- Always remember where you came from and remain humble
- Fitness must be a lifestyle if you want to be successful with it
- You don't have to be great to get started, but you have to get started to be great
- HIIT is the most effective for losing unwanted bodyfat and building cardiovascular endurance
- Lifting light weight with high reps with short rest periods is most effective for building muscular endurance
- Lifting heavy weights with long rest periods between sets is most effective to build lean muscle mass

- A high protein diet is best to increase lean muscle mass
- Drink a gallon of water and get 7-8 hours of sleep daily
- (K.I.S.S.) Keep It Simple Silly
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