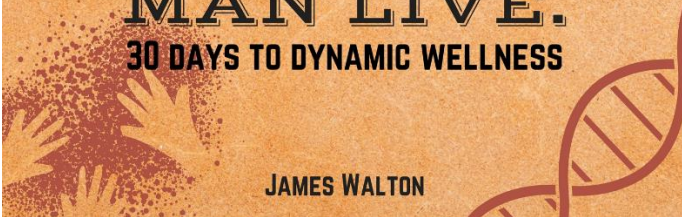


MAN FIT.



MAN LIVE. 30 DAYS TO DYNAMIC WELLNESS

JAMES WALTON



MAN FIT. MAN LIVE.

30 Days to Dynamic Wellness

[Intro: Men's Fitness and Health Today](#)

[Days 1-5 Building the Base](#)

- Quick diet changes
- Establishing your starting gate for fitness
- Life steroids: Silence, Sleep, Sex
- The Plan

[Days 6-10 Beginners Luck](#)

- Starting
- Hurting
- Dealing with Temptation
- Avoiding the pitfall of overwork

[Days 11-15 Measuring Yourself](#)

- Metrics
- Creating Expectations and Goals
- Adding super ingredients to your menus

[Days 16-20 Powering Up!](#)

- Next level fitness
- Pushing the pace and finding the balance
- Get OUTSIDE!

[Days 21-25 Preparing for Distractions](#)

- When life infringes on your new lifestyle
- Bodyweight workout to do anywhere
- Being ok with bad days

Days 26-30 Small Victories

- People will talk
- Your new workout partner: The kettlebell
- Enjoying success...not too much.

Now the Real Work Begins

This final chapter will basically be about the lifestyle change and how the 30 days was merely training wheels. To be successful you must change and stay changed.

Men's Fitness and Health Then and Now

During the ice age our ancestors had their numbers knocked down to less than 15,000 worldwide. We were an endangered species! The frozen world was a harsh and terrible place to live.

We had to hunt for most of our food because of the sparse amount of plants that grew in these icy temperatures and conditions. We walked miles upon miles each day. We carried weapons and in fact we were hunted ourselves.

At home, there were no modern conveniences. Everything that had to be moved was moved by hand everything that had to be made was made by hand. If you take away the vicious beasts like the sabretooth cat our biggest battle was against calories.

We fought hard every day not to starve to death.

When you stop and realize that the industrial revolution is only a little over 60 years old it's amazing. That said our bodies have not yet adapted to the idea that food is plentiful.

We went tens of thousands of years scraping the barrel. For the most part if you weren't royalty or of nobility it was hard to not be hungry throughout history.

Also, before the advent of the industrial revolution everything took so much work! While sometimes bulls and horses were used to do back breaking work there was still a full plate for us humans.

It took our bodies and our energy to keep ourselves alive. There was no welfare or Walmart. If you didn't earn it, you didn't have it and you also owned the consequences that go along with that.

Now, fast forward to modern times. In this world, our bodies themselves have not changed a whole lot but the needs have changed substantially. We are utilizing technology now more than ever and some things, like walking and running, have been relegated to a one-hour gym session or from the car to the couch.

This new world may not have giant killer beasts in it like our ancestors fought but there are monsters still. As a race we battle killers like diabetes and cancer from our diets and environments.

These diseases are taking lives daily and much of the damage can be stopped through diet and exercise.

Men's weight loss is not just about the pecs and the chiseled frame. Weight Loss is about taking care of your body and having it running in tip top shape. It's

also taking full advantage of what your body is capable of.

There will come a time when you get stiff and brittle. Father time always wins that battle. Don't let that be in your mid 30's.

This 30-day challenge will be tough, but it has the potential to change your life. Put in the effort and you could find yourself in better physical condition than you thought possible.

Days 1-5

Building the

Base

- *Quick diet changes*
- *Establishing your starting gate for fitness*
- *Life Steroids: Silence, Sleep, Sex*
- *The Plan*

Your first five days will be uneventful. These will be important days for planning how you are going to have a powerful 30 days experience. It's not to say that immediate changes won't happen in the first five days, but these will be the slowest of the 30.

Don't worry come day 15 I am sure you will be dreaming about your first five slow days.

If you avoid these first five days and the planning that goes along with them, you will more than likely either burn out from going crazy in the gym or miss out on any real consistency.

Enjoy the coming chapter and take the time to think it all through. My recommendation would be to read this chapter on a Friday night and not pick up the book again till Monday.

Quick Diet Changes

I want you to look at diet from a completely different angle. You must understand that your diet is hardly as complicated as you think.

You must also understand that there is big money to be made in telling you there is only one safe and healthy way to eat and if you buy my book, pay for my programs, come to my seminars then I will give you the secrets.

For many of us a diet is completely about what we put into our body. We feel like having eaten that donut is the end of the world. You feel like that second bowl of pasta is the worse sin you could have committed to date.

Dieting has always been about what shouldn't go in our body.

Now if you are trying to become a model with a six pack then you will have to lose sleep over the mashed potatoes.

If you are looking to lose weight and attain a higher level of fitness that is attainable, and it doesn't have anything to do with starving yourself. I want you to think about dieting as it relates to what should go into your body.

I am talking about nutrients. Is bread evil? Of course not. What if you eat too much bread and have no room for your broccoli? That's a problem. Good nutrition is less about what goes into your body and more about those things that you don't put in.

Make sure you are getting those powerhouses of nutrition in along with your carbs and sugars. You only have issues when you are filling up on food of low nutrient density.

Savage Foods for Men

In your first 5 days you must figure out ways to incorporate as many of these savage foods into your diet as possible. Find the ones you like and eat them often. The ones you are unsure about should go into recipes.

In my opinion they are all delicious and deserve a place in your weekly menu.

It's not as much about changing your eating habits as it is including as much nutrition as possible. These foods below come packed with various nutrients that will even help you lose weight! If you are looking to feel better as well as look better these foods can get you there.

This section will include a profile of each ingredient and why it's a powerful addition to your diet. This will also include a quick and easy use for most of these ingredients. Some of them may be a bit foreign to you but give them a try.

As we progress we can expand this list but for now the challenge is to figure out how to use these foods in your daily menus.

Planning what you will eat is another step towards increasing your strength and losing weight as well.

Blueberries - recently these little berries have been touted as one of the most powerful fruits you can get your paws on. The blueberry is a great menu item because it can be such a meal jumper. In other words, they are great for breakfast lunch and dinner.

Quick Recipe: Add blueberries and granola to your favorite yogurt for a great start to any day.

Salmon - The Omega warrior and really some of the safest fish to eat. If you choose wild caught salmon from the U.S, it's one of the cleanest animal proteins on the shelves of the average supermarket.

Quick Recipe: Canned wild salmon tossed with curry powder, olive oil, spinach and kale. Quick powerful salad.

Nuts – These are the snacks that get you away from chips and other terrible temptations. They cost a lot more than chips, but I make it a habit to keep some sort of shelled nut on hand to eat. They are packed with protein and healthy fats.

Dark Leafy Greens - Over the last 10 years we found out what nutritional density exists in things like kale, mustard and turnip greens. They are like little crispy multi vitamins.

Quick Recipe: With these greens I am going to encourage a replacement rather than a recipe. Wherever you use lettuce try substituting one of the above-mentioned greens.

Quinoa - One of the most ancient grains comes with a full amino complex. Quinoa is a powerful protein source.

Quick Recipe - A cold salad of quinoa and roasted or grilled vegetables tossed in olive oil is an amazing side or snack. I add some tender sliced octopus from a can. Sounds questionable I know but it's delicious.

Avocado - These little green fleshed fruits offer such a unique creaminess in the vegetable world. They are a reliable source of healthy fats which are vital for testosterone production.

Quick Recipe - Dice avocado, tomato, onion and combine with lime juice. Add chopped cilantro, olive oil and stir. Top fish and chicken with this flavorful mix.

Fermented Foods - The quality of your food is second only to how well your body can absorb it. This takes place during digestion. Fermented foods like sauerkraut and kimchi contain healthy bacteria that hit your gastrointestinal tract like an army of gut health warriors.

Black Beans - Iron and protein capsules that are packed with vitamins. The most beautiful thing about these black beans is that you can buy them dry and rehydrate them. They are a dirt cheap healthy food.

Quick Recipe - Rather than rice and beans get a powerful protein blast by changing the classic rice for quinoa. Place your avocado recipe, above, on top.

Grass Fed Beef - Growing up I was under the impression that red meat was a death sentence. Of course, that was the same way I felt about things like eggs and butter. We find out now that it's much more about the source. Grass fed beef is packed with vitamins A and E as well as powerful Omega 3s from the consuming the grass rather than processed feed. With these Omega 3s comes anti-inflammatory qualities.

Quick Tip: Don't overcook it! That's your recipe. These meats will become tough if you cook them to death. Hover right around med rare. If you aren't

into eating meat like that opt for ground grass fed beef.

Establishing Your Starting Gate for Fitness

To be very simple about the whole thing, weight loss is merely a simple calculation of burning more calories than you put in. If you are capable of that you will lose weight. Now add in all the rigors of daily life and you will find that this is much more complicated than you think.

This requires planning and equipment to really be able to burn those calories from a sedentary lifestyle.

The question is: Where do you start?

Is the day one workout a 5-mile run followed by calisthenics and then a succession of sprints?

This could put someone off very early. That said below will be a baseline fitness test to assess how hard you should push yourself in this first week.

We will increase intensity going forward and you must be prepared to improve. That's all part of this thing.

We are going to look at upper body strength, core strength and stamina

Begin by doing your max for push ups
The national average for males 17+ is 36

Next, we will see how many sit ups you can do
The average for males 17+ is 46

Can you run 1.5 mile? If so let's see how fast
11:30 is the national average for boys over 13 years old

Log your information for each exercise and we will compare them to national standards for fitness. The degree to which you rank should be the degree by which you start with your fitness.

So, if you are below average on these tests than take your time and start slow.

Starting a workout that is far too advanced for your fitness level will assure that you burn out. The first few days you may feel like a warrior but in the long run your form will suffer, and you won't see the gains you are truly looking for.

Spend the early parts of this challenge in a world where you can be successful. The time for increase and misery comes later.

LIFE STEROIDS: Silence, Sleep, Sex,

We have created this strange world that is contrary to our animal bodies in nearly every way.

Remember, we are animals. We are just so smart and have evolved in such a way that we have created things like cities. We are so smart, in fact, that we have straight jacketed ourselves with work and removed ourselves from our natural roots.

Our bodies are still hungry for many things that it simply cannot get enough of in our current world. Some of these things our animal body is missing provide us with great benefits.

In other words, if we feed the animal the things it wants it will perform better. We are going to focus on three of these things in this section. If you can affect these three over the next 30 days, you will see extreme benefits. In fact, I would call them intangible benefits.

Silence

I challenge you to take a sound inventory of your day. Tomorrow morning, I want you to be aware of the first sound you hear and the next and the culmination of manmade sounds you hear throughout the workday.

Next, once you are deep into your workday, I want you to take note of the next time you find silence. Some people even need noise to fall asleep and those folks never find silence.

Finding silence in life is an incredibly tough thing to do unless you prioritize it. You must go out of your way to make silence happen, for the most part.

The benefits of finding your center and diving into silence are HUGE! Silence and peace are the arch nemesis of stress.

I have found tremendous benefits in yoga and the often relaxing and quiet nature of what goes on in a legitimate yoga class. The silence is also abundant in the sauna. The sauna has also been shown to decrease all-cause mortality. In other words, your body is better prepared to deal with the things that are trying to kill it.

Seek out your silence and get there a few times a week

Sleep

Much like silence, sleep is something that you will have to go after. I also have to say, upfront, that you aren't always going to get sleep. Don't stress about it. Still, make plans to sleep 6-8 hours per night. There is much more to sleep than just having sweet dreams.

When you have television going on or some sort of artificial light it affects your sleeping mind in a big way. The light tells the brain *its day time we better get up soon*, as opposed, *to its dark as hell let's get into a nice deep sleep*.

A 2011 study published in the Journal of the American Medical Association (JAMA) reported the effect of one week of sleep restriction in healthy, young men.

Previous studies have shown that gradual decrease in sleep time is partially responsible for low T in older men. Studies also have shown that sleep disturbance caused by [sleep apnea](#) — a chronic breathing disturbance that occurs during sleep — is linked to low T.

In the JAMA study, 10 men volunteered to have their testosterone levels checked during eight nights of sleep restriction. They were only allowed five hours of sleep per night. The study found that their daytime testosterone levels decreased by 10 to 15 percent. The lowest testosterone levels were in the afternoon and evening. The study also found a progressive loss of energy over the week of sleep deprivation.

If you are looking to really get into a deep sleep with the help of some interference. Get yourself a box fan. Just buy a regular old box fan and let that baby buzz all night long in the blackness of a dark room. Bundle up and get into some serious growth hormone inducing REM sleep.

Good sleep promotes the following:

- Memory Improvement

- Recovery
- Reduced Inflammation
- Creativity
- Increased fitness level
- Reduced fatigue

Life happens do your best and plan to sleep 6-8 hours per night without the TV, radio or podcasts going.

Sex

Like it or not sex is one of the most powerful driving forces in a man's world. It keeps us up at night and carries us through tough situations. This is due in large part to the fact that reproduction is a biological imperative.

That said, there are also very real health benefits to spending time between the sheets with that special someone.

- Sex of course boosts your libido
- Sex lowers blood pressure
- Sex helps improve sleep (one hand washes the other)
- Fights depression
- Reduces pain
- Boosts testosterone

So be nicer, don't forget the foreplay and do your best to bump uglies at least once a week.

The Plan

By now you might be saying, 'how am I supposed to be losing weight by sleeping, having sex and eating blueberries. Well now we are going to talk about the plan.

You see, we must lay a base of understanding and lifestyle changes to make sure this is something sustainable.

Weight loss is only temporary if we define it by exercise and diet alone. When we add these other pieces, it forces you to think of these changes more often. I don't want you reading another dieting book in 6 months.

Make any changes you want in these first five days. I would prefer you spend more time planning than anything else. Plan some meals, plan some workouts and really look at how this way of life can become YOUR way of life.

These first five days will be the time when you draw your true red lines in the sand. As you formulate your plan, be comfortable identifying things you won't or simply cannot do.

People have injuries that will affect certain workouts. I would never want to see someone putting their body at risk.

Also, you may have food allergies or serious distaste for some foods. This challenge is not about torturing yourself for 30 days.

This book is not going to provide you with recipes and full workouts for these next 30 days. Again, we

are creating sustainability here. This means you will need your own set of recipes and your own scheduled workouts.

You can find recipes and workouts online or in books and magazines. It's important that you develop great resources for these as it will build confidence and give you a place to return for further instruction long after you are finished reading this book.

DAYS 6-10 BEGINNER'S LUCK

Starting

From the stand point of workouts, you will want to be smart about this second week. Maybe you did a workout or two in your first week to practice some exercises. Maybe you didn't.

If you are converting from even a moderately sedentary lifestyle you will want to be smart about these early workouts.

Of course, the workouts and the cardio will be a huge part of burning those calories and losing weight. I would recommend working out 3x per week to start. This will give you plenty of time to recover and you will need that.

Having said that, it's important that you also incorporate some lower level activity into your day.

Walks are a terrific way to keep the blood flowing, and your metabolism up, through the day. Look to incorporate some level of physical activity into every day. It doesn't have to be hard and it doesn't have to be a workout.

When you do set aside that time for workouts make sure it is uninterrupted time that will not be infringed upon by others. You will want to be focused on the task at hand.

One good workout is going to do you better than 2 interrupted workouts. This is because you will be keeping your heart rate up the whole time

A simple outline for your workouts would be as follows

- Light Stretching
- Cardio
- Calisthenics
- Weights
- Cool Down

Hurting

Invariably after starting a new workout there is going to be pain. When you lift heavy things or do many repetitions this causes micro traumas in the muscle tissue. This muscle heals stronger and thus the building of muscle requires damage to the tissues.

You may not feel this damage immediately after your workout. You may puff your chest out and

proclaim your strength. The next morning, however, it could feel like you been hit by an asteroid.

I have come to expect this feeling the day after a workout, too. It's a very simple reminder that you worked hard. I get a little upset if I am not feeling a little pain the day after.

So, the pain is the gain. Though some argue the contrary there is no denying the science. You must break a muscle down to build it back stronger.

You will spend your post workout days dealing with pain. Early on you may feel like this pain is unbearable. It will probably get in the way of other things you want or need to do. The fact is ripping flesh up hurts.

I do understand how this soreness can lead to excuses and a lack of desire to work out again.

There are some ways to deal with the pain or to limit the post workout aches. Nothing is a guarantee but if you put some of this in practice you will lessen the pain or at least its duration.

Massage is a popular method for dealing with pain. Funny enough, no one has ever actually studied what happens to the massaged muscle and why or how it works.

McMaster University conducted a study in 2012 that did just that.

While resting, a massage therapist lightly applied massage oil to both legs, and then performed massage for 10 minutes on one leg using a variety of techniques commonly used in rehabilitation.

Muscle biopsies were done on both legs (quadriceps) and repeated 2.5 hours later. Researchers found reduced inflammation in the massaged leg.

Crane admits being surprised that just 10 minutes of massage had such a profound effect. "I didn't think that little bit of massage could produce that remarkable of a change, especially since the exercise was so robust. Seventy minutes of exercise compared to 10 of massage, it is clearly potent." The results hint that massage therapy blunts muscle pain by the same biological mechanisms as most pain medications and could be an effective alternative.

Here are some other methods that you can use to deal with that post workout pain.

- Drink plenty of water before, after and during your workout
- Warm up your muscles
- Stretch after your workout
- Get rest. The body pumps out recovery hormones while you sleep

- It may sound crazy but if your legs are hurting do about 100 bodyweight squats. This will rush blood to the body part that is aching.
- If you know that the workout you just completed was hell and the soreness is a guarantee jump into a cold bath and soak for 10-15 minutes

Dealing with Temptation

By now we have come to the agreement that weight loss is a culmination of things from physical fitness to general wellness.

Once you value your body it becomes a lot harder to do things that affect it in a negative way. I did not say that it would be impossible to do so. Early on, especially, temptation will rear its ugly head.

This temptation may come in the form of food or video games over working out. The temptation could be as simple as taking a day to eat and drink like an animal. For most it will be the reincarnation of unhealthy habits.

These will be habits we have struggled with most of our lives. That said, sometimes it's good to give in to those unhealthy habits. We call that a cheat day.

Temptation will become something you manage. The important thing is to not get so down on yourself when you do give in. This leads to a floodgate of emotions opening and doing far more harm than good.

If one Friday night you happen to eat an entire large pepperoni pizza and find out the only thing to wash it down with is a two liter of soda, so be it. That's life and you gotta move on.

If you are having this problem on a weekly basis then it's time to tighten up the will power.

Friends can also be terrible influencers when it comes to radical temptation. It seems we do the most harmful things to our bodies when in the company of friends.

Think about alcohol consumption as one example. You would think yourself a monster of you guzzled as much booze alone as you do when you are out with friends.

Can you imagine pouring yourself shot after shot at your kitchen counter? This same idea should be considered when hitting the town with friends

This new lifestyle with certainly challenge your friends and it may even make them jealous. So, plan out your time with friends and decide then if you want to eat smart or go out and get the double cheeseburger with extra cheese.

Avoiding the Pitfall of Overwork

I'm sure you're more worried about the amount of time and effort you will have to put into your workouts. The funny thing about that is it's probably going to be the opposite problem.

Let me describe to you how I see more guys fail early on. There is one situation I have watched many guys fall into that shuts them down fast.

Normally each of these situations begins with a man identifying his shortcomings in life. Most often its physical and stems from insecurity. Maybe it's some pudge or belly fat starting layer up. It could also be a loss in stamina.

There are a number of reasons why men feel like it's time to get back on the straight and narrow. I knew many men this day and age who are concerned for personal safety reasons

Now, our bodies really love it when we take care of them. They often give us little gifts from our pleasure centers when we do things like work out.

Early on you want that feeling and you will want to work hard every day. Don't do it. These guys often push the pace for about a week hitting the gym every day of the week. They begin to whine, and some hang on till they are 2 weeks in or even a month.

Eventually, however, they hit a wall. They get tired of looking at the gym or being sore. Sometimes they just feel as though they have achieved something already and the urgency is no longer there. '

Either way it almost always ends with another long hiatus or an end to their workouts altogether.

The reason I want you to start out working 3 days a week is because the pitfall of over work is much

more dangerous than the temptation not to. Trust me on this one.

Overwork has put more men out of commission than anything else I have witnessed. If you survive these 30 days, you will be rewarded with a lifetime of physical fitness and trips to the gym. It's like. I said fitness won't go away after the next 30 days.

In other words, you have your whole life to train. Don't do it all in the first week or the second week.

Days 11-15

Measuring Yourself

- Metrics
- Creating Expectations and Goals
- Adding super ingredients to your menus

At this point you will be settling into your new routine and doing so will mean that you could see the early signs of complacency. We live in an ever-changing world where new things are only new for a moment.

After that they are tossed into the wastebasket of history. This challenge will be no different if we do not create goals and measure against those goals.

I understand that this may sound terrible and boring but if you aren't measuring yourself you have no way of recognizing improvements. To finish a workout blind is a terrible thing. To finish a week without understanding what you achieved is a sad thing. It's only through measuring your actions that you will be able to understand your success.

In this chapter we will discuss how to go about measuring your actions as well as taking advantage of your goals and expectations of yourself. These are two very powerful methods not only to understanding success but for fighting complacency.

Like I said, we like the shiny new thing. Boring things like squats won't keep our interest unless we have some goals attached.

We will also talk about the importance of a few super ingredients that can be added to your menus at home. I hope by now you have incorporated some of the ingredients we started with into your menus. These will be clean sources of nutrients that will fill you up while limiting the space for those unnecessary carbs.

These foods will be additions to that earlier roster. These will do amazing things for your body like work to reduce inflammation, balance the bacteria in your gut and even help your immune system.

Don't forget your body is constantly rebuilding at this point because of the workouts you are doing. It needs all the help you can get it.

Metrics

The most obvious metric is your weight. How much weight lost, and all things weight related. Most people get bogged down about their weight because in the early days of weight loss you may sprint shed 10 lbs. After that it could slow down substantially. Particularly, if you are working hard at your fitness goals you could even see your weight go UP! That's because you are in the process of building muscle and that is heavier than fat.

If you were out of shape at the start of this, you will see an increase in pounds as your body becomes more muscular.

For these reasons I am not a huge fan of using body weight as your only metric.

You can apply metrics to a whole slew of actions. Really, it's completely up to you. If you just want to see how much your standing bicep curl is improving than all you really need is a notepad and pen for each time you work out.

A good metric, out of the world of fitness and more into diet, is quality of calories. This takes into account nutritional quality of what's going into your body.

Keep it simple and it is a very powerful metric. You will basically monitor what types of foods you're eating each day and base the makeup of each meal on good and bad calories.

EXAMPLE

You packed yourself a whole grain wrap filled with salmon, shredded kale, shaved red onions and fresh herbs. You have been snacking on almonds all day but after lunch you decide to have a cookie. You have made sound decisions about what has gone into your body for most of the day. The cookie is not an apocalypse for your weight loss. Measure the rest of your day and decide which portion of your intake were good, nutrient dense calories and that was nonsense.

Let's say that at the end of the day 3/4 of what you ate was made up of good calories. Your days will vary. Record them and review them at the end of the week.

Another important metric is your basic fitness level. This can be measured by how many pushups and sit-ups can each be done in a minute's time and how long it takes you to run 1.5 miles. Track it bi weekly or monthly and look for improvements or declines.

I use an app called [Strong Lifts](#). This app tracks all my exercises and what weights I have been lifting. Monitoring my weights allows me to watch my progress and push myself.

Metrics are there to help you keep an eye on progress. You can measure whatever you like just as long as you do so consistently and review it. Of course, the most important part is to act to affect these metrics.

Creating Goals

If you are monitoring metrics than meeting your goals will become very easy. Whether you are looking to run further, lift more or truly just lose weight you should write these goals and you should tell others about them. By making your goals known you are taking on responsibility for meeting them. This is a big step towards success.

Breaking your goals up is also another great practice. You should have weekly goals like '3 workouts this week.' Your monthly and annual goals should be more challenging.

Biting them off in chunks is a more manageable method of achieving them.

Finally, when it comes to goals, you are going to miss the bar. It happens to everyone. You must regroup and ask yourself what you are trying to achieve.

Don't limit your goals based on past failures. Learn from them and devise a new strategy for taking them on.

You didn't hit your weight goal at the end of the month? Review your metrics and add more cardio to your workout or maybe make better food choices more often. You could even add another workout day.

*Failure does not equal death!
Failure is simply a clear metric for reevaluation*

Adding Superfoods to Your Menus

I hope by now you are enjoying the additions we talked about at the start of the book in your meals. That list is a powerful one that will immediately impart a surge of nutrition into your life.

The fact is there are many more ingredients out there that can do amazing things for your body. Your challenge is simply committing to use them on a regular basis and make them part of your diet.

I can tell you that if you do not look at this challenge as a holistic movement to change your lifestyle than you will be on another crazy diet in just a few months. Diets are temporary fixes for systemic lifestyle problems. They are patches.

The inclusion of these foods into your diet will provide your body with more energy to work out and achieve the goals you have planned to achieve.

Anything is possible in this life. If you don't have the energy you will never get anything done. Spiking your insulin with high sugar, high carb meals will certainly put you into a slump and make achieving much harder.

Kombucha - When you feel like reaching for a soda grab one of these babies. They are highly carbonated and give you that same burn you appreciate from the high fructose type. This drink is filled with probiotics. There are millions if not billions of army men that will head directly to your gut and help in so many ways.

Curry Powder - The power of this little spice mix is incredible. It contains turmeric which is one of the most powerful spices in the fight against cancer and helps regulate insulin. This is an exceptional mix to top beef and fish alike. One of my favorite dishes is lentils cooked in lots of garlic and curry powder.

Coconut Oil - The fatty acids in coconut oil are responsible for all kinds of good stuff. They are being lauded for increasing brain health and fighting things like Parkinson's. The oil also burns fat and can be used as a moisturizer.

Eggs - A powerhouse of 14 important nutrients. Eggs were once vilified because of their cholesterol. Now we know fat is vital to our diet. A large egg provides 6 grams of protein so make sure to include them in your breakfast each day!

Grass Fed Butter - in popular nutrition talk fat is in! Of course, fat was never out but diets and crazy people made us believe that everything had to be low fat, or your heart was going to explode out of your chest like something from the Aliens movie franchise.

Ya know, weight loss and fitness as well as the due confidence that come along with them are impressive. That said, I know of no greater freedom than that which allows you to take control of the food going into your body.

Learning to use new and powerful ingredients is a path to nutritional freedom. It's just a magnificent feeling when you step into a supermarket and realize you can have whatever you'd like, and you can prepare it well.

Cooking is the most under estimated skill, period. The ability to manipulate raw ingredients into whatever concoction you desire is powerful! I believe we shouldn't make it out of high school without the ability to cook for ourselves.

Days 16-20

Powering Up

- Next level fitness
- Pushing the pace and finding the balance
- Get OUTSIDE!

Congrats! You have made it half way. From this point on it just gets harder. I wish I could throw you a bone, but the fact is it's time to up the ante.

Now don't worry, you have been working hard and eating clean these last 15 days so your body, at this point, is doing better than it has in a long time.

Things are getting back in balance.

The unfortunate thing is it's also getting comfortable. Yes, your body is getting comfortable. See your muscles get used to exercises and then they become less effective. It's an amazing thing when you think about it.

So now it's our responsibility to trick the body. It doesn't necessarily have to get harder, though that would help, but we at least must change what is going on in workouts.

Also, we will talk about the powers of the outdoors. Don't spend all your time in the dusty house or the sweaty gym. There is an entire world out there to train in and with fitness on everyone's mind it just keeps getting easier to do so.

Next Level Fitness

As I mentioned before, this book will not be doing much by way of planning your workout. It would be much more beneficial for you to do the exercises you prefer, and I can tell you how to manage them.

In the later portion of the book we will talk about calisthenics and kettlebell training. I will go into specific exercises at that time. For now, let's look at how we can modify what you are already doing to help trick your body.

The quickest and easiest way to get your body off balance with its workouts is to change up your sets, weights and reps. If you are lifting for strength than you are probably pushing heavier weight at less intervals or reps. About 5-6 max is what's recommended for strength training.

One day a week flip that workout on its head by doing lighter weights, maybe 30% less, and up your reps to 15 per set. Your muscles won't know what to do with themselves. If you are already doing high reps than up your weight and decrease reps the same will hold true.

You could also employ something called Tabata training as well. Tabata is a powerhouse training

style that will tame any stubborn muscles. The training is based on intervals rather than repetitions.

You will work for a set period, usually under a minute, and kick out as many reps as you can. This is a brutal method that will give you great gains and increased stamina

There is also another technique called supersets. These are another powerful tool in muscle breakdown. When you do a superset, you are basically doing back to back exercises that affect the same muscle.

For example, if I am doing a chest workout and wish to employ a superset I might first do a standard bench press at 8 reps and follow it up immediately with a pectoral fly of 8-10 reps. You take no rest between exercises and just punish that muscle. After you have completed each exercise once then you rest. That is a superset and it's a powerful option that can pump those stronger, stubborn muscles.

If you are lucky you will be changing workouts up often. Who wants to do the same bicep curls for the rest of their lives? I keep my training sessions on a constant buzz. Don't underestimate your muscles. They will get used to your attempts to break them down. Go against the grain and seek out innovative ways to confuse them.

Pushing the Pace and Finding the Balance

So, as we talk about things like muscle confusion and powering up your workouts, I think we must talk about balance as well. Exercise can be like a drug. In fact, I would argue that for many there is a low-grade addiction to the feeling you get while working out and even after.

A lot of times I look at people's vices and compare them. It's interesting how some things are ok by societal standards, but others are not. You can work out every day and become a giant rhino man and no one would bat an eyelash. Now consider another hobby or vice that comes with that type of clout.

It can become a pitfall. You can find yourself going too deep into fitness. If that is your MO and you don't have loved ones who need your attention than so be it, if you are happy. Just be careful when it comes to getting too deep and not leaving time for those people who need you most.

Weight loss and fitness are powerful achievements and taking care of your body is a huge deal. What you are talking about is assuring a longer and more rewarding life. It just takes pain and sweat.

Still, to operate at full clip requires the dominance of body and of mind. You must have the power and will to skip a workout and go do something worthless and fun without carrying the baggage of guilt. It might surprise you but it's not easy.

Achieving balance is best explained using a video game analogy. In football, fighting or even adventure games you are often given the ability to

create a character. You will have the opportunity to name that character, design his appearance and even style.

Finally, you will get to the SKILL POINTS screen. At this screen you will be given a set amount of points that can be distributed throughout several of the players attributes.

For example, let's say you are creating a new mma fighter you could spread those points around to bolster his various fighting methods, or you can take a risk and just put them all into his right head kick.

In some fights you will catch a guy with the head kick and knock him out. In others you might get taken down and not have the skills to defend yourself on the bottom because all your points went to one place.

In this one regard life is no different than a video game. There is only so much time in a day. You must be very careful about where and how you spend your time. If you just power weights around all day every day you will fall out of balance. You will have spent all your skill points on one slot.

Broaden your horizons meditate, do yoga, go to a gun range, spend time each week talking with loved ones. Choose hobbies that activate unusual parts of the brain. It needs a workout too!

Get Outside!

We have gotten far too good at staying inside. We have taken every convenience and shrunk it down to fit into our houses. If it weren't for work, I know there are people out there who would never leave the house.

That's a sad thing when you think about it. We live on the only known planet that supports life in the universe. There are animals and plants all around us. Life. Still, we keep ourselves jailed inside of four walls for most of our short lives.

We are of this world and thus we should train in this world. Not in our manufactured world. There is nothing wrong with the gym but the park down the street is just better.

Of course, it doesn't have an elliptical but that doesn't mean you can't get fit out here. Parks all over the nation are adding fitness tracks and obstacles. Time your runs to add pressure and you will see what's capable at the park.

For me the number one benefit has always been the air. When you work out air is delivered through vents and other people's lungs. Just the thought is enough to make you gag. Sweat and breath. Again, that doesn't mean there is something inherently wrong with the gym. The difference is when I run in the woods everything around me is producing clean, natural oxygen. I see people running asphalt and breathing brake dust, interesting. **GET IN THE WOODS!**

Take the headphones off and just listen to the world. I really advise doing this. We are

domesticated monkeys and when I get in the woods it opens old instincts.

As you run or workout you will hear the scurrying feet of a squirrel or the knocking head of a woodpecker. For me it's very inspirational.

Never forget that all around you is a desperate struggle for survival.

I would strongly recommend at least one workout outside of a gym or your home per week. Make it a run or take some dumbbells out to the park. If you are lucky maybe you can have a go at one of these fitness tracks, we were talking about earlier.

It's been proven that there are significant health benefits to be had by working out in the trees and grass.

Days 21-25

Preparing for Distractions

- When life infringes on your new lifestyle
- Bodyweight workout to do anywhere
- Being ok with bad days

When Life Infringes on Your New Lifestyle

This far into the challenge I am sure you have come to the realization that not everyone else is enjoying your enthusiasm. There will come a time

when something gets in the way of your new lifestyle.

It may be family and it may be something that you enjoy. That's allowed. We are not trying to run a work camp. Life still must happen.

When you miss a workout or when you have a terribly bad meal, the important thing is to not go into depression. Life will happen!

You will be on the road and your only options will be fast food or worse. Remember, eating is always better than not eating. People sometimes forget this. Giving your body energy is always better than starving the body of energy. Even if that energy isn't the best version it's still calories. Your body will cannibalize muscle if you don't give it what it needs.

The only exception is if you are working on some time restricted eating program or intermittent fasting.

Time restricted eating, basically gives you an 8-12-hour window to consume all your calories for the day. This method has become very popular.

The rest of the day and night your body is 'fasting' which has been shown to help lose weight, control insulin and boost metabolism at the genetic level.

There will be days when responsibility outweighs what needs to happen in your fitness plan. Those days may find you late at work or tangled up in issues at home.

This is all natural. Though, you may feel like since you have decided to make a change than the entire world should comply. That's not the issue. Just getting the kids or the cat to comply will be challenging enough.

Now, getting to the gym and getting on an elliptical or under some heavy weights may be impossible but there will be some options out there. You may not necessarily have to throw in the towel on a workout even when your gym plans get interrupted.

There are two monumental opportunities that are pretty inexpensive, and can both get you pumped right in your own home.

Bodyweight Workout at Home

Calisthenics:

noun

1.

(used with a plural verb) gymnastic exercises designed to develop physical health and vigor, usually performed with little or no special apparatus.

2.

(used with a singular verb) the art, practice, or a session of such exercises.

Each of these exercises will utilize the weight of your body to break down muscle and burn calories. Don't underestimate what is possible by doing these calisthenics.

I will first include a profile of each exercise and below I will offer up my body weight workout regimen if you'd like to give it a try.

Many of the exercises are rudimentary but they are great for building power. There is also something to be said for mastering your bodyweight.

I have always been impressed with those who command total control over their bodies in any position. This requires being able to handle your bodyweight in many challenging positions.

Hindu Squats

Standing up straight bend yourself in half at the waist and bend your knees just enough to touch the floor with your hands. Place your hands on the floor right next to your feet. Now bend at the knees and lower your butt all the way down. Now return back to standing.

You can remove your hands from the floor on your return up and come to standing or you can keep them on floor and isolate the glutes and hamstrings. That makes them even harder.

These are very challenging squats.

Push Ups

Do I really need to explain this?

Plank

Get yourself into pushup position and rather than holding yourself up with your hands drop down to your forearms. Squeeze your buttocks muscles and tighten your core to maximize the plank position.

Wall Sits

With your back against the wall begin to sit down as though there were an imaginary chair. Make sure your legs are at a ninety-degree angle. Hold this position the whole time. Do not straighten your legs!

Mountain Climbers

Getting back into pushup position bring your left leg up to your chest touching your toe to the ground. Then in one fast motion kick your left leg back and bring your right leg up this time. Alternate these movements back and forth.

WARM UP

JUMP ROPE FOR 3-5 MINS

or

JUMPING JACKS FOR 3-5 MINS

Be sure to rest about 60-90 seconds between sets.

PUSHUPS & HINDUS

10 pushups followed by 20 Hindu squats

PLANK & CLIMBERS

Hold the plank position for 45 seconds and then mountain climb for 45 seconds

WALL SITS

Stay in your wall sit position for 60 seconds

START OVER

Follow the same steps as above for between 5-10 sets.

After completion you will see what's possible using just your bodyweight and a small window of time. Your legs will be mush and after holding plank, pushups and mountain climbers your chest, shoulders and triceps will be worked up as well.

Add some sit-ups or crunches to attack the abs with this workout.

Dealing with Bad Days

You know, when I wrote this towards the end of the book, I thought it might be overkill. At this point we have talked about balance and when life infringes on our plans. You may think we have covered this "bad day" thing. The fact is, there is much more to talk about.

There are a lot of books out there that tell you what to do and how to do it. There aren't many that keep you from quitting when the above-mentioned things don't get done.

If anything is going to knock you out of this new lifestyle it's you. It won't be the occasional interruption or departure from schedule.

When I talk about bad days I don't mean the easy one. I am not talking about the fried chicken or the hard night out with your boys and the hangover that made you miss a workout.

No. You need to consider a disaster plan. There are powerful things that are capable of knocking the car off the tracks if you're not prepared.

I am talking about job loss, family death and injury. These events happen to all of us and they leave a mark! If you lose your job, the financial implication will likely cripple you, temporarily. You could wind up working two jobs to make up the salary of one. This will have incredible impacts on your time and energy.

You may also have to get creative with when you plug this time into your day.

Injury can be another giant roadblock on your journey. Imagine you are in week three. You have dropped pounds already and you are feeling better. At this moment you are coming to realize what these benefits are all about.

Listening to your favorite song you throw up a set of military presses and you feel a hot pain run across your shoulder and down your back. After a talk with the specialist you're told that the muscle has been torn and needs weeks without activity.

This requires a different plan from the job loss but poses just as many challenges. Can you see how these events could bring a swift end to your new lifestyle? Of course, that's only if you let them.

Remember. this is **your** life. Crisis will come for us all. It's up to you to make sure you know how to react. The best way to do this is to have a plan. Plan for the unexpected

Days 26-30

Small Victories

- People will talk
- Your new workout partner: The kettlebell
- Enjoying success...not too much.

This is it! Your last 5 days. But I am sure you are thinking other things at this point, aren't you? You are probably wondering what happens after these 30 days.

It's all up to you. Perhaps you are thinking that you want 30 more days and I would say, 'hey, that's probably something we can do!'

Maybe you are saying, 'thank god I can't wait to go back to eating ice cream for breakfast and complaining about how bad I feel.' Either way you have made it.

In this final chapter we will discuss how to deal with your success and introduce you to your new PT (personal trainer) that will live with you for the rest of your life!

This little iron monster will always be in the back of your head reminding you that a full body workout is possible right there in your own home.

I hope you have enjoyed this 30-day challenge and more importantly I hope you keep the ball rolling. Just because the book is not pushing you doesn't mean you have to stop!

People Will Talk

Success is a bittersweet engagement. In most cases any true success takes hours upon hours of demanding work and determination. It takes sacrifice and willpower to finish what you have started. It also takes a very real sense of self to put *YOU* out there and proclaim something like success.

A lot of times people think that simply by having success you will bring out the best in those around you or perhaps you will only associate with the best.

The fact is, success comes with some very real hang-ups. There is something about real tangible success that puts certain people off. This could be especially true if they haven't achieved a similar or higher level of success.

People will talk. People will doubt, and people will be waiting with bated breath for you to fail. You may have run into people like this already.

Everyone loves success but only a select few have the level of insanity required to truly achieve it. Are you prepared to join that club?

The choice that you must make is not whether you will or won't be successful. When it comes to the interactions with those who are trying to squander your accomplishments or mock you, it's also up to you how you handle them.

The tough part is these people can be members of your own family. This makes for very real and uncomfortable conversations. Guess what? These conversations will also make you stronger.

Can I speak with you earnestly about male issues for a moment? Over the last 40 years the male has been declawed by society.

The idea of testosterone and aggression has shaken people to the core and rather than make a calculated strike on male behavior they sought to drop a nuclear bomb on the issue altogether. This statement is not to claim men and men's behavior are without fault. Rather to understand that we have gone too far as a society with undermining what a man is.

Why is this so important?

As a man, you have built in confidence and a desire to shout your victories into the night like a warrior. In our buttoned down society that hurts feelings

As a man it's your duty to be honest with people and be strong when they are weak. Is this too

macho for you? This isn't about posturing it's about inspiring. Actions will always speak louder than words. That's why people hate politicians!

People will talk. That's inevitable. Rather than you feed into the garbage, just keep rollin. When they ask you, "why do you go to the gym so much now?" Tell them you got to go to the gym and go rip the pull up bar off the wall!

When they question you about your diet take another big bite of that wild salmon wrap with kale and curry powder.

Actions speak louder than words. Let them speak while you act!

Your New Workout Partner: The Kettlebell

The kettlebell is a Russian born marvel of the fitness world. It's an ancient modality in comparison to much of the equipment you will find at today's gym.

Created in the 1700's the kettlebell was used by farmers to weigh crops. They were also used to exhibit the farmers' strength at festivals.

They were used by the Russian Army in the 20th century and later arrived on American shores.

The reason this big iron ball with a handle is so powerful is its convenience. The kettlebell is the best \$100 investment you will make. They can essentially become a full gym if you have just two to three kettlebells. I have about seven kettlebells in

my home ranging from 5lbs for to 60lbs. This collection of bells is overkill, but I really enjoy having the options. If I had to whittle it down, it would basically be my 25lb kettlebell and my 60lb kettlebell.

It's great to have access to one piece of equipment that you can squat, press, swing and devastate your abs with. The kettlebell offers up so many opportunities that in the 5 years I have been throwing these things around I have simply scratched the surface of what's possible.

There is nothing that compares to having a good kettlebell around. Trust me on this. There is no miracle piece of equipment you can slide under your bed, that's made of pulleys and bands or bows, which will provide you with the same benefits as a kettlebell

Now, this much power does not come without consequence. Even a 35lb kettlebell has the power to tear a rotator cuff or tear a muscle in your back.

One thing you must understand is that kettlebells are not dumbbells. You will be using different motions with a kettlebell and good form is essential. I can't emphasize this enough. If you go into your kettlebell journey thinking you are the Hulk you will hurt yourself.

Trust me, the 35lb iron ball is always going to beat the soft fleshy monkey body.

Use YouTube. you can spend hundreds of dollars on a kettlebell class, if you'd like. I would

recommend you search kettlebell basics or kettlebell safety on YouTube. You will get great videos from people who have serious passion for the modality. Practice the form with a light weight or no weight. Again, the iron ball will always win.

There are several exercises that you must become a pro at to really utilize the kettlebell. You can do bicep curls and bent over rows with a kettlebell but that is not where you will see the benefits of using this little cannonball.

I am going to provide you with a list of some of the most powerful exercises to do with your kettlebell. Each one of these moves should be researched and practiced at low weight first before going all werewolf and hurting yourself.

- The Swing
- The Clean
- The Snatch
- The Turkish Getup
- The Goblet Squat
- The Windmill

Study these moves in a class or on video and you will quickly understand the power that lies within the kettlebell.

Be sure to incorporate a thorough warm up before your kettlebell workout. I hate to sound like a broken record, but you can injure yourself if you are not careful. I like to start out with some hinging at the hips. I will follow that up with 20-30 pushups and the same amount of sit ups. Finally do some weightless deep squats bringing your but as low to

the ground as you can and holding that position. This will open hips and prime your quads.

You may see guys chalking up at the gym when lifting heavy weights. It may be something that you assume only meatheads use. It may be something you could never imagine using in your own workouts. He doth protesteth too much?

Get some chalk for your kettlebell. You will develop serious callouses from swinging this bell over 100 times per workout. These callouses will rip without chalk and then they could become infected or just hurt. Use the chalk. Take my word for it. I was a guy who never thought he'd be a goofball using chalk.

If you take the time to master the kettlebell you will find a workout partner that fits comfortably in the closet. This partner will push you to new heights each time you bring it out. It was designed to train the Russian monsters that populate the ranks of their military.

It opens tremendous possibilities. In that, you don't have to find a way to the gym to get a serious workout. If you are on a time or monetary budget the kettlebell will be your best friend.

Enjoying Success...Not Too Much

Though it's only been 30 days you have been through some radical stuff. Even if you decided to avoid some of the parts of this challenge I applaud you for acting. You should be feeling pretty good about yourself at this point.

Success is very important and recognizing your success will keep you going. Hopefully you have been monitoring your success by using the metrics we talked about earlier in the book.

I understand for some the graphs and the charts are not your thing. If that's the case I want, you to really gauge how you feel. Ask yourself about your fitness level. Think back to our fitness test. Could you do better at this point?

At this point I would say you have earned yourself a reward. If you pushed hard through these 30 days I recommend you go out and eat some of your favorite foods or blow about 6 hours in front of the game system. I am a firm believer in rewards.

You may also start to feel a little cocky, too. Your confidence might be high because of all you have accomplished or changed in your life over these 30 days. I am also going to warn you not to enjoy your success too much. We talked about the nature of working out and how it can fizzle out for some.

For some reason, somewhere along the line physical fitness becomes a race and there is a perceived finish line for some. Once that finish line is reached there is a feeling that you never have to pick another weight up again.

Fitness is a way of life and you must incorporate it into your lifestyle. Science has proven it to be essential for good health. Your doing cardio for your abs, your doing it for your grandkids. So, you can be around live a quality life.

No, it's not always fun but it is rewarding.

Now the Real Work Begins

If you paid close attention to your journey over the last 30 days then you realized that the wording of the book began to change about halfway.

See the only way that you can triumph and take control of your weight and your health is to change your life. Diets are a scam. There is nothing you can accomplish in 30 days that will carry you a lifetime.

It takes hard work to keep you running at an optimal level.

This is because our bodies are built to work. The amount of walking we did as hunter gatherers is hard to really understand. Basically, we walked nearly incessantly. We covered ground constantly and only really bedded down at night or when we found an area rich with resources.

In the Neolithic age we developed agriculture and it's arguable that we worked even harder that that point.
Our bodies require stress and our minds do as well!

Despite what the medical profession would have you think, stress is a good thing. More than anything, it's the worrying about worrying and of course real devastating stress that warrants diagnosis. For your muscles and your brain to work properly they need a challenge.

In a world of ever increasing accommodations and automations it will be harder and harder to challenge your physical body. It is up to you to push yourself.

You will be the only one who can battle forward and keep pushing the pace. Working out, eating right and getting good rest is so incredibly important. Unfortunately, all the responsibility falls on you.

Can you change your life? From this moment on it only gets harder. You won't have this book to guide you through the hard days. Therefore, we talked so much about those tough days.

Use this book as a reference it's a tool to get you back on track when you find yourself waning. If you do take time off than start all over. Start from scratch and go back to day 1. Who cares!?

It will be a great exercise for you to go back and review this. Or just pick a succession of days and take them on again.

You can never again put your faith in fad diets. They are one of the great hoaxes of our lifetime. Primarily because they only address what it is you are eating. Comprehensive health and fitness should consider both what you are eating

and what you are doing with your body. Don't fall for it!

If you look at anyone who has an exceptional body or exceptional health, you will find they live a very disciplined life. Do you think a guy like Dwayne "The Rock" Johnson is winging it with fad diets and things like that? That guy works out twice a day every day and keeps his diet on lockdown.

Demanding work and results are undeniably the most enjoyable part of these 80, or so, years we get to spend on this planet. Never forget that! You don't want the easy way. You squander the easy way. You take it for granted. When it's hard and grueling you have no choice but to respect it.

In closing I need you to carry that respect into your soul. This life is complicated. The path you are choosing to take is complex. When temptation to quit comes knocking remember the respect that you have for yourself.

That respect will give you the ability tell your friends you need to take care of business before you come out and play. That respect will allow you to look in the mirror and be proud of what you see looking back.

Resources

<https://www.webmd.com/diet/news/20150507/time-restricted-eating#1>

<http://www.dictionary.com/browse/calisthenics>

Sleep and Testosterone

<https://www.everydayhealth.com/low-testosterone/low-testosterone-and-sleep-deprivation-whats-the-link.aspx>

McMaster University Massage Study

<https://www.sciencedaily.com/releases/2012/02/120201173226.htm>