

Excuse Proof Fitness

Quick-Start Guide

By: Derek Doepker

info@excuseproof.com

Copyright 2012, All Rights Reserved

Stay up to date and get more tips and strategies at:

<http://www.excuseproof.com/blog>

<http://www.youtube.com/excuseproof>

<http://www.facebook.com/excuseproof>

<http://www.twitter.com/excuseproof>

Disclaimer:

All rights reserved. No part of this publication may be reproduced , transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author. . You understand that the information contained in this book is an opinion, and it should be used for personal entertainment purposes only. You are responsible for your own behavior, and none of this book is to be considered medical, legal, or personal advice. Neither is the site to be understood as putting forth any cure for any type of acute or chronic health problem. The programs and information expressed within this book are not medical advice, but rather represent the author's opinions and are solely for informational and educational purposes. The author is not responsible in any manner whatsoever for any injury or health condition that may occur through following the programs and opinions expressed herein. Dietary information is presented for informational purposes only and may not be appropriate for all individuals. Consult with your physician before starting any exercise program or altering your diet.

Healthy Habits

1. Manage Stress

Practice 3-5 minutes of breathing exercises to calm body and mind. Feel free to increase to 10-15 minute meditation sessions at least a few times a week.

Welcome and allow emotions to be rather than attempting to suppress them. Allow yourself to feel them fully and then you may ask yourself if you would like to let this (feeling) go. Repeat as necessary.

-Focus on breathing in and out through the heart area (may place hand on heart), and simply place your conscious attention on your breathe. Breathe in feelings of peace, relaxation, and gratitude. You may mentally whisper the words "relax" "peace" and "acceptance" in your mind.

-Remember you only have this present moment. When the mind wanders to thoughts of the past or future, imagine a magnet pulling all your scattered thoughts back to you in this moment.

-Where you focus your attention expands. Make notes of what can be done later without dwelling on a future that hasn't happened or may not happen, and place your highest attention on what is in the present or "now." You can only change the future by what you do in the present moment.

-FORGIVE those who've wronged you, and seek forgiveness from others. Carrying anger, hatred, grudges, and the like is more poisonous than nearly any food you can eat.

This is **not** merely an option or suggestion, but a **necessity** for health, wellness, and well being in all areas of your life. Emotions are an often unaddressed "missing link" in many fitness programs. Nothing else done can replace this step. Besides the direct damage of these emotions, indirectly, when a person wants to take away underlying emotional pain, they will often resort to lifestyle behaviors to mask the pain which often in themselves are not healthy like excessive drinking, harmful drugs, smoking, overeating, etc.

I challenge you to forgive and seek forgiveness, otherwise you'll be, quite literally, poisoning your body daily (with little debate on whether this is true or not) with the toxicity of anger, resentment, guilt, shame, and similar emotions.

Tip to forgive others - You're not saying what they did was right, but you're choosing to allow love to replace the toxic feelings and restore not only your health, and you'll get a piece of your life back. Understand people usually do the best they can in any circumstance. Imagine living in their shoes for a while and

see if you can get why they did what they did, or how if they could truly understand the pain and wrongness of their actions they never would have done what they did.

Tip to forgive yourself - Understand you often do the best you could in any circumstance. If you have wronged someone else, tell them you're sorry if possible. If you can right the wrong, do so. Call them, email, or at least write a letter and keep it to yourself until you're ready if you want to send it. If you are unable to reach them directly or they have passed away, simply imagine yourself facing them and letting them know you're sorry and accepting their forgiveness will work. Saying the mantra "I love you, I'm sorry, please forgive me, thank you" may be useful to connect with these feelings.

Visit <http://heartmath.org> for free stress relief information, tools, and education.

"The best way to reduce stress in your life is to stop screwing up." - Roy Baumeister, PhD

2. Write Down and Read Goals

Determine **what** it is YOU truly want with regards to health and fitness, choose something challenging and inspiring, and write down those goals in the present tense using the phrase "I allow myself to now have..."

Example: I Derek Doecker allow myself to now have a fit body that weighs 180lbs, I can bench press 350 lbs, I run a mile in under 6 minutes, etc....

-Replace both in written form and mentally the word "want" with the word "have" and/or "choose." Example: "I want a healthy body" becomes "I choose to have a healthy body" or "I choose to take better and better care of my health"

-Write down **why** you want to reach those goals. Choose at least 5 reasons for wanting the goal, and 5 reasons NOT having the goal would cause problems/pain. Note: Look out for wanting something just because someone else or culture says you "should" want it.

-Write down **how** you will start taking to reach that goal.

-Once all of this is done, the daily task is to read those goals, with emotion, while imagining yourself doing the action steps necessary to get them.

-If you feel resistance or attachment to any behavior, welcome that feeling and ask yourself "Can I let this go?" You may also ask "would I rather feel this or be free?" and "would I rather want (XYZ behavior) or to have my goal?"

- Accountability is ESSENTIAL! Get a supportive person who will be an

accountability partner. You will answer to them at least twice a week on how well you have followed through on your actions, and report your current progress. That means you will be tracking your progress.

- The overall goal should be a challenge, but break down the larger goal into smaller action steps that you can manage. Many times it's better to focus on one thing at a time instead of trying to make radical changes in many different areas leading to overwhelm and stress. For instance: Focus mostly on nutrition and healthier eating habits for a month, next month start engaging in more physical exercise, next month start resistance training, and so on.

3. Drink High Quality Water Regularly

Proper hydration is the first step to restoring health, energy, detoxification, fat loss, and muscle gain/preservation.

- Drink spring water, distilled water, or reverse osmosis water ONLY. Add lemon to enhance mineral content, structure, and aid in detoxification.

- Carry a large water container with you at all times.

- Replace soft drink and calorie filled beverages with water as much as possible.

- High quality teas like green tea, white tea, oolong, black, and yerba matte may be used.

4. Eat Whole Foods

Strive to replace refined and processed foods with whole foods. Few supplements could ever match the benefits of whole foods.

Rather than worrying about exact amounts of protein, carbohydrates, fats, and calories, first strive to include more satisfying nutrient rich whole foods that are better than their counterparts (sugar from fruits/raw honey vs. refined sugar, whole grains vs. refined grains, grass-fed meats vs. grain-fed meats, etc.)

- Prepare food in bulk to save time. Extra food may be stored in refrigerator or freezer until ready to eat. Carry in a locking container for on the go.

- A "Crock-pot" or slow cooker may be used to prepare a large amount of food with very little prep time. May cook overnight or throughout the day. One with an automatic shut-off is most convenient.

- Avoid refined vegetable oils (olive oil is ok) and at all costs deep fried foods and partially hydrogenated and hydrogenated oils (look at labels). Use **saturated** fats like coconut oil, palm oil, grass-fed butter, or ghee for cooking only. Extra

virgin olive oil is acceptable as a dressing but not a cooking oil.

- Avoid refined salt and replace with healthier unrefined salts that are rich in minerals like Himalayan salt, Real salt, Celtic Sea Salt, Redmond Salt, etc.

- Use spices like turmeric/curry (many powerful health benefits), cayenne (raises metabolism), cinnamon (balances blood sugar/aids in fat loss) and others in addition to homemade sauces or use quality store-bought sauces to enhance flavor of dishes.

- Substitute artificial sweeteners like aspartame (Equal) and sucralose (Splenda) with more "natural" forms like stevia, xylitol, and even raw honey or organic blackstrap molasses.

- If looking to burn fat, reduce carbohydrate from refined starches, processed foods, and refined sugars and substitute them with whole fruits, vegetables and in particular fiber rich vegetables, and if desired rice, quinoa, buckwheat, beans (in moderation) and other slower digesting carbohydrates.

- Avoid non-fermented, non-organic, and large amounts soy as well as the gluten containing grains like wheat, rye, barley as much as possible.

- Include foods rich in methyl donors like beets and cruciferous vegetables like broccoli/broccoli sprouts, cauliflower, kale, cabbage, and brussels sprouts to aid in detoxification, restore hormone balance (they contain powerful compounds that reduce "bad" forms of estrogen and re-balance male and female hormones), and enhance overall longevity.

- Eat as many leafy greens and other greens as possible, ideally raw but just make sure to get them in however possible. Include many raw vegetables.

Raw options include salads, green "smoothies" made with a powerful blender, and my favorite method of simply crushing a large bowl of raw greens with a little *unrefined* salt to break it down similar to cooking, and then add in a natural dressing of lemon juice, seasoning, and desired flavors like onions, garlic, tomatoes, berries, cucumber, chick-pea miso, vinegar, salsa, curry sauce with coconut milk, or any other desired healthy flavor enhancers.

- Cucumber and celery are excellent for their minerals, high fiber, and low calorie contribution. They also make a great base for green smoothies and juices.

- Grapefruit, cinnamon, and coconut oil are great for fat loss.

- Include fermented foods like raw sauerkraut and kefir to restore gut microflora which is responsible for immune system function, hormone production, and metabolic factors like obesity. They are easy to prepare at home with a starter

culture from Body Ecology and a large mason glass container.

-Eliminate dairy all together when attempting to lose fat outside of small amounts of cultured dairy like kefir and/or a quality (homemade) yoghurt.

5. Restore Deficiencies

Most people are lacking in a few key things that will play a significant role in overall health and body composition. The most common issues are as follows:

- Get grounded. Humans were designed to walk with bare feet on the earth. Without this connection, we lose our biggest source of electron donors, the earth's surface. Place bare feet on ground at least thirty minutes a day, or more conveniently purchase an inexpensive earthing mat. Be sure to sleep grounded to regulate circadian rhythms. Visit earthing.com for details.
- Restore magnesium levels. Magnesium deficiency is the most common mineral deficiency and it is responsible for over 300 enzymatic processes as well as blood sugar regulation. Difficulty sleeping, anxiety, restlessness, are all symptoms of magnesium deficiency. Magnesium oil, magnesium bath flakes, and magnesium rich bath salts like dead sea salt are the fastest and safest way to restore magnesium, magnesium taurate in addition to other chelates are acceptable but slower and have more potential risks, and raw cacao (raw chocolate) is one of the highest food sources of magnesium.
- Get adequate sleep. Sleep in a darkened room, and before bed reduce exposure to artificial light like computer screens and tvs to produce melatonin.
- Restore vitamin D levels. Nearly everyone who doesn't take steps to restore vitamin D will be deficient. Small amounts of sunshine (below what will cause a burn!) is good for overall health and to produce vitamin D. For those who either can't get enough sun, or are at risk for too much sun and burning, supplementation can be done with vitamin D3. 5000IU a day of soft-gel or liquid (oil) form is a good starting point for adults. Get tested to prevent toxicity.
- Restore Omega 3 levels. Like magnesium and vitamin D, Omega 3 levels are low in almost everyone. Include a high quality marine oil like fish or krill oil. Vegans may use Algae oil although it is less ideal. If consuming fish, watch out for mercury toxicity. Eat wild caught, smaller fish from cleaner waters.
- Restore overall nutrition. Multivitamins DO NOT do this as effectively as super-foods, whole foods, and green foods. Moringa, Spirulina, Chlorella, and a quality greens formula like "Vitamineral Greens" are all valid options.

For sources of supplementation, see resources section at <http://www.excuseproof.com/blog/resources> and enter password: epfitness2012

6. Engage in Exercise

Long drawn out exercise sessions like walking or jogging does very little to change the body or create a training effect, not to mention it is time consuming. Moving around more is great in day to day life such as taking a walk during a phone conversation, but strive for shorter periods of high intensity effort in your actual "training" and "conditioning" when possible, at least 2-3 times a week.

-Include resistance training that is challenging for the muscles. This goes for women as well as resistance training (even very heavy) will NOT add excess bulk so long as the right exercises are done in the right amount. Most women lack the necessary testosterone for adding much muscle no matter how they train.

- Resistance exercises should include upper body pushing, upper body pulling, and lower body pushing. More advanced training will hit both the horizontal and vertical plane for total upper body development and have single leg work for lower body.

A basic routine can include any variations of pushups (upper pushing), inverted rows (upper pulling), and squats that will *challenge* the body. Once proper form is established, the exercises can be done to reach near muscular failure in 15 repetitions or less while using a rep speed that is controlled all throughout the movement such as 3 seconds up and 3 seconds down. (An expanded routine can include pushups and overhead press for upper pushing, inverted rows and pull ups for upper pulling, and squats and lunges for lower body)

-More muscle is like more fat burning furnaces on the body. Even when attempting to lose weight, the key with resistance training is to not just add but *preserve* as much muscle as possible so that one can have a *higher* metabolism at a *lighter* body weight.

-High intensity interval training or circuit training is ideal for conditioning.

Example: All out effort (sprinting, fast cycling, etc.) 30 seconds followed by light effort for 1:30 repeated for 5-8 cycles 2-3 times a week at most. High intensity workouts should last between 15-30 minutes. Walking as fast as possible for 15-20 minutes also works and will have less joint impact than running.

-Additional lower intensity conditioning work may be done 2-3 times a week or in place of high intensity exercise only for those incapable of higher intensity exercise (injuries, joint problems).

Example: Walk on an incline at a moderate pace or light jogging for 30-60 minutes.

Useful Tips

- Take personal responsibility. Be willing to ask for help, but only if you can follow through and do your part. Don't wait for other people or things to fix your problems for you or get stuck as a "victim" of circumstances. It's easy to be a victim, but ultimately it gets you nowhere and robs your ability to live with purpose. Get out of the passenger seat into the driver's seat of your life. Sure you may get lost on occasion, but you can always get back on track.

- Our thoughts can sometimes get in the way of reaching success and try to sabotage us. Remember, you are not your thoughts. You may observe them, tell them "thanks for the input," and dismiss them if they don't serve you. When feeling stressed out, you can also write them down on paper, label what they are, (predicting the future, unrealistic possibility, etc.), and create a counter argument to them like you would another person.

To release thoughts and feelings, you may ask, "Am I this thought/belief/desire or am I that which is aware of it?"

- In addition to managing emotions through letting them go and focused breathing and meditation, remember you can always utilize external sources to help increase your joy. This can be fun or inspiring short videos that make you smile, music that moves you, or even being around friends and others that make you laugh. Strategically make this a practice and have these as "tools" to help you.

- Rather than think of a bunch of "new" behaviors and habits to develop, simply think of "modifying" existing behaviors. For example: You are already making choices to eat things throughout the day, so eating healthier foods is a matter of substituting choice A with choice B at the grocery store, restaurants, etc. Rather than thinking about all the stuff to "subtract" and "add," think in terms of simple "substitution."

- Instead of making excuses like "I don't have enough time," start to ask questions like "how can I utilize my time even more efficiently" and "what other effective things can I do with the time I have?"

If faced with a decision or temptation, ask "Does this help get me what I want?" "Would I rather have THIS (undesirable choice) or THAT (better outcome from healthier choice?)" EX: Would I rather have this piece of chocolate cake or the body that I've always wanted?

Empowering Questions are the tool to replace dis-empowering declarations (excuses) or dis-empowering questions.

To make this technique even more powerful, include in the question the feeling that you are **ALREADY** doing these things and/or achieving a desired result in the present moment. For instance, instead of simply asking "how can I have a fit body," ask "how can I have an **EVEN MORE** fit body?" "why do I make better and better decisions now?" "how can I **CONTINUE** to eat healthy food with **MORE** grace and ease?" Then get in touch with the feelings of doing and having what it is you're working towards in the present moment. Remember, it's always about the journey that you're already on, not the end point.

- Make this question asking a game that you enjoy and get filled with feelings of joy for all that you **ALREADY HAVE** and are doing.

- Feelings of being overwhelmed can come from seeing so many different things that need to be done. After breaking down larger goals into smaller steps, **prioritize** what will have the biggest impact, and only focus on one thing at a time. All larger goals are broken down into single action steps that **ANYONE** can manage to do when they are in the present moment and focus on only **one** task and thought at a time.

- Habit is the biggest factor in **LASTING** results. Do you want to reach your goals only to end up as bad or worse of than you were before because you stopped doing what got you to your goal in the first place? Strive first to do basic things consistently before looking for a shortcut method that may not be sustainable.

- Rather than trying to take on a large number of radical lifestyle and behavior changes, strive for simple things you **KNOW** you can follow through on and commit to, and then *gradually* build from there.

Just like it would be potentially detrimental to annihilate yourself the first time you get back into exercising or stay out in the sun for hours on end after being in doors all winter, new behaviors are developed gradually. (Although there are many "short-cuts" to the subconscious mind like in the full program)

Rather than trying to **break** your comfort zone, merely **stretch** it with something new and challenging but completely doable. Continue to stretch it daily and over time your results compound. It's better to gradually reach a modest goal than quickly fail an ambitious one.

- We are nearly all to some degree influenced by our peers. "Environment is stronger than will power" says Yogananda. Your environment is either hurting you or helping, but you can use choice and will power to determine environment and set up a supportive feedback loop. Cut out negative people as much as possible, don't share your goals with those who will bring you down if you can help it, and purposely surround yourself with mentors and supportive peers, if even only through audio programs, books, etc. Avoiding people who may

inadvertently try to sabotage your goals, such as food pushers, are best dealt with lovingly but directly by letting them know what your standards are and that you won't accept their offers, pressure, or whatever it is.

- You can sign up for a competition, classes, training sessions, cook meals with a friend or partner or anything else that will enhance accountability and put you into a stronger supportive environment. You may also set up your own 30 day challenge where you take one particular area, such as exercising intensely twice a week, and really challenge yourself that one month in this particular area. Repeat this procedure each month with a different focus.

- Manage the information you take in. In modern times we are often overloaded with information, much of which is negative. Do you really need to watch all the news out there? Do you really need to read all the emails you get? Control the flow of information into your life to what is most directly relevant to your current focus, and what will empower and inspire rather than create fear, anger, and do nothing constructive.

- Accountability, deadlines, and competition can all be excellent sources of external motivation, use them to your advantage.

- Don't get caught up in the "best" diet or "dogmatic" dietary approaches like "Well I heard ABC is bad or XYZ is good and it should be done this way rather than that way!" There will be supporters and detractors of any dietary approach or food. Make common sense choices at first as to what is better than what you are currently doing, and after that is in place, then seek out appropriate controlled treatment for more advanced dietary and health work.

- Usually a more prudent approach is to listen to your body before listening to contradictory "experts" and use objective measures like spectracell nutrient testing (spectracell.com) over "speculating" what needs to be supplemented.

- Allow yourself to enjoy the process. There is no need to get stressed out about this stuff. If you mess up, laugh about it, enjoy learning and growing from mistakes, and then correct your course and continue onwards.

- Although it takes "work" and discipline, this "work" can be as fun and rewarding as you choose to make it. *Cue cliché*: It's about the journey and not the destination. Don't wait to enjoy life at some far off point of having XYZ amount of health and fitness, enjoy life NOW! The goals are often merely means to calibrate and help fine tune daily behaviors.

- The details don't need to be set in stone, but the overall goal should remain. I like to say it's okay to quit on the details, but not the destination. This means if something isn't working and you've done it for a long time, then try doing something else. "Quitting" isn't always a bad thing and stubborn headed

persistence isn't always a good thing.

- Harshly judging yourself, your life, and your body will often just keep it the same. Acceptance doesn't mean not making a change, it's recognition of what is in the moment. What you resist persists. Accept what is, and then use your experience and others' experience to make wiser choices from this point forward.

- Write down everything that is RIGHT in your life and with your body. Reflect on this daily, and add to the list daily. Be mentally aware of all that is going well in your life, all that works with your body, and practice the feelings of gratitude regularly. This alone will do more to benefit your life, health, body, and overall well being quite possibly more than anything else.

- A great discovery is that conscious choice can actually change the brain. You can set your intent to do something, and by remaining present and "conscious," you can override many different habits and "programs" in your brain. Quite simply, the best way to get yourself to do something is to decide to do it and follow through with conscious presence.

- Six pack abs are made in the kitchen, not in the gym. Spot reduction like targeting stomach flab or underarm flab is mostly a matter of reducing overall fat, hormone balance, and genetics more so than exercise selection (blood flow to particular area).

Questions to Inspire Change and Motivation

These questions will help you gain clarity, focus, and motivation when it comes to reaching your health goals. There are a few basic things that determine whether someone will accept a particular challenge or change in behavior. These questions address them on a level that is personal to YOU.

Answer each of these questions in regards to your overall goal of health and fitness. (losing weight, gaining muscle, better health parameters, more energy, etc.)

You may also address specific healthy actions you'd like to engage in (EX: eating more vegetables, intense exercise, getting more sleep, etc.) and address the unhealthy actions you'd like to stop (EX: smoking, eating junk food, poor sleep, etc.)

The answers and actions will be specific to you and your needs. Come back and and continue answer these after going through the course for refinement and as you think of more goals and action steps that may be a challenge.

Write these down on a piece of paper or on a computer. DO THESE! Put thought into it, but it only needs to take 20-30 minutes and it will change everything you do that follows.

These reason people don't change or take on new challenges is because of lack of clarity in many of the areas these questions address.

1. Am I willing to replace my old "story," excuses, and choices to create a new story, recognize new possibilities, and make new choices? If so, why?
2. What are the future benefits to having greater health and fitness?
3. What are the future *costs* of **not** having greater health and fitness?
4. What is the benefit RIGHT NOW of ABC (healthy action)?
5. What is the cost RIGHT NOW of engaging in detrimental behavior XYZ (unhealthy action)?
6. What ongoing benefits will there be of ABC (health action)?
7. What ongoing damage will there be of engaging in XYZ (unhealthy action)?

8. How will ABC (healthy action) help me reach my goals and desired outcome?
9. How will XYZ (unhealthy action) keep me from my goals, desires, and long term happiness and satisfaction?
10. What am I willing to exchange (replace) with in my life in favor of the beneficial results of the new action ABC? (EX: replace 1 hour of tv with exercise, replace 1 hour of internet browsing with getting another hour of sleep, replace soft drinks with water, etc.)
11. How will this new behavior(s) benefit me more than the old behavior?
12. How are the old behaviors harming me, and why would I like to reduce or eliminate them?
13. Who do I have that I will reach out to for support? Am I willing to start a support group with like minded people?
14. What are all the things I'm spending my time on that I'd be willing to replace with more constructive behaviors?
15. What are all the resources and tools I have to help me reach my goals? If I HAD to reach my goals, what and whom would I seek advice from?
16. How will I incorporate these new behaviors in my life so that I am self sufficient and make my own decisions?
17. How will I make this process enjoyable for myself?
18. Regardless of whether or not a goal is reached, what do I believe are the benefits to the process?

SAMPLE ANSWERS

You can certainly elaborate more than what is written here as examples, but here are a few things I may answer for these questions.

1. Am I willing to replace my old "story," excuses, and choices to create a new story, recognize new possibilities, and make new choices? If so, why?

Yes. Up to this point I always just said I didn't have enough time, or didn't care to eat healthy. I realize now that I was just fooling myself. Since health and fitness is more important than the time I realize I'm spending watching tv, surfing facebook, and doing "busy" work that keeps me occupied but doesn't accomplish anything, I will find ways to eliminate wasted time and prioritize my health and

fitness. Even if I have to hire someone else or put other less important projects on the "back burner" for the short term, it will be worth it in the long run.

If I don't, ALL areas of my life will suffer. My lack of energy and poor health will interfere with my bigger goals in life, my relationships, and the things I'm truly passionate about like music. I know that I can find ways to make just a little bit of time to get to the gym, and that by preparing my own meals and utilizing the resources available to me, I can eat healthy food that tastes good, and won't cost me any extra money. Even if it does, it's worth it because saving a little money now isn't worth the bigger cost in the long run.

I've learned about all the damage I'm putting my body through with poor eating, and I don't want to suffer from disease, premature aging, and chronic health problems as a result. I love my body and want to support it and feel good knowing I'm giving it the resources it needs to thrive and be bursting with good health. At the very least, it's nice to have a little extra protection against sick days and reduce the likelihood of any number of health complications.

I know I'm capable of so much more when I'm really honest with myself than what I'm doing right now, and I want to **challenge** myself to see what I'm truly capable of. The sense of fulfillment and inspiration will be worth FAR more than any comfort I would need to give up. And the fact that I would sacrifice to reach my goals just means I'm pushing myself to grow as a person which I will look back and be proud of. I can't wait to experience growing into my fullest potential and inspiring those around me to see what I've done and know they can do the same.

Also, having a really awesome body that women love is nice too.

2. What are the future benefits to having greater health and fitness?

Better looking body, more energy, prevent disease, prevent sickness, feel good about myself/higher self-esteem, inspire others

3. What are the future costs of not having greater health and fitness?

Bad looking body, feeling like crap, potential diseases like cancer, heart disease, brain degeneration, aging, poor skin, not feeling good about myself, knowing I'm not fulfilling my potential, not being as inspiring

4. What is the benefit RIGHT NOW of eating more nutritious foods?

I will feel better, my body will get the nutrients it needs to repair from exercise, it tastes good, feel good about my choice

5. What is the cost RIGHT NOW of eating crappy food?

Feeling bad in my body, low energy, break my skin out, feel bad about my choice

6. What ongoing benefits will there be of *eating nutritious food*?

Prevent early aging, prevent sickness, less body fat/more muscle, prevent nutritional deficiencies, give my body what it needs to heal and repair ongoing health conditions, learn about my body and how it responds to things

7. What ongoing damage will there be of *eating crappy food*?

Being out of shape and overweight, looking bad, lower self-esteem, not being as inspiring, feel bad about my choices, degrading health, chronic diseases, pain, early aging, brain decline, performance decline

8. How will eating nutritious foods help me reach my goals and desired outcome?

They enhance recovery from exercise for a stronger body, they help reduce fat, they help build muscle, better energy to engage in actions, feeling better about myself will help me continue to do the things I want to do, healthy eating prevents sickness and disease which can interfere with my goals

9. How will eating crappy foods keep me from my goals, desires, and long term happiness and satisfaction?

It will add fat, change my body composition for the worse, cause inflammation and damage, disrupt my hormones, interfere with exercise recovery, not support muscle growth as well, keep me from being in the best shape, sap my energy

10. What am I willing to exchange (replace) with in my life in favor of the beneficial results of eating healthy? (EX: replace 1 hour of tv with exercise, replace 1 hour of internet browsing with getting another hour of sleep, replace soft drinks with water, etc.)

Replace soft drinks with water and tea. Replace fast food with home-made meals in a crock-pot, replace 60 minutes of TV/Internet with exercise.

11. How will this new behavior(s) benefit me more than the old behavior?

I will look and feel better both from a health perspective and a self-esteem perspective. The fast food will cost me more time and money than the homemade food. The water will hydrate me more than soft drinks and save me

money. The exercise will rejuvenate me and give me something to show for my effort whereas I will like I have wasted my time on tv and internet surfing.

12. How are the old behaviors harming me, and why would I like to reduce or eliminate them?

The old behaviors are costing me money, time, and energy. I want to eliminate them so I look better, feel better, have more energy, higher self-esteem, reach my goals more quickly, and have lasting favorable results rather than ongoing health challenges.

13. Who do I have that I will reach out to for support? Am I willing to start a support group with like minded people?

I will work out with my friend Shane, and I will let my friends and family on facebook know my goals.

14. What are all the things I'm spending my time on that I'd be willing to replace with more constructive behaviors?

Excess tv watching, internet browsing, going out to eat.

15. What are all the resources and tools I have to help me reach my goals? If I HAD to reach my goals, what and whom would I seek advice from?

Books and ebooks, internet articles, youtube videos, dvd workout programs, free recipe websites and videos, health bloggers, podcasts.

16. How will I incorporate these new behaviors in my life so that I am self sufficient and make my own decisions?

I will learn how to cook my favorite foods myself cheaply, quickly, and easily so I don't have to rely on fast food. I will find a home workout program so that I can exercise at home. I will learn about the most beneficial exercises so I can create my own workout routine regardless of what equipment is available to me. I will learn about healthy food options so I can replace less ideal choices with better choices each day.

17. How will I make this process enjoyable for myself?

I will continually set new goals for myself so I always have something new to strive for. I will join "challenges" that make me accountable and test my ability. I will experiment with different recipes and foods so I always enjoy healthy eating. I will switch up my workout routine after results to slow so my body keeps adapting and I get to look forward to something new. I will set goals that inspire

myself and others so that I have something to show for my effort.

18. Regardless of whether or not a goal is reached, what do I believe are the benefits to the process?

My body's health improves each day. I feel good about my choices. I develop habits that support my health for a lifetime. I get to experiment with new strategies and test what kind of results they get keeping things interesting and feeding a never ending curiosity. I learn more about what I am capable of when I set my mind to something. I get to enjoy challenge and change in my life so things don't get too boring.