



HOW I DID IT

FAST
WORKOUT
& EAT

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Disclaimer: This book is about HOW I DID IT. I am not a doctor, fitness instructor, dietitian or any other professional in the health and fitness field. I am just a regular dude, who took his boxing training, martial arts training, US Army fitness training and affective workout tips from some of the biggest names in fitness and create my game plan, to fight death with being (Simply Fit). In my own words; “Suitably Fit”. If you follow my story and it compels you to mimic my actions, it is because you decided that what I did was super intelligent and worthy of trying. In no way is this a body of instruction. This Disclaimer goes for those who are so encouraged by my outlook and outcome, that if this was a landmine field in the desert and you seen me do all of the work, to see if the next steps were safe and watched me step forward, check, step, check and continue to step and check, until you were sure that if you placed your feet inside of my footprints, that you would make it safely across the mine field to getting fit, without blowing yourself up with actual bad diet plans! Meaning that you do what “I DID”, to reach your “Suitable Fitness” goals. My diehard reader fans. This Disclaimer is for you...! **This is my story. This is not an instructional manual.**

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Chapter 1

THE WAY I FAST

The prep to “FASTING” is my SLEEP PLAN. My PLAN gave me 8 hours of sleep, every night, for 2 weeks before I started “FASTING”. I continue to maintain my PLAN for proper cell and muscle recovery.

- **The reason that I FAST, is to reset my body. I knew that it would cause my body to flush out bad elements that my body has stored. See, not feeding myself the same crap that was inside of me, meant that what was there would not be fueled. Fueled with more bad elements. So the bad goes and the good comes.**

However, FASTING was something that I would have never done in the past, because I knew that I would be hungry and may become sick from it. People have even died from horrible FASTING techniques. So my FASTING is scientifically sound and rewarding. I nourish myself, while FASTING! I bet you wonder HOW I DID IT? Read on and I will explain it all to you and more.

I give myself a liquid FASTING diet. I do this for every FASTING meal time. See, on every FASTING meal, my meal is 8 ounces of water, 6 ounces of tea, 6 ounces of chicken broth and one 8 to 10 ounce protein drink; like Ensure. I had my doctor check me out and he approved the protein drink. The tea is decaffeinated, with 0 everything, but it fills me up. The chicken broth gives me nourishment and sodium.

I have lost fat from FASTING, because I have literally cut myself off from the heavy fat intake. So what does that mean? It means that I have manually dropped the amount of fat that I place inside of my body daily. However, that is not the complete answer to becoming "SUITABLY FIT"! Recapture the point here! I lose fat, because I believe that digestion starts with the food source, my hands! When my hands stop placing extra fat into my body/mouth, that means that I have lost the fat that I do not place into me; from my normal everyday eating habits. Get It? Great! What does this include? It includes a loss of blood sugar. This is great too! I am fighting fat all around! Someone would say that I am missing something, making that claim. So read on and you will see that I am missing nothing! I have a FASTING workout to boot. I am not missing anything!

My FASTING workout attacks triglycerides and cholesterol so much easier, when I am not adding troublesome fat to the party. Both of those guys are silent killers. Yep! They are...! Keep reading for the Easy FASTING Exercise Workout and non FASTING meals.

The workout is 25 squats, 180 calf raises, 25 push ups and 3 minute plank. I have cut the amount to a lower

number, until I could accomplish the goal that I stated above. Everything is about building up to a higher number.

My exercise changed when I was full of energy and not having trouble breathing. That time is right now! My exercise chapter is coming soon!

I followed my meal plan after my initial FASTING. I was losing about 6 pounds a week; while FASTING! I was able to drop 32 pounds in a month. That was simply incredible! Now I only fast when I gain weight. HOW I DO IT? I fast for 3 meals on the day that I choose to fast. The day is always a work day off and no more than 48 hours after the extra weight is discovered.

All meals are served in small proportionate servings, and all meals are served with tea, broth and water. When I do my heavy workout, I add a powder protein shake.

This is a 365 degree attack on the bad elements that plague my body and health. Now when I walk past some object on my floor, I am no longer too tired, frustrated and or fatigue to pick it up! I am able to pop up and get out of bed as soon as my alarm sounds. I have turned this NOODLE INTO SUITABLE FITNESS! Not claiming to be a superstar athlete, but, I am claiming that I feel like training like one...!

Chapter 2

THE WAY I WORKOUT

GOOD morning! It is 5:00AM and I'm headed downstairs to start my workout. See, I am age 57, so I went to bed at 10:00PM. At my age, you mostly need 6 hours of sleep. It is not the same for those who are ages 6-12, who needs 9-12 hours of sleep. That is the same for my 12 year old, who is right behind me, on the staircase. She went to bed at 8:00PM. I believe that a family that workouts together, stays close at heart. So I invited my 15 year old also. It is no telling what time she went to bed, but I informed her to use the recommended 13-18 year old chart, that puts her in bed early enough to get anywhere from 8-10 hours of sleep. My partner for life, got about 7 hours of sleep too. She is of age...! She only needed the 7 hours like me.

- **Our workout starts today. Today is Monday. We will do 25 free standing squats, 180 calf raises, 25 staircase pushups and 3 minutes of staircase planks. Everyone won't be able to keep up with our goal numbers. That will include me.**

- **So it is later and this is a learning curve for me. I found out that I was not Superman anymore. When I got smacked with reality, I made an announcement to my family! “We Will Try Everyday Until We Reach Our Set Out Numbers”. We started off with a modified versions of the pushups and planks, but we were not ready. We used the 4th step on the staircase, so that our start was light. Boy, we were not ready. That was good! We had something to reach for, in the next 3 weeks. Yes! We should be able to reach our numbers in the next 3 weeks. We expect to do our modification pushups and planks until we hit our numbers. As soon as we complete 3 minutes, we go down a step. We go to step 3. When we do 3 minutes on step 3, we go to step 2, then 1 and then the floor. We will do the same with the pushups. When we hit 25 on step number 4, on the staircase, we will go to step 3. We will do the same as with the plank’s goals. We will go lower every time we meet our goal of 25 pushups, until we get to the floor. When we hit the floor or mat, we will work our way to 50 pushups and 5 minutes for the planks. While we are working on those exercises, we will also work on reaching 50 freestanding squats. We will add ten each day, until we get to 50. We can not leave out a grand understanding of how the calf raises work. So get your footing! 60 normal straight pointed toes, 60 pigeon toes and 60 slew-footed toes. Slew-footed is with your heels together and your toes pointed outward.**

We are at 3 weeks and we are hearing bells and whistles! We do this everyday, except for Saturdays

and Sundays. Now that we are at the 3rd week, We added Saturdays and Sundays into the mix. We skip our morning ritual on those 2 days and execute our full body workout. Truth be told, it is now Monday, so I will take the liberty and share what I did, “How I Did It” and where we will go from there...! Read what we did: **We took 10 lbs of weight for every exercise, in our full body workout. The exercises that we did were the 1. bench-press, 2. leg curl, 3. leg extensions 4. the seated row 5. bicep curl, 6. tricep extension, 7. lat pulldowns front, 8. pulldown behind your back, 9. 10 minutes on stationary bike; level 1, Walk, jog or run a 1/4 mile and lastly, we did our floor exercises. We did 10 crunches, 10, 3 count flutter kicks and 10 leg raises; left to right. This was 2 sets of 2 reps.**

Now for our future Saturday and Sunday plans. We will do these same exercises on these 2 days, every week. However, there will be a progression. That will start with an adjustment. From this point forward, you will see us on cable machines only. The first progression will be 20 lbs of weight on our next full body Saturday. 40 lbs of weight on Sunday. 50 lbs on next Saturday. 60 lbs on next Sunday and so on. We will keep doing this until we reach our true max weight or 100 lbs. Remember, there is both, a 12 year old and a 15 year old. They may max out before 100 lbs. When we max or reach 100 lbs, we will go to 2 sets of 4 reps and start that with half our max or half of 100 lbs. As an example, if we start with 50 lbs, every Saturday and Sunday, we will go up 20 lbs, until we reach our old and or new max and we reach our 100 lbs again. When we reach our max or 100 lbs, we will go to 2 sets of 6, then 8, then 10. When we reach 2 sets of 10, we will go to 3 sets, using the

same scale method. In a few months, we will be at 10 sets of 10 reps. After we reach that goal, we will start going heavier again. How will we do this? We will go to 10 sets of 10, at 120 lbs and scale every Saturday and Sunday! This method will allow me and my family to become “Suitably Fit”...! Doing this will help us to be injury free. Also, our lean muscle mass will support our major muscle groups, like the foundations that they should be. If our lean muscles are right, we should be able to function well.

We are talking about several different age groups here! I will be willing to go downstairs and answer the door. I will answer the door early enough, so that the package that the mail carrier left, will have a half of chance of not being stolen; before I get to it. What about my life partner, she will feel like picking up that item that may be sitting on the floor, that she was too fatigued to pick up in the past! This is major and it did not take long to get these results from our daily and weekend workouts. This is an amazing journey for our family. We are turning our former “Noodle Selves Into Suitable Fit People” Yesssss! We will be solid from this entire program.

Chapter 3

HOW I EAT

The key to my great blood sugar numbers, blood test results and dropping so much weight, was because of “HOW I DID IT” & how I Mastered the entire process. How I “FAST, WORKOUT and EAT”; was the key.

- **Every move that my body has made, had a Congregation of meals attached to them. I pre planned my meals to work for my body. Lets start with my sleep plan move. Read on.**

I needed to eat right when I put my sleep plan into forward motion. HOW I DID IT! I took day 1 and 2 of my 2 week sleep plan, by storm. My morning was cold cereal, there was pizza for lunch and 1 Starch, 1 vegetable and 1 meat for my dinner. I did it how I liked it and how I wanted it. Knowing that my brain needed to adopt a new way of eating, I had to awaken my brain into thoughts of such a thing. I made a big deal out of food. I fully engaged my brain by making food a list topper in my mind. I did this to spark a new habit. When my mind knew that I needed to have a new

habit built in my head, It was a matter of time before I started the motions of repetitive meal discipline. The actions were gradually applied to my daily pre planned day. Eat less and then, eat less...

I stuck with my old fashion “Starch, Vegetable and Meat” meal plan, until the end of my 2 week sleep plan. But what was I doing before I got sick and before I found myself fighting for my life? My food shopping list looked a little something like this: Frozen waffles, pancake mix, bagels, oatmeal with its ability to cause blood sugar spiking inside of my body, bacon, over sugared cold cereal, breakfast cakes and pies, danishes, breakfast doughnuts, toaster pastries and its fillings of unnatural content, fake seafood, rice for large heaping consumption, chicken to fry, beef steak, including the all time “Philly Cheesesteaks”, frozen meals of fake food, pizza, subs with large amounts of bread, bags and packages plus boxes and cans of preservatives, packaged with some real and fake food! That’s like putting 1/3 of sugar inside of a cup and being asked, if you would like coffee with the sugar? And the true killer of the massive mess that I just wrote about, is the eating after 8:00PM; when my bedtime is 10:00PM. That placed my body into awake mode...! That is what was happening with me and most everyone who eats just before going to bed. Try to go to sleep when you just told your body to wake up. So that it can burn the new batch of stuff that you just poured into it. I now I let my body do what it suppose to do when I lay down. Rest and restore my cells and muscles. That was my rant!!!

Could you imagine what could have happened if I continued to buy those kinds of foods while attempting to have a sleep plan? The sugar would have confused me and made it hard to get the sleep that I needed. The bad food choices may have kept me awake and caused more food related problems as it already has. Especially with the fake foods. To avoid perpetuating the very bad of the bad menu of my daily intake, I used an old meal model that showed more promise than my horrible food buying behavior. The one that I stated earlier. “MEAT, GREEN VEGETABLES and STARCH”. So getting back on track, every 2 days, for 2 weeks, I used less portions in each category of the model, until it was over.

Now my body was ready to take the beating of FASTING! I’ve trained myself to eat less, I loss weight and I had a rested body. So, for 10 days in a row, I FAST with nutrition. Yes, with “Nutrition”! “HOW I FAST”... I was dropping pounds during my sleep plan move. I did this because I had adopted a more suitable eating Program model; that fit my goal. It taught me that simple change is all I needed to get rid of my weight, horrid lab numbers (including blood sugar) and it taught me that my new eating habits caused my pancreas to have better performance that had worsened, due to my car accident. It felt like I had found the real fountain of youth!

It was at the end of my sleep plan, that I had realized the need to step it up. So I FAST. Not like a religious way of doing it, but a higher depriving of intake. I did it with a twist. I did not die from not

eating. I did not make myself sick from not eating. However, I did drop more weight, got better labs, reset my digestive system and caused more energy in my body. WOW! As you read in CHAPTER 1, that was my FASTING diet. Now I eat differently. Read on.

I told you that I eat according to my pre arranged body moves. I eat as my body moves. But it is all planned out with my “PSFS” model. And no! It is not the saving bank from “PHILLY”! Protein, Starch, Fiber and Starch with each meal. First I do my 5:00AM WORKOUT on the weekdays, or I am simply getting out of bed on the weekends. So, I eat a breakfast that restores me or preps me. It is still the same 6:00AM breakfast for both morning plans. Read the following meals of choices:

6:00AM Meal Example

2 over hard fried eggs, with spinach, cheese, onion, ketchup, always with the following liquids of 8 ounces of water, 6 ounces of tea (with 0 everything), 6 ounces of chicken broth, 10 ounces of protein (like ensure or others like it) and an avocado. I cook everything that is cooked, with olive oil. Notice the “PSFS”.

More Breakfast

A modest bowl of Post Cereal, half of a banana, with 5 blueberries inside or separately served with the cereal. I use whole milk. Plus a 1/3 cup of nuts, coupled with 2 crackers.

2 boiled eggs that are lightly salted (with and or without) the yellow yoke. Served with 1 toasted and

margarin spread English muffin. Remember, all breakfast are served with the liquids stated above.

Weekend Breakfast A 9:45AM Protein Shake

A protein shake of 20 ounces of soy protein milk, 2 scoops of protein powder (non whey) and 1 banana. This is what I do after my 6:00AM breakfast and before my 10:00AM gym workout.

Lunch Is At 12:00 Noon

A can of tuna mixed with light mayo and served with 4 crackers. I ate a celery stick or a green vegetable with it. Remember, I do all drinks with lunch. Notice the “PSFS”.

I have 8 peanut butter on crackers, served with o everything jam. In this case, I use jam that have good and suitable ingredients in it. I finish it off with a celery stick. See the “PSFS”.

Lets Talk Dinner

P. chicken, steak, pork and fish.

S. pasta, 1 slice of bread, potato and sweet potato.

F. beans, bran, some green vegetables.

S. corn, rice and more.

I am always sure to do the all drinks with every meal and always serve the food in small portions. Remember the “PSFS”. I wish you a new lifesaving lifestyle! Be sure to follow our website ososocial.live and tell all of your love ones to pick up my new book: “HOW I DID IT”!