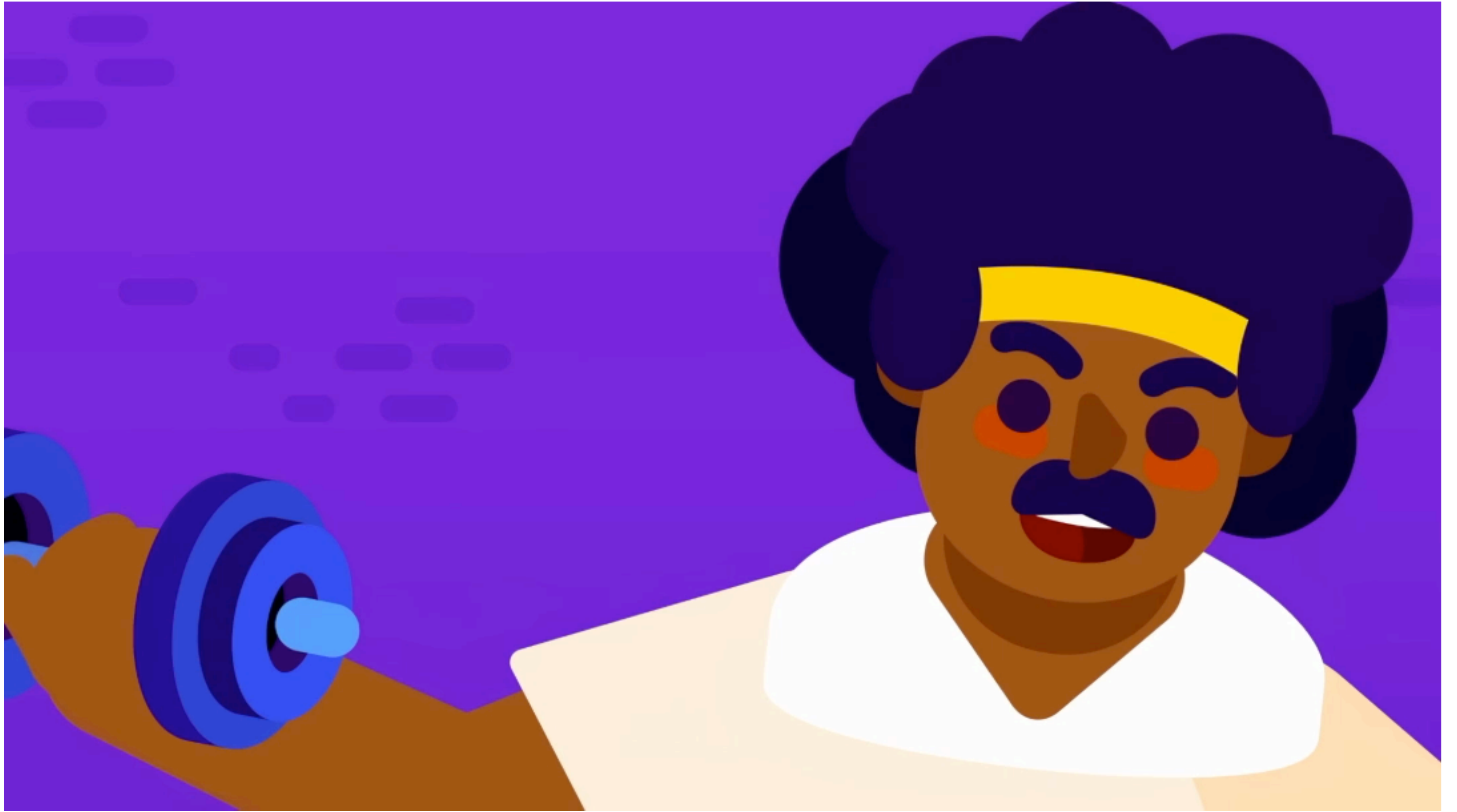
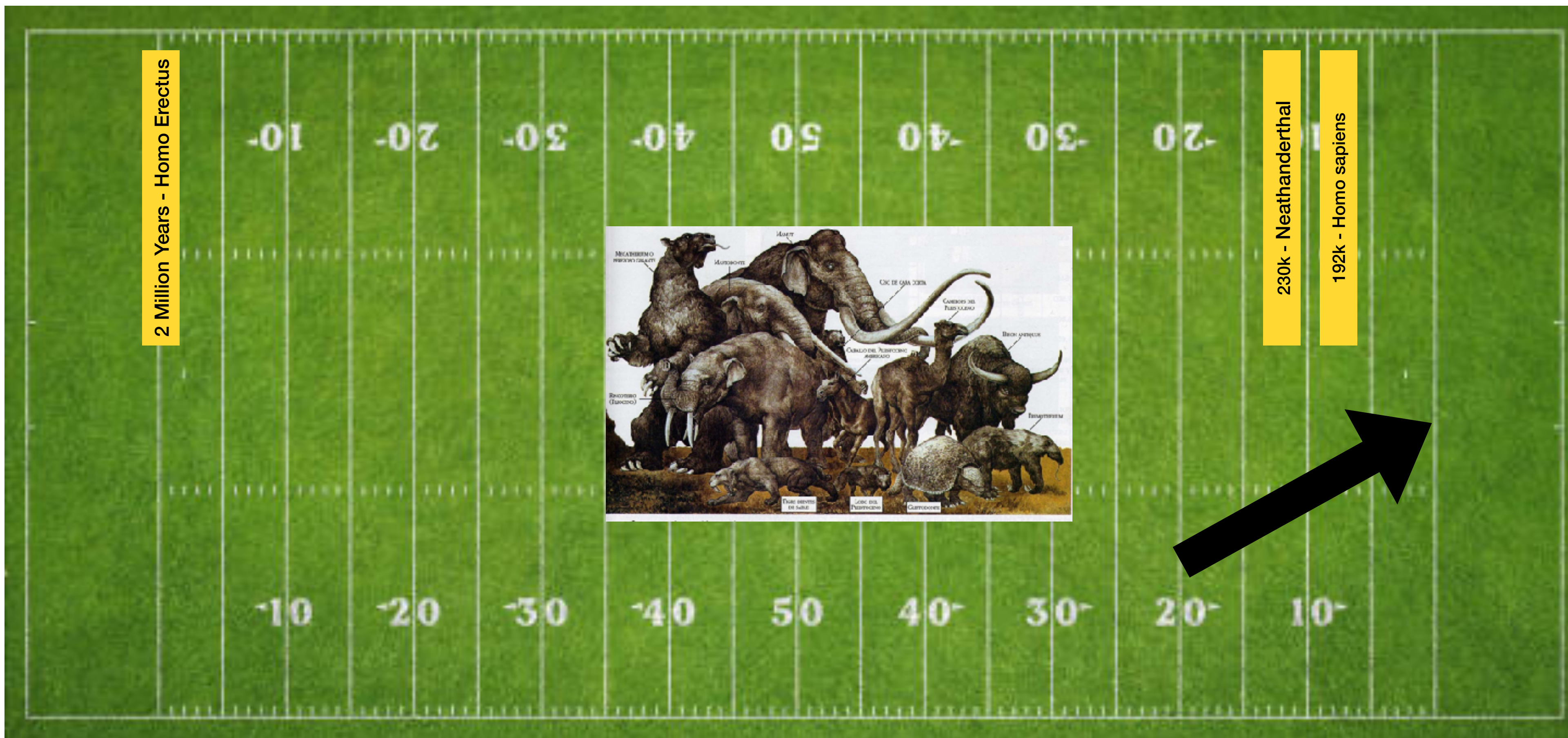


Fitness While RV Traveling

How to thrive and not just survive

Brad Driver





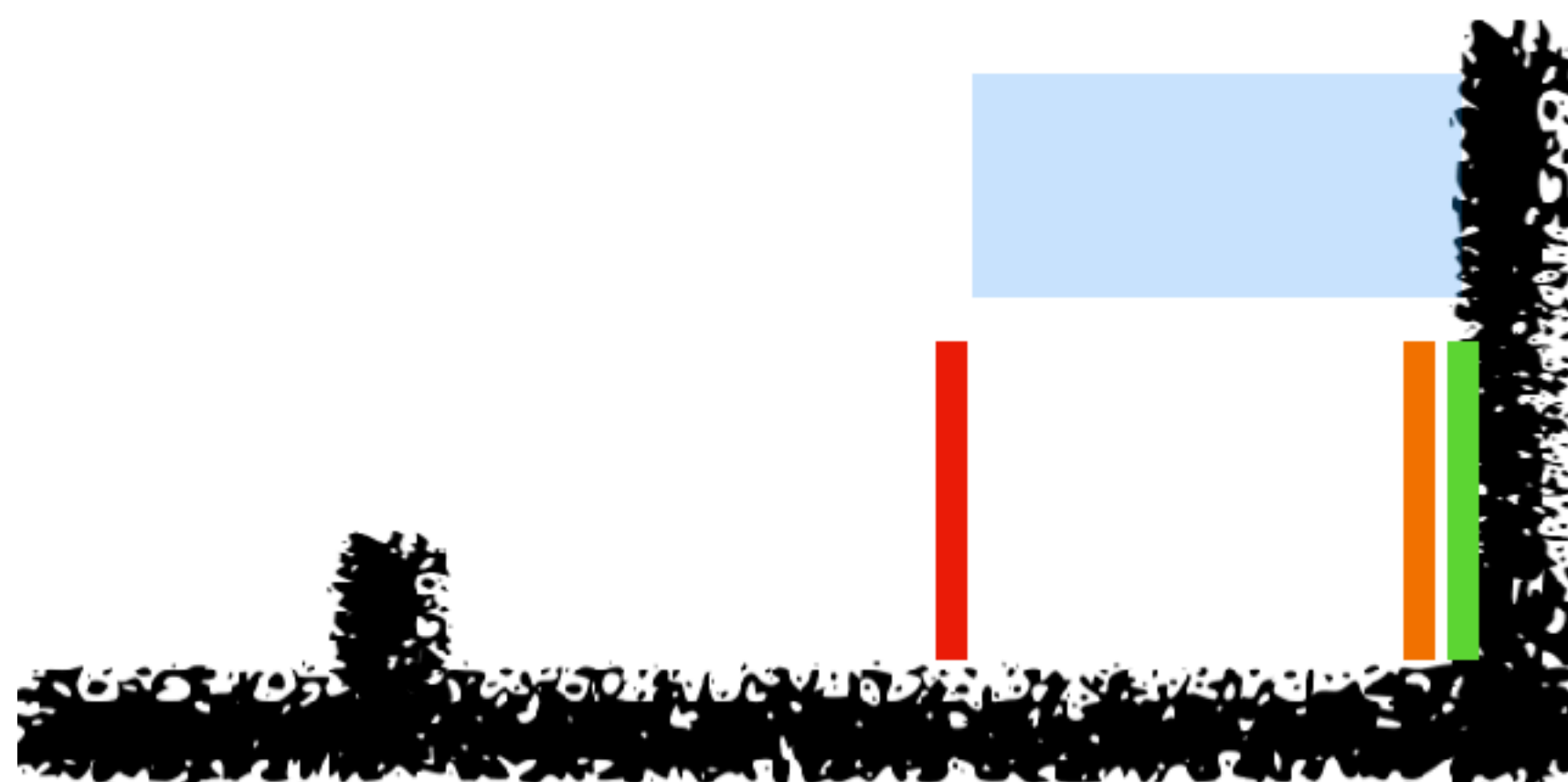
LIFE EXPECTANCY:
From 26 to 19 years

HEIGHT:
Males: 5'9" to 5'3"
Females: 5'5" to 5'0"

LIFESTYLE:
Double Teeth
Problems -
Malnutrition

4x increase - Iron
Deficiency

3x increase - Disease

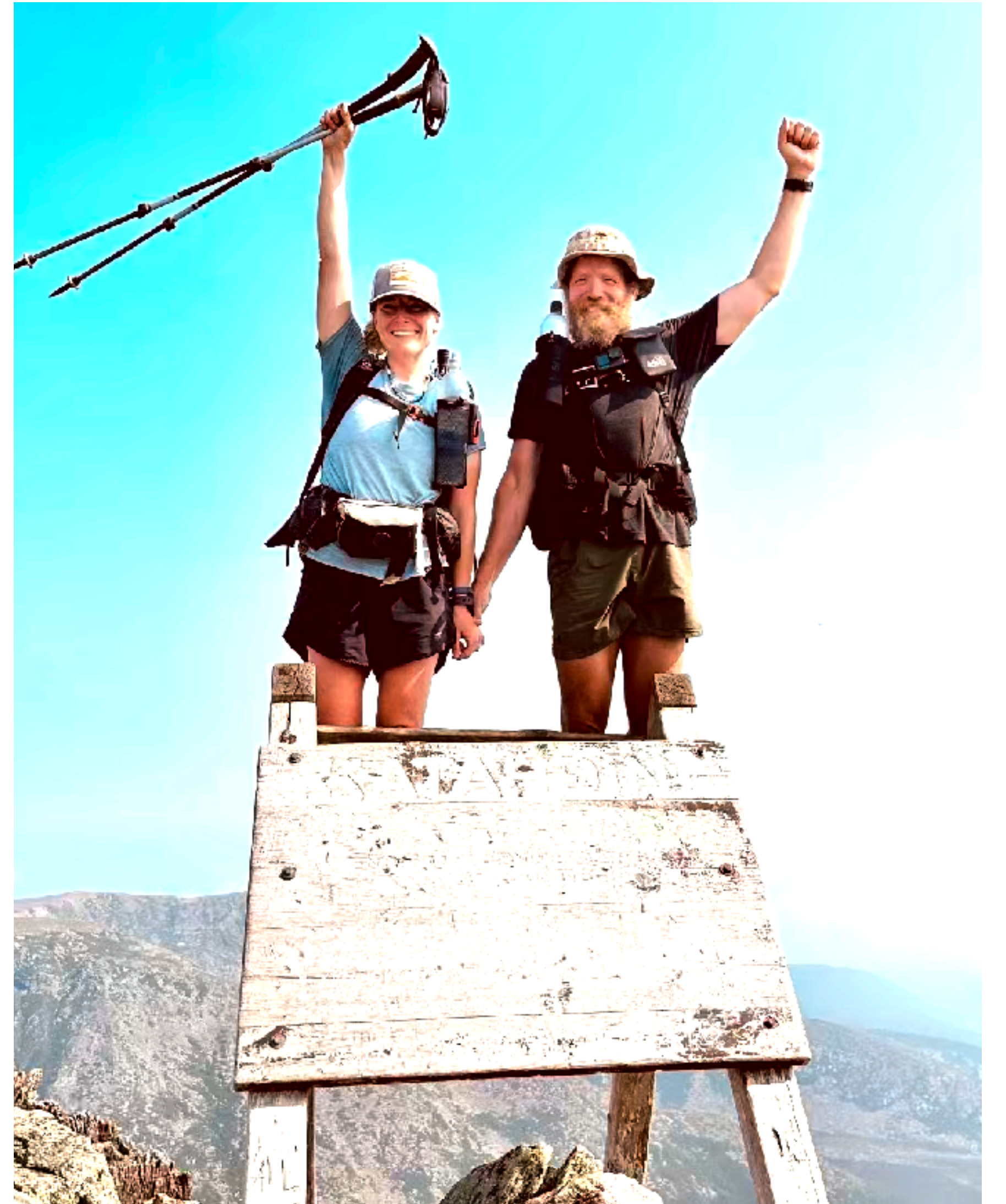
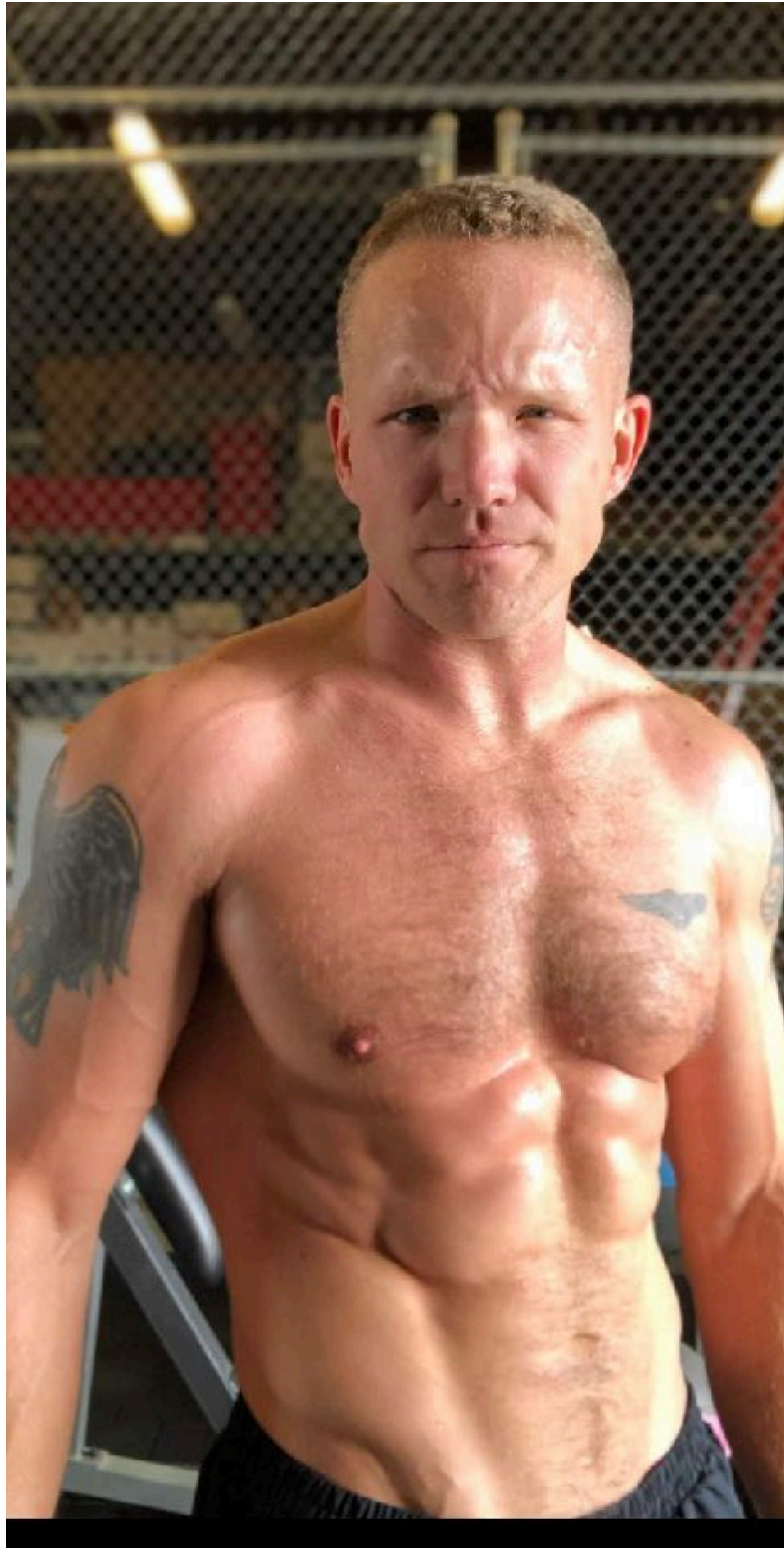


Agricultural Revolution (apx 12,000 years ago)
Prior to, no milk outside of nursing and no grains

100-300 years ago - unprecedented increase in agricultural production

60-90 years - food transitions from what our grandparents ate to what we eat today



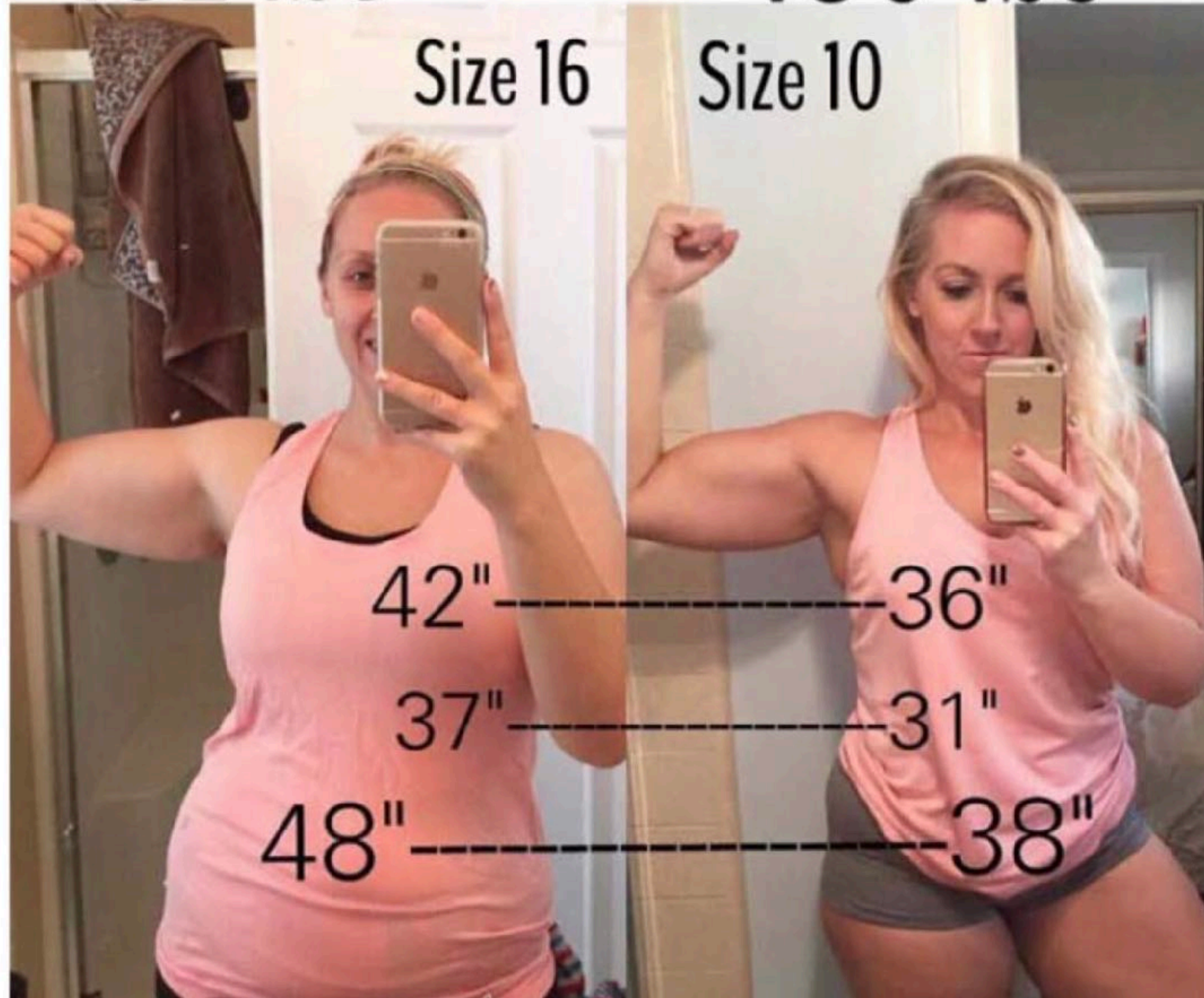


182 lbs

180 lbs

Size 16

Size 10



42"

37"

48"

36"

31"

38"

F

EMENT

Cracker Barrel - Country Boy Breakfast



Three Eggs
Country Ham
Hash-brown Casserole
Course Grits
Biscuits n' Gravy

\$15

Nutrition
1650 Calories
90g Fat
123g Carbs
105g Protein
5400mg Sodium

Walmart - Home Cooked

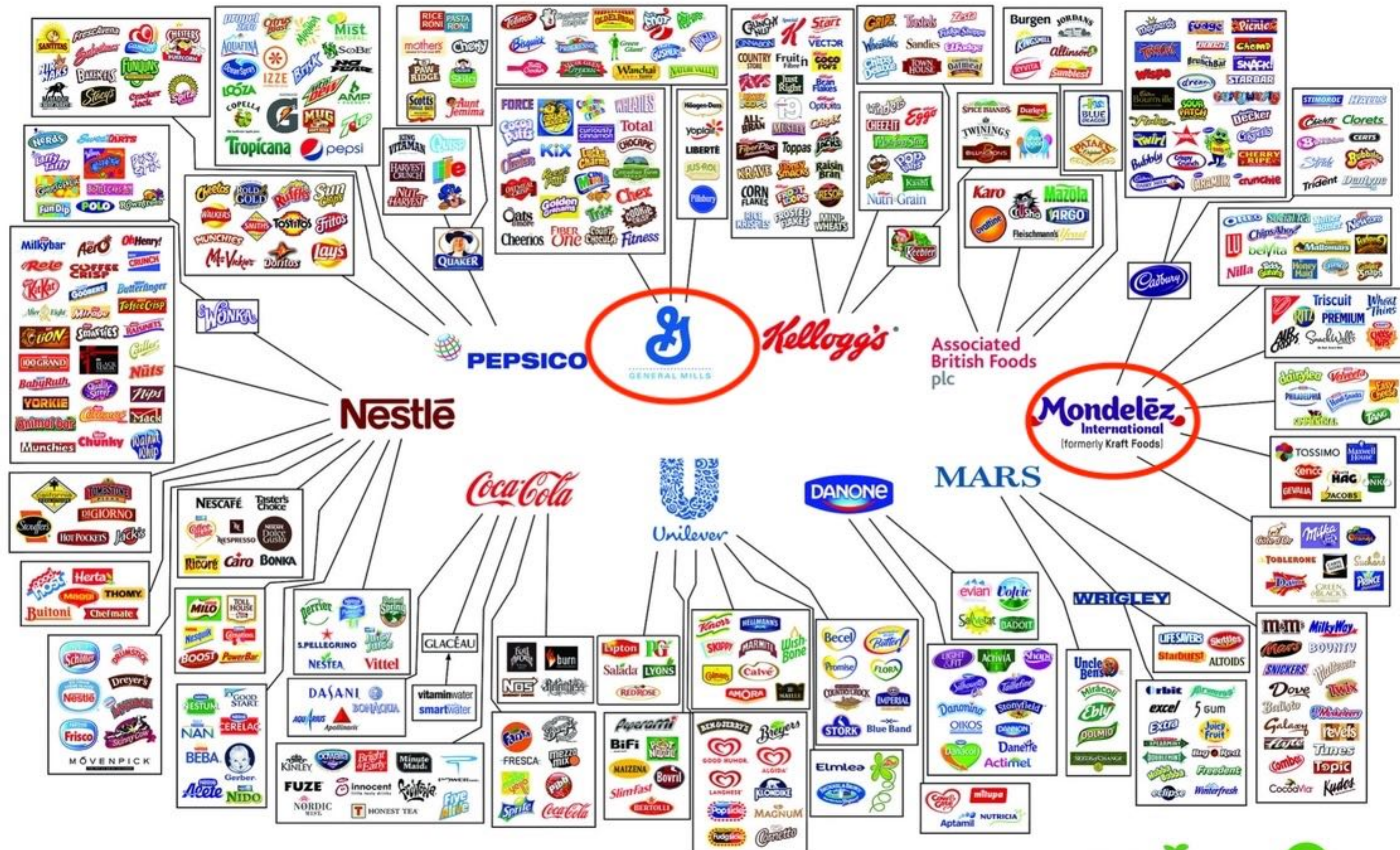


Eggs (12) - \$6
Ham (14oz 7 servings)— \$6
Hash-browns (21 Cups)- \$7
Blackberries -\$6
Peppers - \$3
Spinach - \$3

\$31 + oils, spices + your time

Nutrition
532Calories
90g Fat
28g Carbs
40g Protein
1000mg Sodium

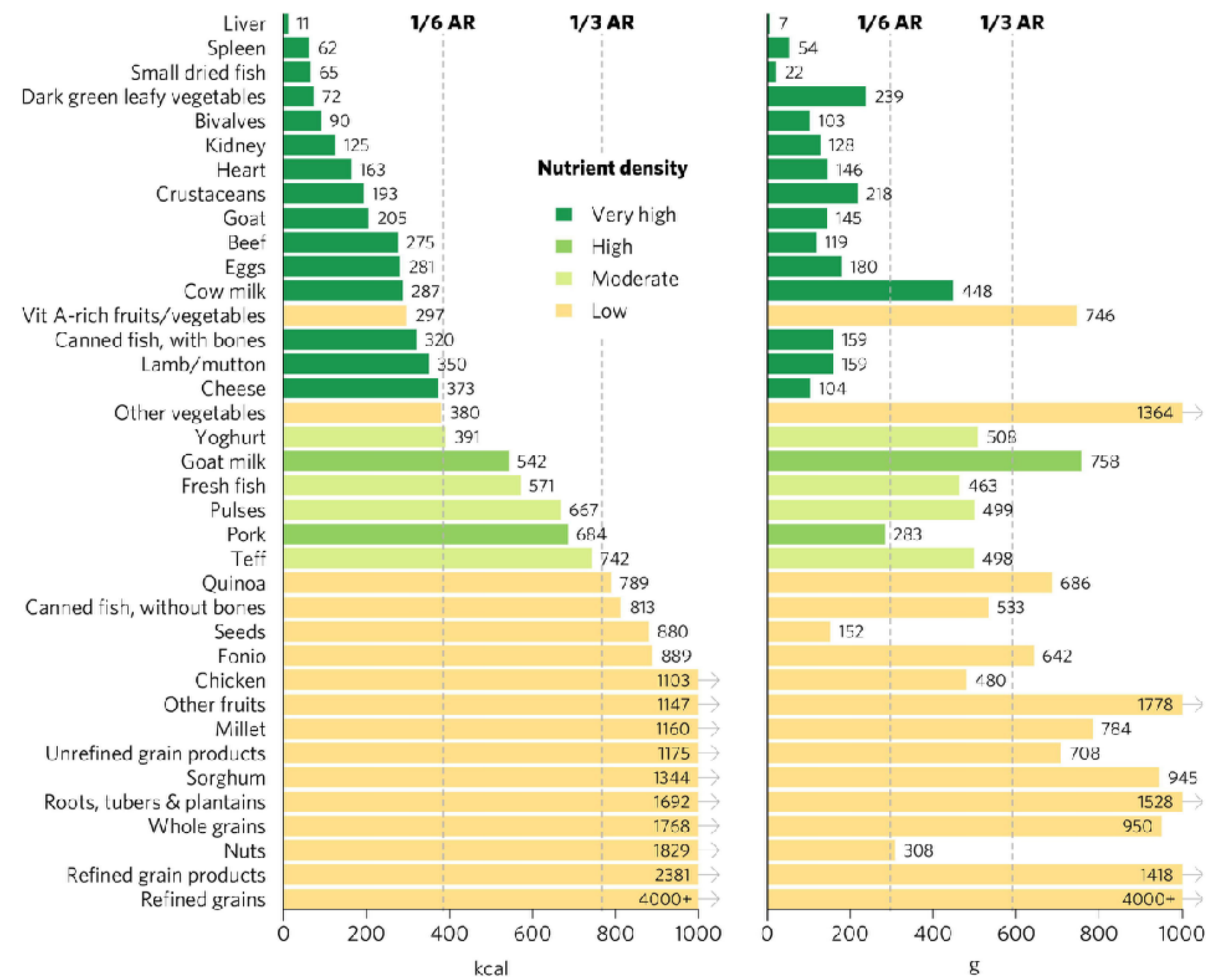




Priority Micronutrient Density in Foods

Calories and grams needed to provide an average of one-third of recommended intakes of:

- Vitamin A
- Folate
- Vitamin B₁₂
- Calcium
- Iron
- Zinc

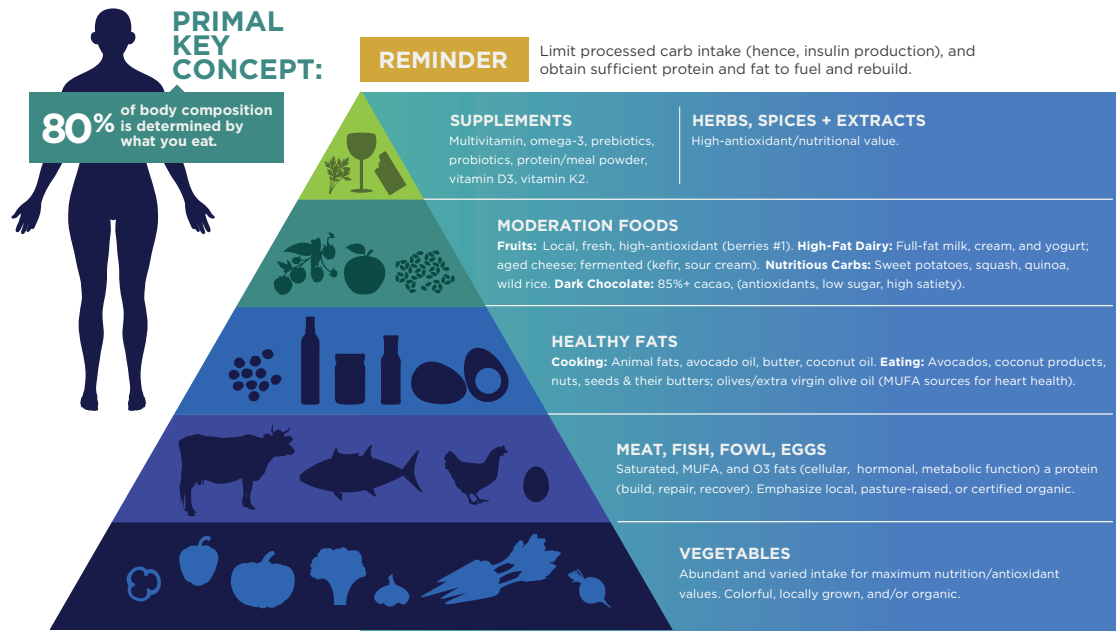


HOW TO LIVE AWESOME



THE FOOD PYRAMID

For efficient weight loss, vibrant health, and boundless energy!



THE FITNESS PYRAMID

For functional, diverse, athletic ability, and a lean, proportioned physique.



THE PRIMAL TRANSFORMATION-8 KEY CONCEPTS

- 1 YES, YOU REALLY CAN REPROGRAM YOUR GENES**
Genes direct cellular function at all times, signaled by your diet, exercise, and lifestyle behaviors.
- 2 THE CLUES TO OPTIMAL GENE EXPRESSION ARE FOUND IN EVOLUTION**
Follow the ten PB laws from our hunter-gatherer ancestors.
- 3 YOUR BODY PREFERS TO BURN FAT**
Stored body fat—your go-to fuel source—is inhibited by the dependency cycle caused by frequent high-carb meals.
- 4 80 PERCENT OF YOUR BODY COMPOSITION SUCCESS IS DETERMINED BY HOW YOU EAT**
Forget portion control and chronic workouts—it's mostly about lowering insulin production.
- 5 GRAINS ARE TOTALLY UNNECESSARY**
Grains—even vaunted whole grains—are just cheap, beige glop that quickly convert to sugar.
- 6 FAT AND CHOLESTEROL ARE NOT THE ENEMY**
The true heart disease risk factors are oxidation and inflammation from excess insulin, bad oils, and high-stress living.
- 7 EXERCISE IS INEFFECTIVE FOR WEIGHT MANAGEMENT**
Burning workout calories just increases appetite! Focus on increasing everyday movement and avoid chronic patterns.
- 8 MAXIMUM FITNESS GAINS CAN BE MADE IN MINIMAL TIME WITH HIGH-INTENSITY WORKOUTS**
Regular brief, intense strength training sessions and occasional all-out sprints promote optimal gene expression and broad athletic competency.



THE PRIMAL BLUEPRINT SHOPPING LIST

THE PRIMAL TRANSFORMATION-5 ACTION ITEMS

ACTION ITEM #1	Eliminate SAD Foods
ACTION ITEM #2	Shop, Cook, and Dine Primally
ACTION ITEM #3	Make the Healthiest Choices Across the Spectrum
ACTION ITEM #4	Exercise Primally – Move, Lift, and Sprint!
ACTION ITEM #5	Slow Life Down

THE RULES OF LIVING 10,000 YEARS AGO



Control how your genes express themselves in order to build the strongest, leanest, healthiest body possible, taking clues from evolutionary biology.

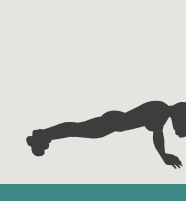
THE PRIMAL BLUEPRINT 10 LAWS

1	Eat plants and animals.		6	Get plenty of sleep.	
2	Avoid poisonous things.		7	Play.	
3	Move frequently.		8	Get plenty of sunlight.	
4	Lift heavy things.		9	Avoid stupid mistakes.	
5	Sprint once in a while.		10	Use your brain.	

THE PRIMAL ESSENTIAL MOVEMENTS

Includes progression exercises for all fitness levels

PUSHUPS



PULL UPS



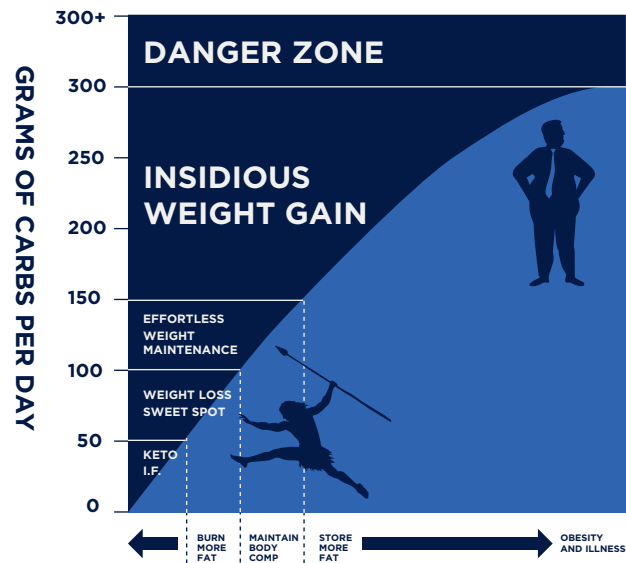
SQUATS



PLANKS



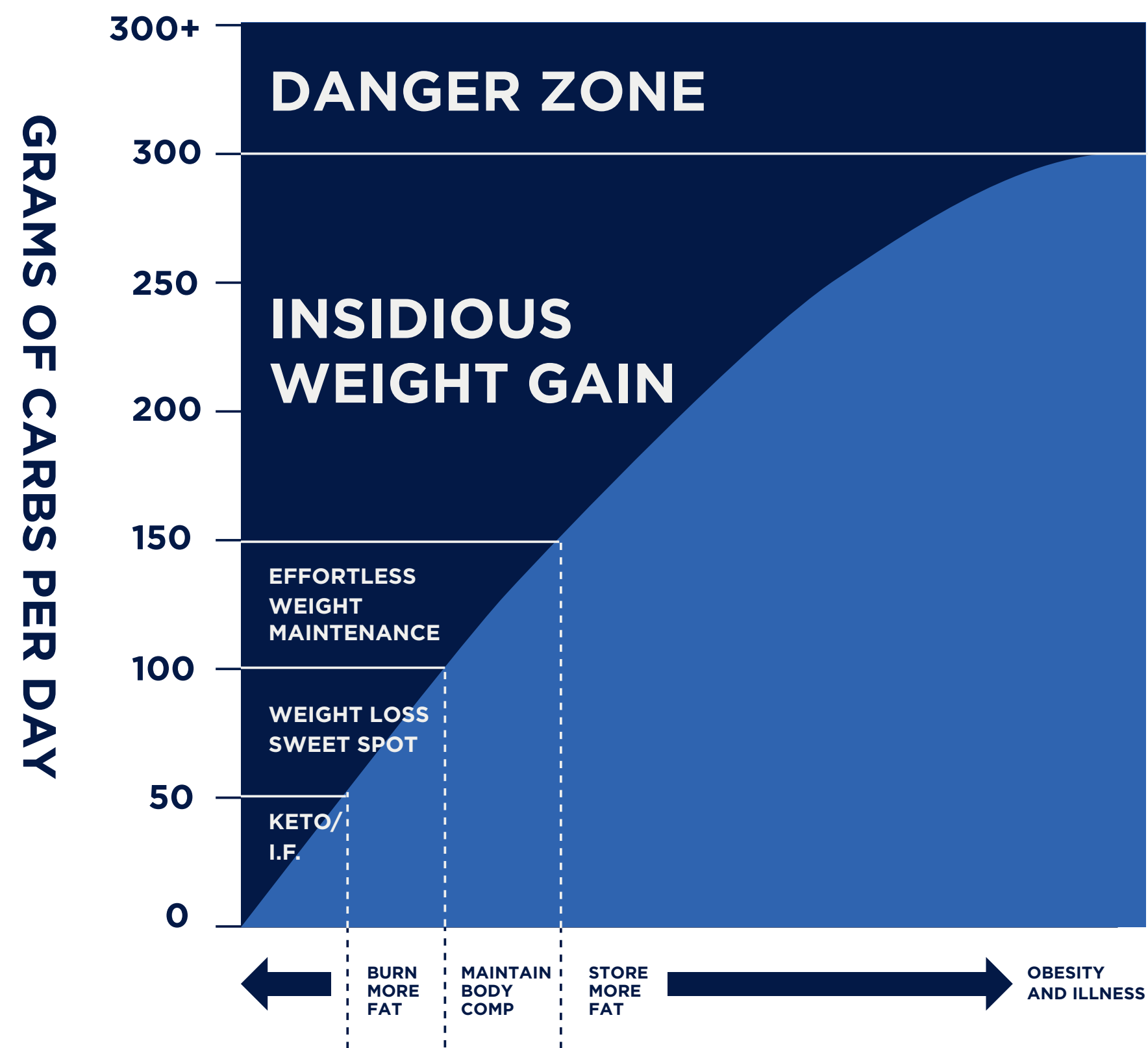
THE PRIMAL BLUEPRINT CARBOHYDRATE CURVE



DITCH CARB DEPENDENCY AND BECOME A FAT BURNING BEAST!

- 0-50 grams/day:** Rapid fat loss and and cognitive benefits via intermittent fasting and ketosis
- 50-100 grams/day:** Lose 1-2 lbs of fat per week, and enjoy satisfying Primal meals.
- 100-150 grams/day:** Lifelong health, effortless weight management.
- 150-300 grams/day:** A grain-based diet drives excess insulin drives fat storage.
- 300+ grams/day:** Inflammation, oxidative damage, obesity, type 2 diabetes, cancer, heart disease.

PRIMAL BLUEPRINT CARBOHYDRATE CURVE



WHAT'LL IT BE? THE “SWEET SPOT” OR THE “DANGER ZONE”?

Carb intake is the decisive factor in weight loss and disease prevention!

- **0-50g/day:** Rapid fat loss via intermittent fasting/ketosis.
- **50-100g/day:** Lose 1-2 lbs of fat per week, and enjoy satisfying Primal meals.
- **100-150g/day:** Lifelong health, effortless weight management.
- **150-300g/day:** Default zone of grain-based diet.
- **300+g/day:** Wildly excessive insulin production, disease pathology.

The curve illustrates how various levels of average daily carbohydrate intake impact your health and weight management. Moderating the wildly excessive carbohydrate intake from the Standard American Diet down to genetically optimal levels is your key to weight loss success, and avoiding today’s prevalent diet-related health problems and disease.

0 to 50 grams per day: *Ketosis and Accelerated Fat Burning*

Excellent catalyst for quick reduction of excess body fat through Intermittent Fasting and/or devoted carb restriction.

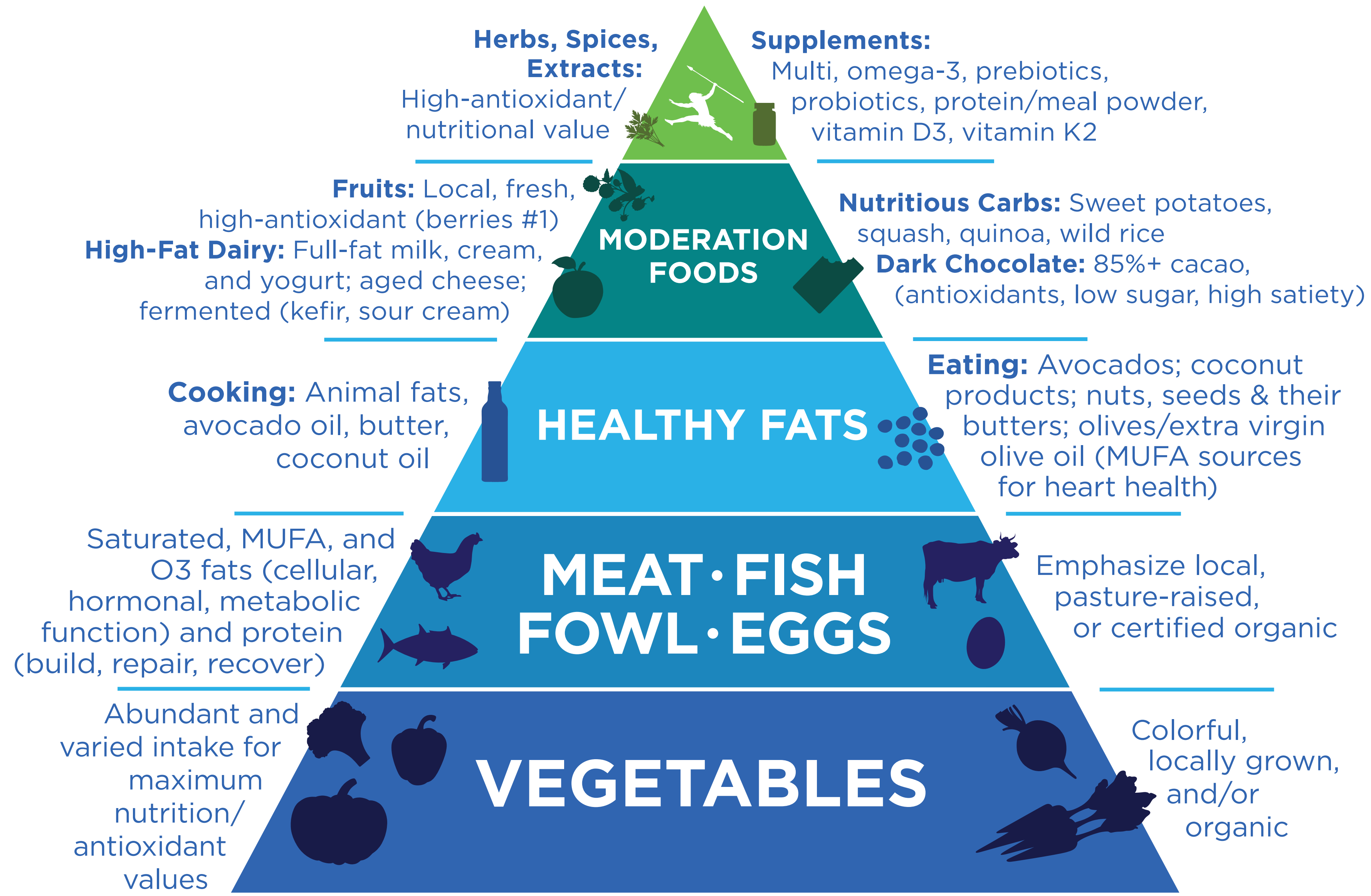
50 to 100 grams per day: *Primal Sweet Spot for Effortless Weight Loss*

Minimizes insulin production and accelerates fat metabolism. Supports abundant intake of vegetables, reasonable intake of seasonal fruits, nuts, and seeds, and occasional indulgences. Enables steady reduction of excess body fat (4-8 pounds per month; 1.8-3.6 kilos) with no deprivation.

100 to 150 grams per day: *Primal Blueprint Maintenance Range*

Allows for genetically optimal fat burning, muscle development, and effortless weight maintenance. Rationale supported by humans eating and evolving in this range or below for 2.5 million years. Dietary emphasis on animal foods and vegetables, with grains and processed sugars eliminated.

- Nutritious, satisfying, high-nutrient-value, low-insulin-stimulating foods.
- Low carbohydrate, moderate protein, ample nutritious fats.
- Flexible choices and meal habits by personal preference.
- Free of grains, sugars, and refined vegetable oils.



PRIMAL APPROVED FOODS

VEGETABLES

Artichoke
Arugula
Asparagus
Avocado
Beets/Beet Greens
Bell Peppers
Bok Choy
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage
Carrots
Collards
Cucumbers
Eggplant
Endive
Fennel
Fiddlehead Ferns
Garlic
Green Beans
Jerusalem Artichoke
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Mustard Greens
Olives
Onions
Parsnips
Peppers (all kinds)
Pumpkin
Purslane
Radish
Romaine Lettuce
Rutabaga
Sea Vegetables
Spinach
Swiss Chard
Tomatoes
Turnip Greens
Watercress

FISH

Anchovies
Bass
Catfish
Cod
Eel
Haddock
Halibut
Herring
Mackerel
Mahi Mahi
Monkfish
Mullet
Northern Pike
Orange Roughy
Perch
Red Snapper
Rockfish
Salmon
Sardines
Tilapia
Tuna
Walleye
Any other wild fish

SHELLFISH

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Prawns
Scallops
Shrimp

MEAT & POULTRY

Beef
Chicken
Goat
Lamb
Pork
Game Meat
Alligator
Bear
Buffalo
Caribou
Duck
Elk
Emu
Goose
Pheasant
Kangaroo
Ostrich
Quail
Rabbit
Snakes
Turkey
Venison

ORGAN MEAT

Hearts
Kidney
Liver
Bone Marrow
Sweetbreads
Tongue

EGGS

Chicken
Duck
Emu
Goose
Pheasant
Quail
Roe/Caviar
Other Bird Eggs

PREFERRED FRUIT

Blackberries
Blueberries
Boysenberries
Cranberries
Gooseberries
Raspberries

OTHER FRUITS

Apple
Apricot
Banana
Cantaloupe
Cherries
Coconuts
Figs
Goji Berries
Grapefruit
Grapes
Guava
Honeydew Melon
Kiwi
Lemon
Lime
Lychee
Mango
Nectarine
Orange
Papaya
Passion Fruit
Peaches
Pears
Persimmon
Pineapple
Plums
Pomegranate
Rhubarb
Star Fruit
Strawberries
Tangerine
Watermelon
All other fruits

HEALTHY FATS & OILS

Avocado Oil
Extra Virgin Avocado Oil
Butter/Ghee
Coconut Oil/Milk
Lard
Macadamia Oil
Olive Oil
Sesame Oil
Tallow
Unprocessed Palm Oil

SPICES & HERBS

Anise
Basil
Black Pepper
Cayenne Pepper
Chili Pepper
Cilantro
Coriander Seeds
Cinnamon
Cloves
Cumin
Dill
Fennel
Ginger
Mint
Mustard Seeds
Nutmeg
Oregano
Paprika
Parsley
Peppermint
Rosemary
Sage
Tarragon
Thyme
Turmeric

STARCHES IN MODERATION

Cassava
Potatoes
Sweet Potatoes
Wild Rice
Yams
Taro

CONDIMENTS & DRESSINGS

Avocado oil mayonnaise
Avocado oil salad dressings
Olive oil salad dressings
Vinegar
Clean/organic/low sugar ketchup, BBQ sauce, steak sauce, mustard

OTHER

Stevia
Tamari
Tea (green, black, white, oolong)

OTHER IN MODERATION

100% Full Fat Cream
Cheese
Coffee
Grass-fed & Organic Full Fat Yogurt
Coconut Milk Yogurt Alternative
Cashew Milk Yogurt Alternative
Almond Milk Yogurt Alternative

OCCASIONAL INDULGENCES

Dark Chocolate

PRIMAL FOOD SPECTRUM

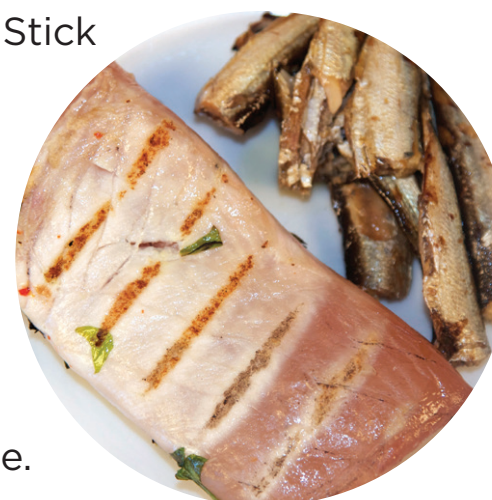
Meat, Fowl, and Eggs

1. Local, pasture-raised: Superior omega-3 and nutrient values due to natural diet of grass, insects, etc.
2. USDA-certified organic: Likely grain-fed but free of objectionable hormones, pesticides, and antibiotics.
3. Humane-raised, hormone-free, grass-finished or other distinctive labeling: Terminologies are loosely-regulated and not entirely helpful, but efforts to distinguish as other than conventional CAFO meat are worth recognizing.
4. Conventional CAFO: Animals raised in Concentrated Animal Feeding Operations typically contain hormones (to promote faster growth and increase profits), pesticides (ingested from inferior feed sources), and antibiotics (to prevent infection from living in cramped, dirty quarters). CAFO products are nutritionally inferior to pasture-raised or organic animals. If you must eat CAFO products, trim the fat before cooking to limit exposure to toxins.



Fish - Ranked

1. Wild-caught, oily, cold water fish from remote, pollution-free waters: Highest omega-3 values of any food (salmon, sardines, herring, mackerel, anchovies).
2. Other wild-caught fish: Stick with domestic sources such as trout.
3. Approved farmed fish: Domestic coho salmon, shellfish, barramundi, catfish, crayfish, tilapia, and trout are acceptable.



Fish - Avoid

1. Most farmed fish: High levels of chemical contaminants, unsanitary waters, poor omega-6:omega-3 ratios, and overall significantly lower nutritional value than wild-caught fish. Includes Atlantic salmon, by far the most common type of salmon sold – with an estimated 90% of the market share.
2. Top of food chain: Avoid sword and shark due to high concentrations of mercury and other contaminants.
3. Asian imports: Avoid both farmed and wild-caught fish imported from China and other Asian countries, due to minimal safety regulations and polluted waters.
4. Visit montereybayaquarium.org or edf.com for further guidelines on eating healthy, sustainable fish and avoiding objectionable fish.

Vegetables

1. Locally-grown, pesticide-free: Superior nutritional and antioxidant value. Enjoy heaping portions!
2. USDA-certified organic: Local actually ranks above organic for sustainability and optimal growing and ripening conditions.
3. Conventionally grown: Thoroughly wash conventionally grown veggies with soft, edible skin (leafy greens, peppers).
4. Remote, conventionally grown: Strive to do better, but by no means objectionable in the big picture.



PRIMAL APPROVED AT A GLANCE

DIET

Baking Ingredients: Coconut, almond, or other nut flours, tapioca starch, arrowroot powder (for occasional use in paleo/primal-approved baking recipes).

Beverages: Water (according to thirst), unsweetened teas, full-fat coconut milk or unsweetened almond milk (great smoothie bases).

Coconut Products: Butter, flakes, flour, milk, and oil offer healthful medium-chain fats; great substitute for dairy, refined vegetable/seed oils, and wheat flour.

Coffee: Enjoy in moderation (cream and minimal sweetener okay); don't use as energy crutch.

Condiments: Yellow mustard; mayonnaise and salad dressings made with avocado oil or olive oil and without excess or artificial sweeteners.

Dairy: Raw, fermented, high-fat, and organic products are preferred (cheese, cottage cheese, cream cheese, kefir, whole milk, yogurt); consume in moderation.

Dark Chocolate: Primal-approved snack/treat. Cacao content: ideally 85 percent.

Eggs: Local, pasture-raised, or certified organic for high omega-3 content.

Energy Bars: Primal Kitchen bars and other low-sugar bars (rare finds; even the most natural and nutritious bars offer a significant carbohydrate load).

Fats & Oils: Avocado and domestic extra virgin olive oil for eating. Coconut oil, grass-fed butter, and animal fats (bacon grease, chicken fat, lard, tallow) for cooking.

Fish: Wild-caught from remote, pollution-free waters. Small, oily, cold-water fish are best. Salmon, mackerel, anchovies, sardines, herring = SMASH hits! Certain farmed fish are approved

(domestic Coho salmon, trout, and some shellfish—not shrimp). Check seafoodwatch.org for up-to-date recommendations.

Fruit: Locally grown (or wild), organic, in-season preferred. Berries are premier choice. Organic is recommended for fruits with soft, edible skin. Moderate intake of higher glycemic/lower antioxidant fruits. Wash thoroughly.

Herbs and Spices: High-antioxidant, anti-inflammatory, immune-supporting, flavor-enhancing.

Meat & Fowl: Local, pasture-raised, or USDA-certified organic critical. If you must eat conventional meat, choose the leanest possible cuts and trim excess fat to minimize toxin exposure.

Nutritious Carbs: Optimize carb intake for body composition, recovery, and hormonal balance goal. Opt for abundant vegetables, extra fruit, nuts and seeds, dark chocolate, sweet potatoes, yams and other starchy tubers, quinoa, and wild rice.

Nuts, Seeds, & Their Derivative Butters: Nutritious, satisfying snack. Try nut butters on dark chocolate. Raw almond milk is a great substitute for dairy milk.

Prebiotics: Cooked and cooled white rice and white potatoes, green bananas, raw potato starch.

Probiotics: Fermented foods like kefir, kombucha, pickles, sauerkraut, and yogurt, and even dark chocolate!

Snacks: Berries, canned tuna or sardines, celery with cream cheese or nut butter, cottage cheese with nut or fruit topping, dark chocolate, hard-boiled eggs, jerky, nuts, olives, seeds, trail mix, and other high-fat and/or high-protein, low-carb primal foods.

PRIMAL BLUEPRINT FITNESS PYRAMID

Functional fitness, stress/rest balance, anti-aging benefits

PLAY

Spontaneous outdoor physical fun—every day!



SPRINT

Several 8-20 second bursts

Every 7-10 days, when 100% energized



RECOVER

Sleep, relax, be intuitive, avoid chronic patterns



LIFT HEAVY THINGS

Brief, intense resistance exercises

2 times per week for 10-30 minutes



MOVE FREQUENTLY

- More general daily movement (Avoid prolonged inactivity)
- Cardio workouts at “180 – age” heart rate (Cycle, hike, walk/jog, water activities)
- Flexibility/mobility (Pilates, yoga, tai chi, gymnastics, dancing, dynamic rolling/stretching/therapy work)



Pyramid Notes: The pyramid reflects the exercise patterns that shaped human evolution for 2.5 million years. Becoming fit, or even super fit, does not have to involve a complex, time-consuming approach. All you have to do is engage in a sensible blend of Primal Blueprint-style workouts, which are scalable to people of all fitness levels.

The Move Frequently goal blends structured aerobic workouts with increased general everyday movement; movement enhances fat metabolism and immune and cognitive function. For Lift Heavy Things, you can enjoy excellent benefits from a workout as short as seven minutes – really! Keep workouts brief (30 minutes is plenty, even for experts) and intensity high. This will stimulate the flow of adaptive hormones and prevent chronic exercise patterns.

PRIMAL ESSENTIAL MOVEMENTS

Strength training can be simple, convenient, and safe for everyone with the Primal Essential Movements (PEM). Pushups, pull-ups, squats, and planks collectively work all the major muscle groups of the body in a functional manner, providing benefits that are directly applicable to all types of everyday fitness, work, and play activities. You don't have to feel intimidated venturing into a gym, nor assume the inherent risks of loading your body with external sources (meaning gym equipment) for resistance exercises. The PEMs are a great choice for novices and old hands alike because they use *bodyweight* for resistance, comprise simple movements that are easy to learn (and very difficult to screw up and get injured from), and have a series of easier progression exercises that approximate the familiar baseline movement. Even hard-core strength athletes can make the PEMs challenging enough to stimulate fitness breakthroughs.

Begin your strength-training sessions with a two- to five-minute warmup of low-intensity cardiovascular exercise (walking, jogging, stationary cycling, or other cardio machine at a heart rate of "180 minus age" or below). You should break a light sweat, indicating elevated body temperature, and be breathing at a comfortable rate. Conclude each workout with a two- to five-minute cooldown to allow sufficient time to return your breathing rate to normal. Be certain that you have medical clearance before attempting any strenuous workout, including those described here.

Next to each exercise listed are levels of "mastery" for males and females. The mastery levels represent your target performance in one set of maximum effort. Your first PEM workout should

be an assessment session to determine, by trial and error, your maximum effort level for each essential movement. If you can't complete the mastery number of reps for a particular Essential Movement, drop down to the appropriate progression exercise to enable you to complete a sufficient number of repetitions in your workout. As you improve your performance with your progression exercise, bump up to the next progression exercise or the baseline movement. Advanced strength trainers can integrate numerous adaptations to increase the degree of difficulty beyond the baseline Essential Movements, including donning a weighted vest for the entire PEM session.

Males – Primal Essential Movement mastery

- 50 pushups
- 12 pull-ups (overhand grip)
- 50 squats (thighs, just below parallel to ground)
- Plank: 2 minutes holding the Forearm/Feet Plank position

Females – Primal Essential Movement mastery

- 20 pushups
- 5 pull-ups (overhand grip)
- 50 squats (thighs, just below parallel to ground)
- Plank: 2 minutes holding forearm/feet plank position

KEY CONCEPTS

1. Yes, You Really Can Reprogram Your Genes:

More than just determining your fixed heritable traits, genes are responsible for continually directing the production of the proteins that control how your body functions every second. Genes turn on or off only in response to signals they receive from the environment surrounding them – signals that you provide based on the foods you eat, the types of exercise you do (or don't do), your sleeping habits, sun exposure and so forth.

2. The Clues to Optimal Gene Expression are Found In Evolution:

2.5 million years of selection pressure and harsh environmental circumstances created the perfect genetic recipe for human health and longevity. Our genes expect us to be lean, fit and healthy by modeling the lifestyle behaviors and diets of our hunter-gatherer ancestors even in the context of hectic modern life. Plants and animals (meat/fish/fowl/eggs, vegetables, fruits, nuts and seeds) should comprise the entirety of the human diet, with allowances for the moderate intake of certain modern foods. As for exercise forms and frequency, less is often more.



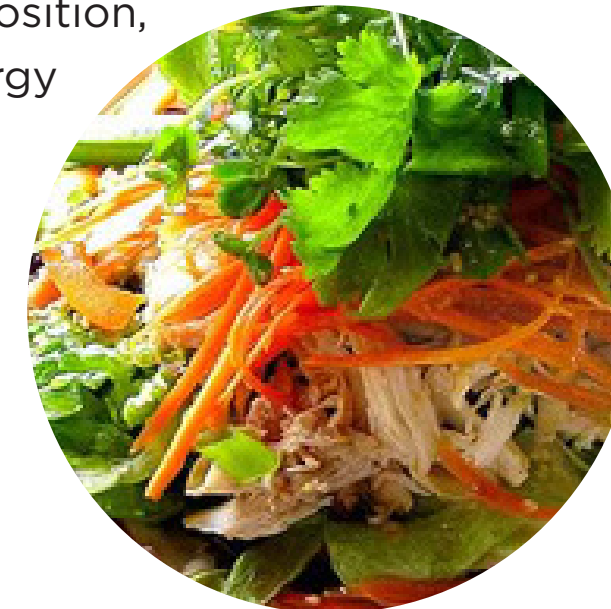
3. Your Body Prefers Burning Fat Over Carbo-

hydrates: Conventional Wisdom's grain-based, low-fat diet has artificially created a sugar and carbohydrate-based metabolism that you've been stuck in, and suffering from, for your entire

life. Going Primal shifts you into the fat-based, all-day energy metabolism that has supported human survival for 2.5 million years. This is the most liberating aspect of Primal living.

4. 80 Percent of Your Body Composition Success is Determined by How You Eat:

Many modern foods (even ones you thought were healthy) are causing you to gain weight, accelerate aging and increase disease risk. Moderating insulin production by ditching grains, sugars and legumes, and lowering inflammation by eliminating harmful manmade fats, will promote efficient reduction of excess body fat, effortless maintenance of ideal body composition, increased daily energy levels, decreased risk of illness, and optimal function of various other hormonal systems (stress, appetite, immune, metabolic, sleep, thyroid, etc.).

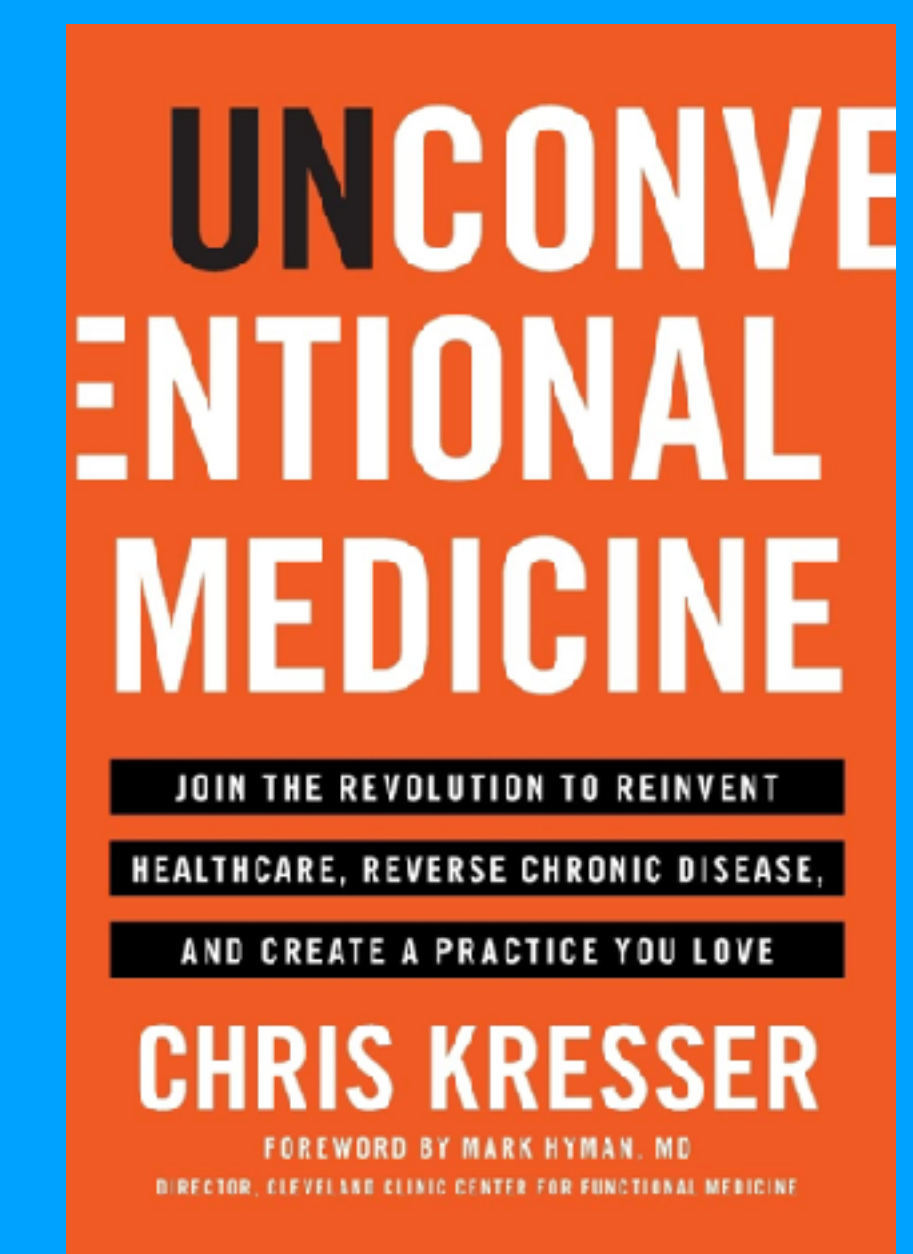
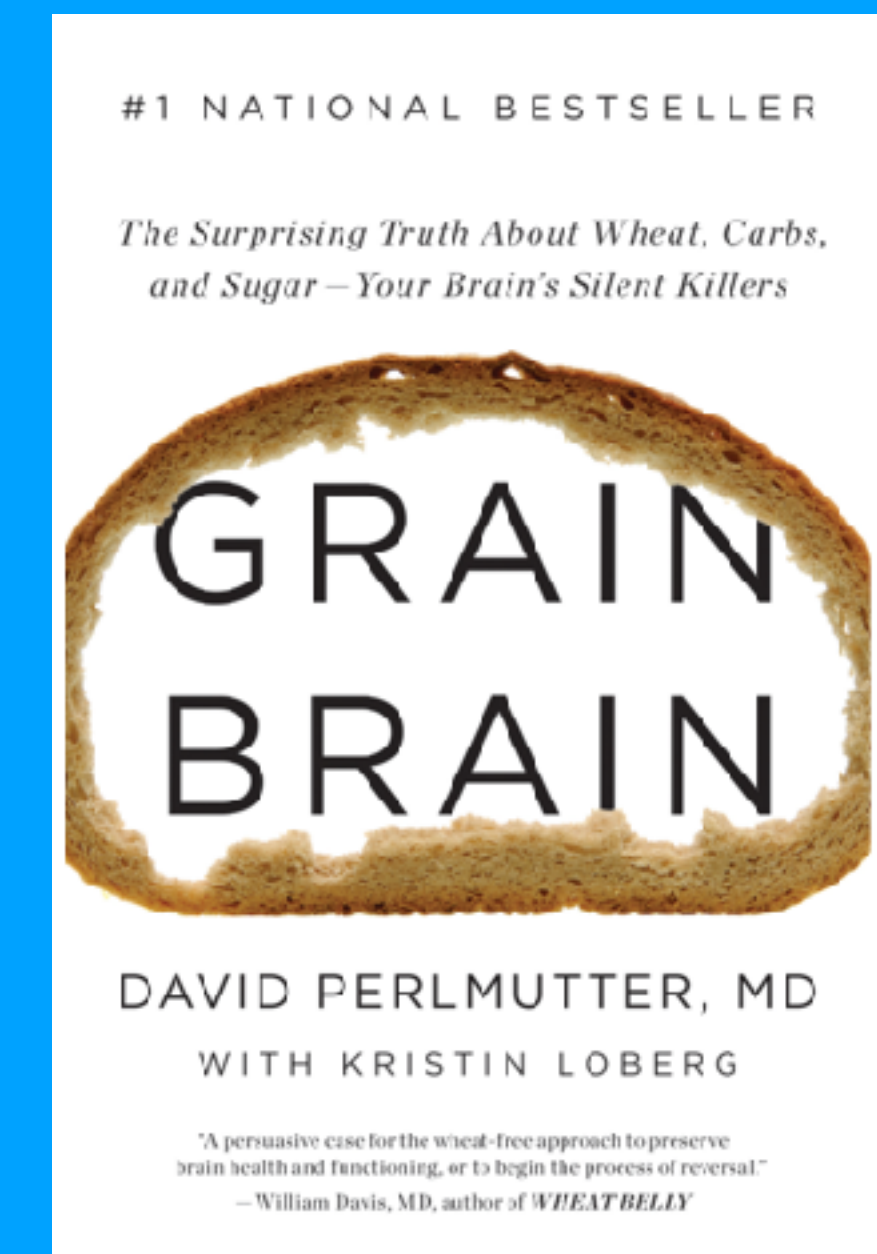
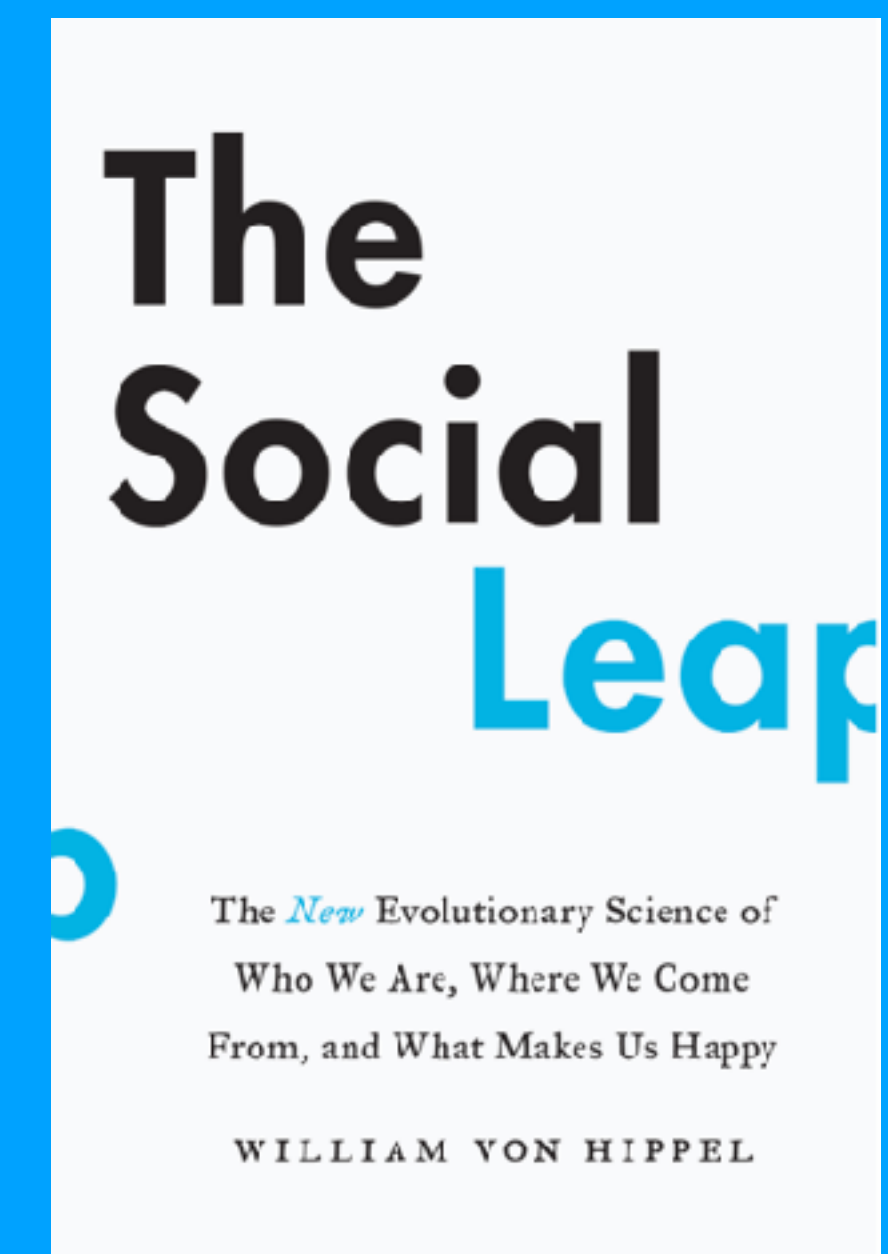
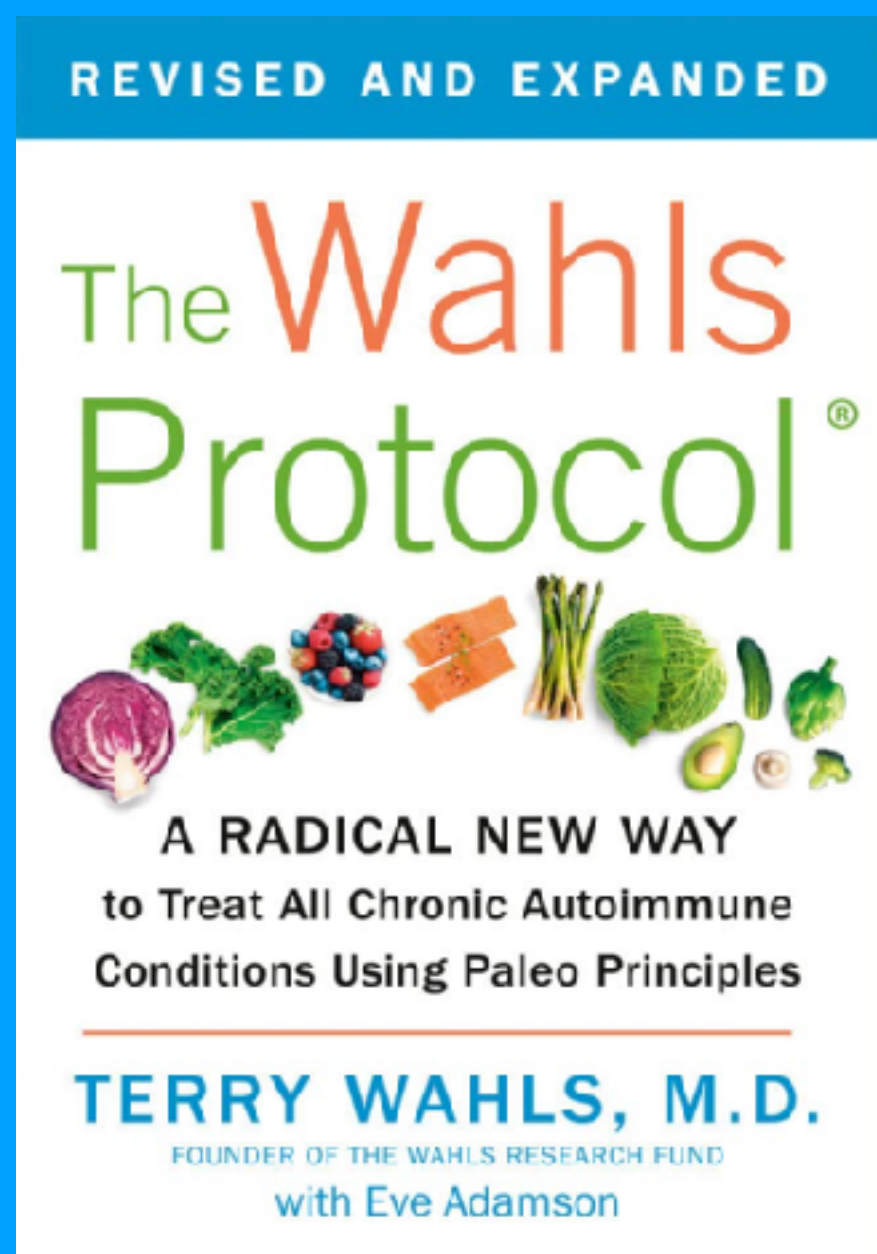
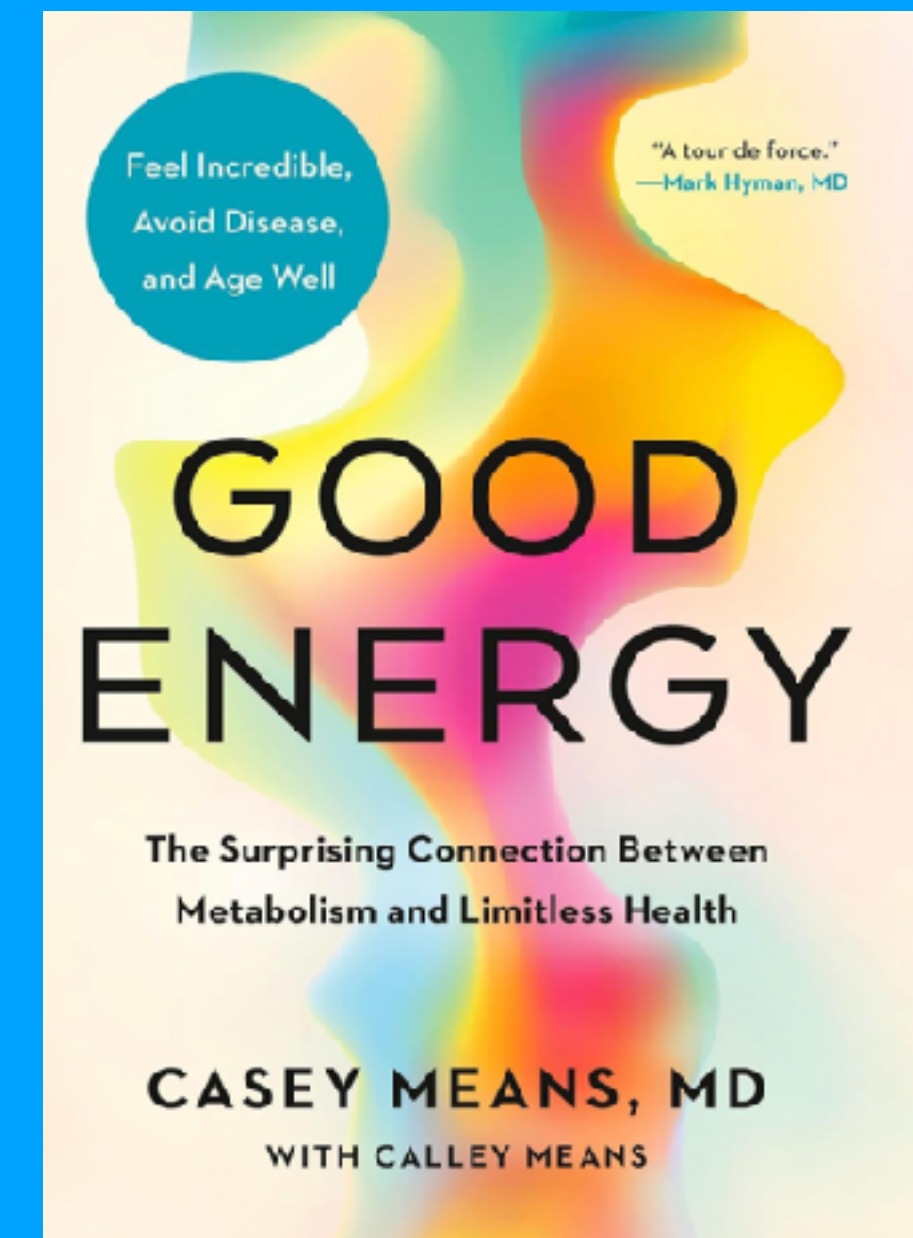
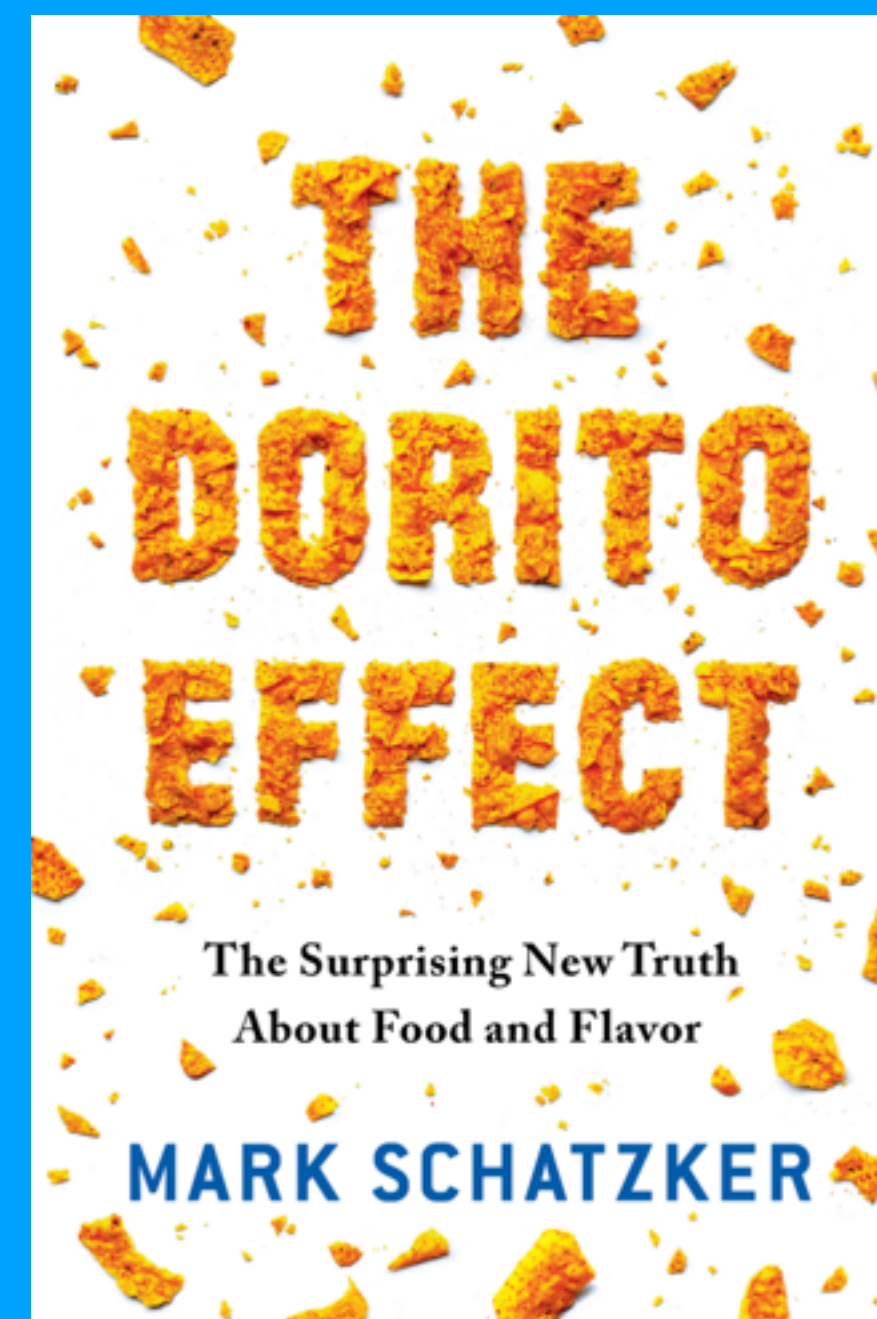
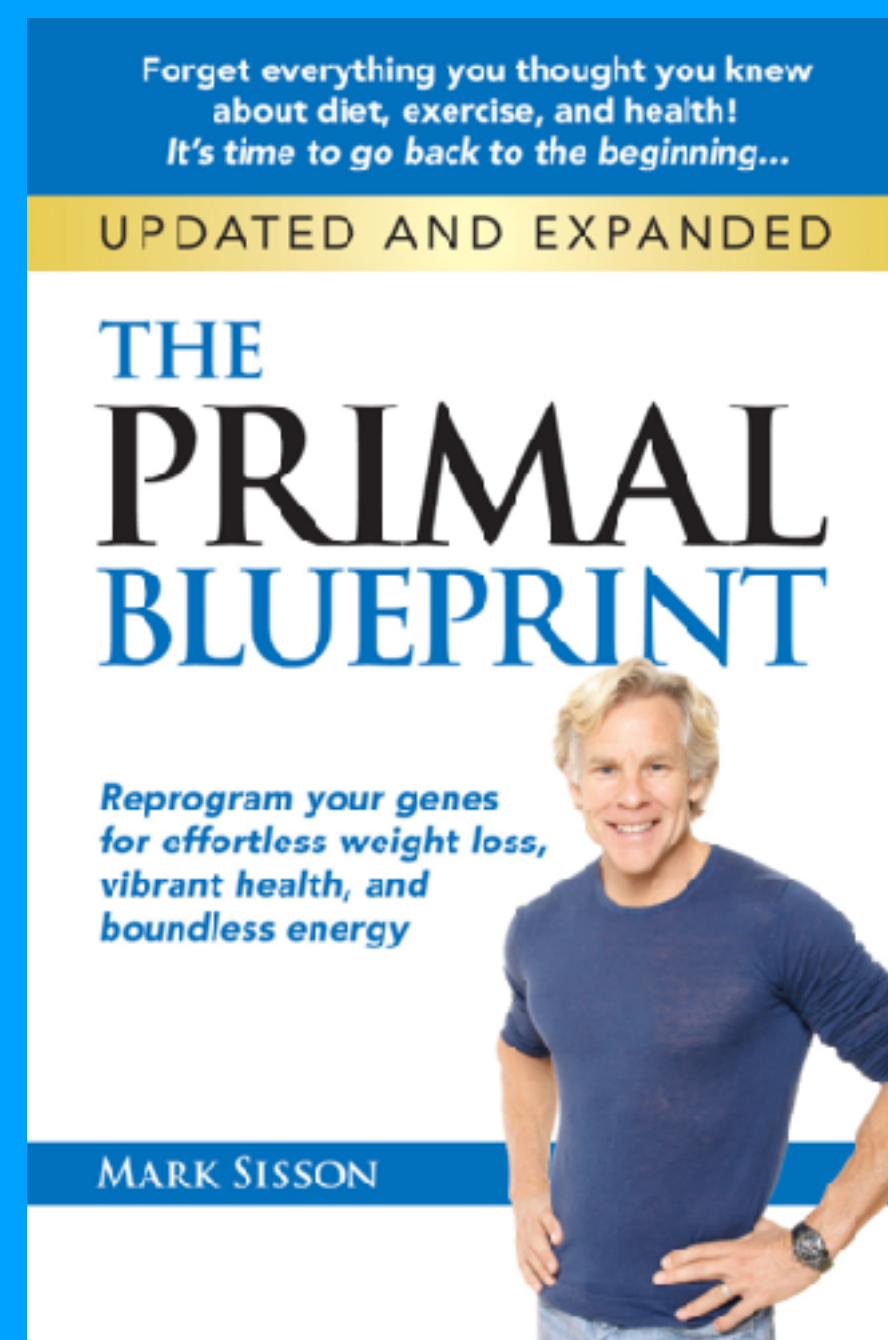
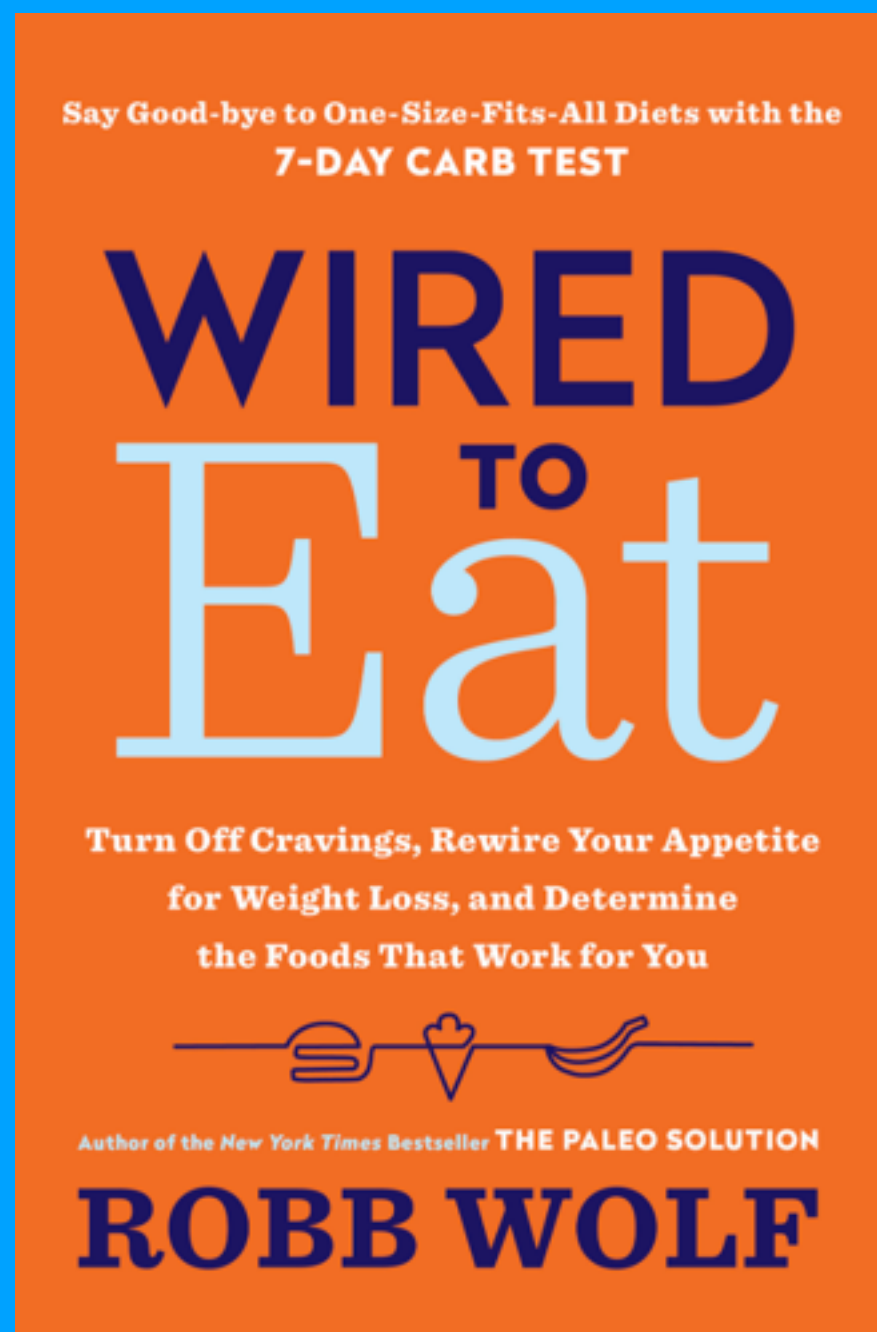


5. Grains are Totally Unnecessary: The centerpiece of the Standard American Diet (SAD), grains – even whole grains – offer minimal nutritional value, promote fat storage by raising insulin, and contain anti-nutrients that promote inflammation, compromise digestion, and often interfere with immune function. There is no good reason to make grains (or legumes, for that matter) any part of your diet unless you want a cheap source of calories that easily convert to sugar.

RV Fridge = Small Space = “limited food choices” ...nope

PROTEIN	VEGGIE	FAT	SPICE
Egg	Carrot	Olive oil	Salt
Italian sausage	Broccoli	Butter	Pepper
Chicken breast	Spinach	Bacon fat	Garlic powder
Steak	Asparagus	Coconut oil	Basil
Ground beef	Cauliflower	Red palm oil	Chili powder

615 Different Meals!





Get Strong, Build Muscle & Be Athletic At Any Age

Love Your Workouts – Love Your Results

Why Digital Barbell?

Digital Barbell makes getting in shape, and *actually looking* like you work out simple by giving you the plan, the coaching, and the accountability you need.

