FIT-FAST GUIDE

By Justin Miller
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Fit-Fast Guide: Just get started
Fit-Fast Guide: Just get started

Thanks for stopping by Limitless365. Hopefully you’re having a good time over at “The Lab.” I like to think we’re doing some good sh*t but then again I’m biased.

No more fluff. Let’s just get fit.

What’s going on in here?

There are five separate training programs found in this guide. It includes a

- Beginner
- Novice
- Intermediate
- Inter (+)
- Advanced

It was designed like this so that any person regardless of their fitness experience could take advantage of either beginning their quest for Limitless fitness or continuing on their quest by shaking it up a bit.

Each program will last two (2) weeks. After which you have the option to "graduate" onto the next program or continue on with the current one if you are not quite comfortable moving on.

Any questions, comments, concerns, or suggestions to make this better please contact me (justin@limitless365.com.)

Who the heck am I?

I’m Justin Miller and four short years ago I got fed up with living the life everyone else expected me to have . . .
SO I QUIT.

I walked out of conventional living and set off on a trip around the world. This is when I finally asked the single most important question of my life:

“Who do I WANT to be?”

The answer I found on a rooftop in Japan was that I wanted to be better—to have an impact, to share the truth, and to get really great at just being human.

Now, I’m a misfit. A professional troublemaker. A challenger to the status quo.

I set out with the daily intention of creating the life that I WANT to have regardless of whether or not it ruffles some feathers along the way. I focus every day on doing more of what I love and less of what I don’t, all the while contributing to something much bigger than myself.

Because life is not meant to have limits.

It’s meant to be challenging, uncomfortable and best of all, messy. And when it’s all said and done, I want my last words in this life to be . . . I WIN.

Coaching background

I’ve spent the last 14 years of my life studying health and well-being. I’ve taken a stab at every sport imaginable, long distance running, traditional bodybuilding, competed in Crossfit competitions, and even got my fitness on while traveling the world.

I’ve been fortunate to study with some of my heroes like Charles Poliquin, John Berardi, Michael Fitzgerald (OPT experience), as well as various other certifications and performance specific courses.
I currently work with the Ultimate Paleo Guide as a nutritional consultant as well as for my own company, Better Human LLC. (Limitless365.com)

This program is focused on those things in which you can control. That being, how consistent you are with proper exercise and the foods that you eat. You can’t control what the scale does, or what your measurements say but you can control what you do and eat.

So what exactly is the Fit-Fast Guide (FFG)?

I wanted to put together a quick start guide for anyone interested in improving his or her strength, endurance, body composition, energy, and overall well-being. The FFG is a quick start guide that anyone, no matter what their fitness level or experience can use to develop healthy habits that will produce not only short-term goals but also long lasting results.

The FFG aims to cut the bullsh*t and simplify your fitness programming so that you are performing the exercises that give you the most bang for your buck, prevent injury, improve strength, increase lean muscle, and burn unwanted body fat. Aside from the positive aesthetic benefits you can also expect to boost immune function, insulin sensitivity and blood sugar, increase your happiness (as exercise has been proven to be more effective than Zoloft for combating depression), as well as enhance your sex drive.... can I even say that in here? You bet your a** I can!

Take a look at the pre-requisites before each program and see how you stack up. If it seems like a good fit than start at that level. If not, check out the other programs until you find what seems to be a good fit. Each program lasts two weeks. If after the two weeks you feel comfortable with the exercises, performed well, and feel like it is time to move on then go for it! Step it up and move to the next level. If you find that you are not quite ready then simply repeat the program until you feel like you are. But challenge yourself. Exercise is all about putting yourself through a little bit of stress so that you can build a resistance to greater stressors down the road.
So what will we be doing, HMMMMMM?

I’ve put myself through trial and error, test after test, and have essentially experimented with every exercise program and method you can imagine so that you don’t have to. When learning about fitness the process needs to be simplified but also must produce results. With so much information (some good, some not so much) it can be overwhelming and paralyzing. You end up on your ass sitting trying to figure out exactly how to exercise correctly more than you end up exercising. Then, when you find something that seems to be right, a new study comes out about why it’s not. Geezy-peezy, give me a break!

Fitness is actually pretty simple believe it or not. You just have to tune out the bullsh*t and turn up the good-sh*t!

1. Just eat real food (JERF): Food Chart
2. Lift heavy things repeatedly, with good form
3. Run fast for short periods of time and repeat
4. MOVE! Walk, take stairs, go hiking... just move!
5. Make it fun!

This whole fitness thing shouldn’t feel like a chore. It should be enjoyable, a way to connect with yourself and with others, and not only benefit yourself but those around you. You should define fitness. What does being "FIT" or "HEALTHY" mean to you?

Is it 6-pack abs? Lower cholesterol? Reduced risk for diabetes? Dead-lifting 500 pounds? Or being able to spend the day with your kids and not run out of breath?

Go ahead.... answer the question. Take out a notebook and write down how you define being healthy. I’ll wait.
FOOD: FIT FAST NUTRITION TIPS

Please be on the lookout for the Limitless365 Nutrition Course, which will be an in-depth analysis of proper nutrition. This chapter is a quick start guide to get you in the right direction. For more precise information do not hesitate to contact me if you have any questions. Or visit the resources in the back.

The Golden Rule

Before we go any further let’s get one thing straight. You can exercise as much as you want, lift tons of weight, and run many miles but all of this will be for nothing if you eat like crap.

Below you will find some useful tools that will enable you to develop healthy eating habits, choose the right foods that accelerate fat loss and lean muscle gain, and a habit tracker that holds you accountable.

Limitless365 Free Guides

I don’t know about you but I hate counting calories, weighing and measuring food, and trying to schedule 6 meals into my day. I’m busy and I am sure you are too. Let’s commit to eating real food, when we are hungry, as often as possible.

Whenever you sit down to eat ask yourself these questions (refer to Food Chart):

1. Do I have a protein source?
2. Do I have a healthy fat?
3. Can I switch out any grains with greens/veggies?
4. Did I stop eating when I was 80% full?
5. Am I actually hungry or am I eating as an emotional response?
6. Am I fully enjoying this meal and chewing slowly?
Nutrition does not need to be complicated. There is no reason you need to calculate macronutrients (carbs, fat, and protein), count calories, or weigh and measure everything. Practice eating real food as often as possible. Here is a good way to tell if a food is real or not.

- 3 ingredients on the label: Ok
- 2 ingredients on the label: Good
- 1 ingredient on the label: Yes!
- No label? Even better!

If there are any words on the package you cannot pronounce that is a bad sign. Here are a few ingredients to look out for when looking at food labels.

1. **Refined sugars:** Glucose, dextrose, fructose, and galactose. They offer no nutritional value, promote fat storage and wreck havoc on your insulin levels and immune system. High fructose corn syrup especially. It’s in everything from ketchup to pancake syrup.

2. **Partially hydrogenated, hydrogenated, or industrial seed oils:** These oils are cheap for food manufacturers to use and help extend the shelf life of food. There is a high correlation between them and obesity, high cholesterol, diabetes, birth defects, allergies, and cancer. Choose healthy fats and oils instead.

3. **Artificial Sweeteners:** Aspartame, saccharin, sucralose, and phenyl alkaline have got to go. Some of them are known to contribute to cancer, headaches, nausea, diarrhea, and kidney or liver inflammation. The most common culprit is zero calorie-flavored beverages. Instead, add some lemon to your ice-cold water or green tea.

4. **Gluten:** Most often found in wheat, rye, and barley. Most people do not even know they have gluten intolerance until they actually remove it from their diet. We have been eating so much of it that we think it’s normal or blame other things for feeling bloated, fatigued, skin problems, constipation, and irritability, depression, and weight fluctuations.

READ THIS NOW
Example day meal plan

Here is a sample meal plan. Use this as a template for building your own meals and feel free to mix and match foods based on those given in the real food chart. For example, if the protein source is ground beef but you just don’t feel like eating that then sub in another protein source from the real food chart (ex: lamb).

The same goes for your carbohydrate. If the meal calls for spinach but you are not really in the mood then sub it out and enjoy some artichoke instead.

If you are really looking to build a healthy habit I would suggest eating roughly every 4 hours. You’ll most likely find that you end up eating around 3-4 meals a day and possibly a small snack. The following is an example day’s nutrition.

Sample day: (Just an example, calories will vary)

Breakfast:
- Protein: 3–4 scrambled eggs
- Carbohydrate: Spinach & mushroom
- Fat: 1/2 avocado – 1 full avocado

Lunch:
- Big ass salad (recipe)

Dinner:
- Protein: Salmon (roughly the size of your hand for men and palm for women)
- Carbohydrate: Grilled asparagus spears
- Fat: 1-4 tablespoons of coconut oil
Snack:

- 1 handful of berries +1-2 handfuls of macadamia nuts

* See next page for notes and possible tweaks based on goals.

The example given is just that. An example of what I consider to be a nutritional day of eating. The approach to nutrition at Limitless365 is to get you healthy from the inside out. Feel free to use this as a starting point for yourself but pay special attention to how you feel eating this way.

If you are a bigger guy, or are exercising fairly intensely 5 days a week you most likely are going to need more calories than this. If you are a very petite woman and are not active at all you may need a little less. The idea is to monitor how you feel. If you are tired, weak, losing weight too fast (or sometimes not losing weight due to metabolism slowing down) you may need to eat more calories.

If you need to add calories to the example given, I suggest doing it with your protein and fats first and then carbohydrates. Fats are our bodies best source of energy, so simply adding in a tablespoon of coconut oil (140 calories) and 4 more ounces of grass fed beef (roughly 200) will add some much needed calories if necessary.

You can also try fattier cuts of meat. Instead of 93/7 beef try 85/15. Another option is to add in a starchy carb from the real food chart like a sweet potato. But only do so on workout days as part of your post workout meal.

If cutting calories from the example is something you need to do, simply do the same. First take a look at your carbohydrate consumption.

If you are eating more than 2 pieces of fruit a day try eliminating one serving (80-100 calories). Cut back by a teaspoon or two of oils or take away an ounce from your protein source.
Make small changes and do so very slowly. Wait about 2-4 weeks to assess your progress with any changes to see if you need to make anymore.

Here is a handy dandy little calculator that will give you a rough estimate and a good starting place. I personally am not a big fan of counting calories but I will say this. It works! Just don’t get loco about it ok :D

**Calorie Calculator**

Here are a couple awesome resources for tracking your progress, nutritional information, and ways to hold you accountable. Take advantage of them. They’re FREE!

- FitDay
- Myfitnesspal
- Livestrong Myplate
- Lift

**Protein, Carbs, and Fat - Oh my!**

Let’s discuss what exactly we are putting in our bodies as we strive for better health. Understanding what exactly protein, carbs, and fat are and do within our body might come in handy as you strive for better health and wellness.

**Protein:**
Helps to repair muscle tissue that is broken down from strenuous exercise. Extremely important if you are following a fat loss diet that is lower in calories than you are used to. It also is extremely satisfying. Excellent for keeping hunger under control. It can also be converted to glucose just like carbohydrates, which means you can use it for energy!

If you are wondering how much to eat a good starting point is about one gram per pound of body weight. So if you are a 150 pound male you would try to consume about 150 grams of protein throughout the day. If you eat four...
meals per day, that is roughly 37.5 grams of protein per meal. Or about the same found in 6-8 ounces of chicken breast. This is roughly the size of your palm to hand.

Carbohydrates: (Definitive guide to carbohydrates)

You can Google carbohydrate and find a million and one theories on how much to eat, and if they are good or bad. It's a little overwhelming. I'll try my best to simplify it here.

Yes, you definitely should eat carbohydrates. But remember that vegetables are carbohydrates too. If fat loss is your goal a good rule of thumb is to include vegetables every time you eat. They are extremely nutrient dense, full of fiber, and very satisfying.

Starchy carbohydrates should only be eaten post exercise. This would include sweet potato, and if you do eat rice, or oatmeal this is when you would eat those as well. I highly recommend sticking with the foods found on the Real Food Chart and to try your best to eliminate grains, wheat, and legumes as they contain gluten and lecithin which inhibit the uptake of vitamins and minerals and can even damage the lining of your gut... YIKES!

For fat loss 1-2 pieces of fruit per day should do you just fine. Try and stick to berries for the most part as they usually contain less fructose and are more nutrient dense.

If we are talking about exactly how much; a sweet spot for fat loss is usually around 100 grams per day of mostly vegetable carbohydrates and 1-2 pieces of low glycemic fruit like berries.

If weight gain is a priority you may be able to get in upwards of 150-200 grams of carbohydrates. Simply monitor your weight gain and if you are putting on too much excess body fat, think about dialing that back a little bit. This is where those starchy carbs post exercise may come in handy.
Fat: (Everything you need to know about fat)

Let’s get it out there right now. Fat does not make you fat and saturated fat does not give you high cholesterol. Please visit this website about the Framingham heart study.

Great, now that we cleared that up, please remember that fat is our friend. It is the best energy source we can provide our bodies with. It’s true that intense exercise requires carbohydrates to perform well but unless you are a world-class athlete you are probably only training hard 30-60 minutes a few times per week. The rest of the day is spent walking around, sitting down, or engaging in low impact activities. All of which prefer fat as their primary source of fuel.

Make sure to take advantage of the Real Food Chart. Focus on the fats listed and for Pete’s sake include a little bit with each meal.

Easy to understand serving sizes

Weighing and measuring food to get exact nutrients and calorie counts is a beneficial method to determine if you are eating enough, too little, or too much. But sometimes weighing and measuring can be a tedious measure... (get it :D). Well, I think I’m hilarious.

There is a much easier way to approximate food quantities that won’t drive you crazy.

Protein sources: For your grass-fed beef, poultry, fish, and various other sources a good serving size is roughly the size of your hand for men and palm for women

Carbohydrate sources: If you are eating mostly veggies then about two fists worth of veggies is a good start. If it is a piece of fruit, berries, or starchy carb like sweet potato than a good serving size is about the size of one clenched fist.
**Fat sources:** This is a bit tricky. For the most part I would actually just use 1-4 tablespoons of oil per meal, half an avocado, or a small handful of raw nuts.

**When eating out?**

You simply follow the same serving size guidelines. Restaurants are notorious for bringing extraordinary amounts of food. Way too many servings. Just because it is on the plate does not mean you have to eat it.

When the meal is brought to you, ask for a box right away. Carefully distribute some of the food into the container until you have the serving sizes you are looking for on your plate. Don't be shy about asking for this. Restaurants are more than accommodating.

Same goes for food substitutions. 86 the loaded potato and ask for a second serving of veggies instead.

**If you get bored**

If you get tired of eating similar items day to day and are not sure how to shake it up. Visit these sites for phenomenal recipe ideas for any occasion.

- Paleoplan.com-
- NomNomPaleo.com-
- PaleOMG.com

**Exercise**

The following chapter breaks down the exercise prescription in this Fit Fast Guide. The workouts are designed to provide you with a foundation for lifelong fitness.

**So what will you be doing and why?**

You will notice that there are a few different levels depending on training experience, familiarity with the exercises, and what type of physical shape...
you are currently in. If you are not sure where to start I suggest the very beginning. If you find that it is too easy then step it up to the next level.

Each program is two weeks long. They are intended to familiarize you with some of the most basic and effective movements to put on lean muscle and drop body fat. You are more than welcome to stick with a program longer than the two weeks if you feel like you are not quite ready to jump up to the next level. It’s best to get the proper form and technique down first.

Workouts should be performed exactly as stated. The sets, reps, rest, and tempos are provided for a specific reason. Please follow them as closely as possible to achieve your best results.

Feel free to exercise on any day that is most conducive for you and your lifestyle. I would suggest weight training no more than three days in a row. When done at high-intensities it can really take its toll on your body. Make sure to get plenty of rest and quality nutrients from your food choices to help you recover.

**How to perform the workouts?**

Here are a few excellent resources that will familiarize you with most of the concepts.

- Quick start guide to working out
- Definitive guide to rest, sets, reps, and tempo
- Run like the flash and the right kind of cardio

Now with that said I'd be doing you an injustice if I didn't take the time to explain how to perform each workout in a little more detail. Plain old ungentlemanly. And I'm gentlemanly, so here goes...
The exercise formula:
For most of the workouts you will see something similar to this:

- A1: (Squat), 10-12 x 4; rest 1 minute
- A2: (Push-up), 10-12 x 4; rest 1 minute
- B1: (Lunge), 10-12 x 4; rest 90 sec
- B2: (Pull-up), 10-12 x 4; rest 90 sec

Don’t stress too much about this. The exercise logs you will be using have this all laid out so that it is very easy to understand.

The letters (A1, A2, B1, B2) will be the exercises you will be performing. The number (10-12) represents the amount of repetitions you will try and perform. In this case you are trying for anywhere between 10 and 12.

The ( x 4) is the amount of sets or times you will be doing each exercise. The (rest) is the amount of rest you take after each exercise is performed.

For the example given the workout would go as follows:

- You will perform exercise A1 (Squat) and try for 10 to 12 repetitions.
- You will then rest 1 minute and move to exercise A2 (Push-up) and try for 10 to 12 repetitions.
- You will then rest 1 minute and go back to exercise A1 (Squat) followed by exercise A2 (Push-up) and repeat 3 more times.
- This will add up to the (4) sets you are required to perform. After the 4 sets are done you would now move on to the B1 and B2 exercises and complete them as they are prescribed. In this case the same way you did the A1 and A2 exercise.

A quick note on tempo:
For the first few levels you will not be moving the weights at any specific tempo. Try your best to lower the weights under control and to raise the weight fairly explosively.
As you go into beast-mode and progress to the various levels you may see something like this:

31X1 or 4211 or any other combinations very similar to this. Don’t stress out about this too much if it confuses you. By all means just continue to move the weight under control. If you decided adhering to the tempos is something you want to try, this is how it goes.

31X1 this is an example of what a tempo may look like when training.

**The first number** (3) represents the lowering or eccentric part of the movement. Think bringing the bar down to your chest while benching.

**The second number** (1) represents the amount of time you pause in the stretched position. Think about when you are squatting when performing the back squat.

**The third number** (X) represents the actual lift of the weight. So in the bench press this would be how fast the bar moves from your chest to straight above you. In this case the X means as fast as possible.

**The fourth number** (1) is the amount of time you pause at the top of the movement or contracted position. In the bench press this would be when you are holding the weight above you.

To simplify things I recommend using a tempo of 31X1 for most exercises. Tempo can be a little confusing for many. Play with it a little. But once you get it can really add some quality to your workouts.

**Hey there are no machines!**

That’s correct. There are no machines because I want you to be the one working out, not a machine. Certain machine exercises have their place and certainly using a machine is better than sitting on your booty at home eating Twinkies and drinking Coke.
However, machines don’t do a great job working some of those small stabilizing muscles that surround your joints. You want to make sure to work those muscles in order to create support and avoid injury. Injury prevention is one of the main reasons to be working out. So when you are lifting that couch into the back of your truck you don’t throw out your back or tweak a knee.

Machine exercises are also not ideal for proper posture. Most machines create poor posture because they do not create the need to fight gravity. Many machines stabilize your body so that you do not have to support yourself. When doing a shoulder press it may be more beneficial to stand and have to keep your core tight in order to press the weight over your head as opposed to sitting in a seated shoulder press machine where your lower back is supported and stabilizing muscles of the shoulder go unused.

Machine exercises also do not often address stability, balance, and coordination, all very valuable when you think about your day-to-day activities. Every single day of your life is spent testing your stability, balance, and coordination. From simple walking, to running up a set of stairs, dodging a dodge ball (dodge, dip, duck, dive, and dodge), or playing catch with your son or daughter. Free weights and body weight movements do a much better job of addressing these.

Lastly, lifting weights and doing body weight exercises are just way cooler and more fun.

**What should each rep, set, all that stuff feel like?**

This depends on your level. If you are just starting out really focus on the movement and the feel of each muscle. If you are required to perform 10-12 reps and get to the 12th one it should feel tough. You should not feel like you can do 5 more. By that 12th rep you should feel like you could possibly do one more but go ahead and stop there.
Don't worry if you fall a couple of reps short either. If the workout asks you to do 10 push-ups but you can only do 3 then just do your three and move on. You'll build up the strength before you know it. There are also tons of variations to each exercise that you will find in the back of this guide. This will make some of them exercises a bit easier for you if you find some of them to be too difficult.

**Do I need any equipment?**

Most of the workouts are designed so that you can perform them with minimal equipment and even at home. I do recommend getting a gym membership if you do not have one. Maybe even join a Crossfit. Working with a personal trainer is also another great option to familiarize you with some of the movements. However, most of the routines you will be able to do at home with basic equipment like dumbbells or *adjusted* dumbbells, kettle bells, or bands.

Visit a Play It Again Sports near you, shop craigslist, or the penny saver for deals on used equipment. You can also visit local gyms, personal trainers, or Crossfits to ask if they are willing to sell any equipment.

**Dude! There are no curls for the girls. What gives?**

Sorry to disappoint but these programs are designed to give you the most bang for your buck. The exercises prescribed work both large and small muscle groups, build muscle, burn fat and calories, and provide more stimulation to your muscles. When doing a push-up your triceps are getting plenty of work. As you do pull-ups you biceps get used as well and back squats work your core.

- *For the beginner*, focusing on the basic lifts will set you up for a lifetime of health and fitness. They will provide the foundation for most of your workouts here on out, reduce injury, are fun to do, and get you to your goals much faster.
• For the advanced, it’s almost the same thing. They generate the most power, muscle growth, fat loss, strength, and skill.

A few other factors before we get started

1. Please sleep! Exercising, the motivation to exercise, fat loss, and muscle gain are all much easier if you are sleeping well. You’ll be performing better, metabolism will be running high, and you’ll look sexier... just say’n (no panda eyes). Sleep factors into a lot of the hormones going on in your body like cortisol (stress), adrenal, and even thyroid. I won’t get into it here but do yourself a favor and go to bed at a decent time that allows you to get close to that often mentioned sweet spot of 8 hours. Sleep/Stress cycle

2. Don’t worry about supplements: If you place emphasis on eating a VARIETY of real food as suggested by the Real Food Chart you should be getting adequate vitamins, minerals, protein and carbohydrates. A basic multi-vitamin and about 3-5 grams of fish oil per day (my favorite brand right now, no affiliate) should do the trick. There are other things you can add in later but focus on eating right and building the exercise habit for now.

3. Don’t over do it! Starting new things can be pretty exciting. You might want to jump all-in gun-ho like. Maybe even try more weight, do more sets, reps, go faster, workout on your scheduled rest days. Just take a deep breath, trust in the program, and you should do just fine. Do too much and you risk injury, fatigue, and burnout.

4. Measure your progress: Although this is not a fat loss program, special nutrition protocol, weight gain manual or strength building kit; odds are that if you consistently adhere to some most of the principles outlined
you same likely will see benefits in all the aforementioned areas. So don’t cheat yourself! The scale does not know all. Take measurements, get your body fat tested, and take notes on how you are feeling.

**Measurement guide**

**5. Make it F-ing FUN!** Exercising and eating right to achieve health goals should not feel like a chore. You should be able to enjoy it and have fun. Grab a buddy; get your family involved, exercise outside.

All right! I don’t want to waste anymore of your time. Let’s get to the routines shall we?

Make sure to check out the video descriptions of each exercise. They can be found in the appendix of this guide. Best of luck to you! **BEAST- MODE!**

**Beginner Program: (See appendix)**

**Prerequisites:**

- Can walk, squat to chair, bend over and lift light objects from the ground comfortably
- Goal is to improve full body movement, develop the exercise habit
- You will perform workout A on Monday, workout B on Wednesday, and then back to workout A on Friday. The following Monday will be workout
Workout A:

Warm-up:
Walk 5-10 minutes at a comfortable pace. (rest 1 minute) Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.

Workout:
Perform (4) circuits of the following two exercises. Rest 1 minute after each exercise.

- A1: Step-ups, 20 repetitions; rest 1 minute
- A2: Push-ups, incline push-ups, knee push-ups, wall push-ups, as many reps as possible (AMRAP); rest 1 minute

Cool down: Walk 5-10 minutes at a comfortable pace.

Workout B:

Warm-up:
Walk 5-10 minutes at a comfortable pace. (rest 1 minute) Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.

Perform (4) circuits of the following two exercises. Rest 1 minute after each exercise.

- A1: Air Squats, 20 repetitions; rest 1 minute
- A2: Band pulls/rows, 15 repetitions*; rest 1 minute

*Try and use a band with more resistance each week. If you don’t have bands you can pick some up here. Or do a quick Google search. You can also try inverted rows.
Cool Down: Walk 5-10 minutes at a comfortable pace.

Beginner workout notes:
The goal of the beginner workout is to build the exercise habit. Commit to at least three (3) days a week of training your body. Try and push yourself a little harder from week to week but the main focus is to just DO IT and to be active.

If you are up for it on your off days, try and get some light activity or “play” time in. Take the dog for a walk or go on one with your spouse/kids. Try a game of tennis, or kick the soccer ball around. Be a kid and spend 30 minutes having some fun!

Novice: (See appendix)

Prerequisites:

- Can place chest on the ground and return to a standing position comfortably
- Run for brief periods
- Squat comfortably
- Lunging, jumping, lifting heavier objects from the ground, or running for longer periods may be difficult but are manageable
- Perform workout A Monday, B Wednesday, and A Friday. Then B Monday, A Wednesday, B Friday... repeat the pattern.
Workout A:

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. (rest 1 minute)
Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.

Perform all exercises shown below in a row. Rest 60 seconds after each exercise. Repeat the circuit 4 times.

- A1: Standing DB Press overhead, 12 reps; rest 60 seconds
- A2: DB step-ups or Step-ups, 12 per leg; rest 60 seconds
- A3: Supermans 12 reps; rest 60 seconds
- A4: 1 arm row or paint can row; 12 reps; rest 60 seconds
- A5: Air Squats; 20 reps; rest 60 seconds
- A6: Steam engines 20 reps; rest 60 seconds

Cool Down: Walk/Jog 5-10 minutes at a comfortable pace.

Workout B:

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. (rest 1 minute)
Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.

Perform all exercises shown below in a row. Rest 60 seconds after each exercise. Repeat the circuit 4 times.

- A1: Push-ups/Knee/Incline, 12 reps; rest 60 seconds
- A2: Lunges, 12 per leg; rest 60 seconds
- A3: Jumping Jacks 20 reps; rest 60 seconds
- A4: Inverted row; AMRAP*; rest 60 seconds
- A5: Leg raises; 12 reps; rest 60 seconds
- A6: Mountain climbers 20 reps; rest 60 seconds
*AMRAP=as many reps as possible

Cool down:
Walk/Jog 5-10 minutes at a comfortable pace at a comfortable pace.

Novice workout notes:
The goal of the novice program is to challenge you a little bit more. A greater variety of movements that emphasize full body development and strength. Remember to try and make each day a little tougher. A little more weight, maybe a little less rest, or maybe even a rep or two more.

Intermediate Program: (See appendix)

Prerequisites:

- Lunges, push-ups, dumbbell movements, running for extended periods of time, jump rope, and lifting moderate loads from the ground are comfortable.

- May have difficulty with dips, pull-ups, and holding heavy weights overhead.

- Assisted pull-ups and dips can be substituted by using bands, a partner, or a box. Push-ups can also be substituted for dips and inverted rows for pull-ups.

- Perform workout A Monday, B Wednesday, and A Friday. Then B Monday, A Wednesday, B Friday... repeat the pattern if you continue past two weeks on the program.

- Pick 2-3 days of the week you do not weight train and spend 45 minutes playing, running, hiking, rock climbing, whatever your heart desires.
**Workout A:**

**Warm-up:**
Walk/Jog 5-10 minutes at a comfortable pace. (rest 1 minute)
Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.
- A1: Pull-ups, AMRAP x 3 sets; rest 60 seconds
- A2: DB walking lunges, 12/leg x 3 sets; rest 60 seconds
- B1: Dips, AMRAP x 3 sets; rest 60 seconds
- B2: DB dead-lift, 12 x 3 sets; rest 60 seconds
- C1: As many sit-ups as possible in 60 seconds x 1 set
- D1: Run/Row/Jump rope/Bike, 10 minutes @ easy pace

**Workout B:**

**Warm-up:**
Walk/Jog 5-10 minutes at a comfortable pace. (rest 1 minute) Perform 5 minutes of arm circle, leg swings, toe touches, and hip twists.

(REPEAT (A) circuit 3-4 times)
- A1: 1-Arm DB row, 12 reps; rest 60 seconds
- A2: DB Squats, 12 reps; rest 60 seconds
- A3: DB overhead press, 12 reps; rest 60 seconds
- A4: 1-Legged dead-lift, 12 reps; rest 60 seconds
- A5: As many sit-ups as possible in 30 seconds; rest 60 sec
- B1: Run/Row/Jump rope/Bike, 10 minutes @ easy pace

**Intermediate workout notes:**
You’re probably comfortable with most of the movements by now and have a little confidence running through the veins. If you don’t use it, you lose it! Make sure to continue challenging yourself each week. A little more weight, a little less rest, a tad more oomph!

You may notice that it is getting a little more challenging. If you decide to stay with the program for longer than two weeks try adding an extra set to each exercise.
For example:

- A1: Pull-up, 12 x 4; rest 60 seconds
- A2: DB walking lunge, 12 x 4; rest 60 seconds Continue this with the B exercises as well.

Intermediate (+) Program: (see appendix)

Prerequisites:

- Can back squat your bodyweight x 1 rep
- Can bench press half your body weight for women and bodyweight for men x 1 rep
- Can dead-lift your bodyweight for women and 1.25 your bodyweight for men x 1 rep
- Sprints, barbell work, and dumbbell work can be done extremely comfortably
- Can perform a minimum of 3 dips and 3 pull-ups
- Perform workout A Monday, B Wednesday, and A Friday. Then B Monday, A Wednesday, B Friday... repeat the pattern if you continue past two weeks on the program.
- Pick 1-2 days of the week and walk, run, hike, play, swim, bike, play tennis. Whatever fun activity you’re up for! Maybe sign-up for a 5K! Or try the interval-training plan on the next page.
Workout A:
Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Deadlifts, 6-8 reps x 4 sets; rest 90 seconds
- A2: Dips, 6-8 reps x 4 sets; rest 90 seconds
- B1: 1-Legged dead-lift, 8-10 reps x 4 sets; rest 90 seconds
- B2: DB overhead press, 8-10 reps x 4 sets; rest 90 seconds
- C1: 50 double unders or 150 single jump rope x 3 sets; rest 90 seconds
- C2: Sit-ups; 25 reps x 3 sets; rest 90 seconds

Workout B:
Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Back Squat, 6-8 reps x 4 sets; rest 90 seconds
- A2: Pull-ups, 6-8 reps x 4 sets; rest 90 seconds
- B1: DB Step-ups, 8-10 reps x 4 sets; rest 90 seconds
- B2: Bent-over rows, 8-10 reps x 4 sets; rest 90 seconds
- C1: Run 400 meters (1 lap) at an 8 out of 10 on the intensity scale for yourself; rest 2 minutes x 4 sets

Intermediate (+) workout notes:
Pick 1-2 days that you do not weight train and try working in a few sprints. A few good sprint workouts to try are below... but you can see that can’t you? :D

- A: Jog at an easy pace for 2 minutes.
- Sprint 30 seconds; walk/jog for 90 seconds x 8 sets
- Jog at an easy pace for 2 minutes to cool-down.
- B: Jog at an easy pace for 4 minutes
- Sprint for 20 seconds; walk/jog for 20 seconds x 15 sets
- Jog at an easy pace for 4 minutes
Have fun with this. They can be performed outside, on a rower, bike, swimming, use your noodle and have a great time with them.

* If you stay with this program a little longer than two weeks I would recommend playing with the repetition ranges a little bit depending on your goals. Make sure to read the Definitive guide to reps, sets, rest and tempo. It will really help you in understanding the different repetition ranges you can work in.

Don’t be afraid to go a little heavier and try 1-3 reps for some serious strength. Try 3-5 reps, 6-8, 8-10, 12-15. Have some fun with it and keep your body guessing.

**Advanced: (see appendix)**

**Prerequisites:**

- Can perform Olympic lifts with excellent technique
- Have no chronic injuries
- Comfortable lifting weights with short rest periods
- Flexibility is good and proper range of motion on squats, presses, and pulling movements is easily achieved.

**Workout 1: (Monday)**

**Warm-up:**
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.
*A1: Back squat, @51X1, 5 reps x 4 sets; rest 20 seconds
*A2: Pull-ups (kipping), 20 reps x 4 sets; rest 3 minutes
*B1: DB walking lunge @21X1, 12/leg x 3; rest 3 minutes
*C1: Barbell russian step-up, 12/leg x 3; rest 1 minute/leg
*D1: 50 tough kettle bell swings for time

*Spend 5-10 minutes foam rolling/stretching
*Pull-ups are unbroken

**Workout 2: (Wednesday)**

*Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Dead-lift @21X1, 4-5 reps x 4 sets; rest 2 minutes
- A2: Barbell press @21X1, 4-5 reps x 4 sets; rest 2 minutes
- B1: Romanian dead-lifts, 10-12 reps x 4 sets; rest 20 seconds
- B2: Wtd. ring dips or dips @30X1, 4-6 x 4; rest 2 minutes
- C: 3 rounds ALL OUT of... 15 burpees + 10 box jumps (24”-20” box); rest 2 minutes after each round

**Workout 3: (Friday)**

*Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Power Clean cluster, 2.2.1.1 x 4 sets; rest 3 minutes
- B1: Power Snatch, 3 tough reps x 4 sets; rest 3 minutes
- C1: Split Jerk, 3 tough reps x 4 sets; rest 3 minutes
- D1: Overhead Squat @55X1, 3-5 reps x 4 sets; rest 3 minutes
- E1: 10 minute row/run/bike
Workout 4: (Saturday)

Warm-up: Walk/Jog 5-10 minutes at a comfortable pace. Spend 5-10 minutes practicing basic gymnastics (L-sit, handstand walk, muscle-ups, tumbling, etc...)

- A: Get outside and run some hills. Sprint-up, walk down. Rest about 90 seconds after and repeat 10 times.

Workout 5: (Monday)

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Back squat, @51X1, 3-4 reps x 4 sets; rest 20 seconds
- A2: Pull-ups (kipping), 22 reps x 4 sets; rest 3 minutes
- B1: DB walking lunge @21X1, 10/leg x 3; rest 3 minutes
- C1: Barbell Russian step-up, 10/leg x 3; rest 1 minute/leg
- D1: 20 tough Kettle bell swings; rest 90 seconds x 3 sets

*Pull-ups are unbroken

Workout 6: (Wednesday)

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Dead-lift @21X1, 3-4 reps x 4 sets; rest 2 minutes
- A2: Barbell press @21X1, 3-4 reps x 4 sets; rest 2 minutes
- B1: Romanian dead-lifts, 10-12 reps x 4 sets; rest 20 seconds
Workout 7: (Friday)

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend a few minutes warming-up with each exercise listed below.

- A1: Power Clean cluster, 1.1.1.1 x 5 sets; rest 3 minutes
- B1: Power Snatch, 2 tough reps x 5 sets; rest 3 minutes
- C1: Split Jerk, 2 tough reps x 5 sets; rest 3 minutes
- D1: Overhead Squat @55X1, 2-3 reps x 4 sets; rest 3 min.

Workout 8: (Saturday)

Warm-up:
Walk/Jog 5-10 minutes at a comfortable pace. Spend 5-10 minutes practicing basic gymnastics (L-sit, handstand walk, muscle-ups, tumbling, etc...)

- A: Complete as many double-unders in 10 minutes as possible. Every minute on the minute do 5 burpees.
  (rest 5 minutes)
- B: 4 sets ALL OUT of... row 150 meters + 20 wall balls (20/14 pound ball); rest 3 minutes after each set
  (rest 5 minutes)
- C: Jog 15 minutes @EZ pace

Advanced Workout Notes:
For workout A you would start your clock and do 5 burpees. Then perform as many double-unders as you can with the time remaining in the first minute. When the first minute is up immediately do 5 burpees. After which you will again start on your double-unders for minute 2. Repeat this cycle.
Whoa! Check it out, we’re all done. Hopefully you got something out of this quick-start guide. I’d love you hear some feedback, questions, or just drop me a line if you want to tell me how awesome you are doing!

Appendix:

CONTACT: Justin Miller (justin@limitless365.com)

SOME RESOURCES FOUND IN THE GUIDE:

- Limitless365.com
- Real Food Chart
- Limitless365 free guides
- Calorie calculator
- Framingham heart study
- Measurement guide

Food Journals:

- FitDay
- Myfitnesspal
- Livestrong Myplate

Recipes:

- Paleoplan.com
- NomNomPaleo.com
- PaleOMG
- Easy Caveman Cookbook
Extra resources:

- Quick start guide to working out
- Definitive guide to rest, sets, reps, and tempo
- Run like the flash and the right kind of cardio

Exercise Videos: Beginner Program:

- Warm-up
- Step-Up
- Push-up
- Incline push-up
- Air Squat
- Band Row

Novice Program:

- Warm-up
- DB Press
- Step-Up
- Superman
- Inverted row
- Air Squat
- Steam Engine
- Push-up
- Lunge
- Leg Raise
- Mountain Climber
- 1 Arm DB Row

Intermediate Program:

- Pull-up
- Walk Lunge (use dumbbells)
• Dips
• DB Dead-lift
• Sit-up
• 1 Arm DB Row DB squat Overhead press
• 1 legged dead-lift

Intermediate (+) Program:

• Dead-lift
• Dips
• 1 legged dead-lift
• DB Press
• Double-unders
• Sit-up
• Back Squat
• Pull-up
• DB step up
• Bent over row

Advanced Program:

• Back Squat Kipping pull-up
• DB Walk Lunge (hold db by your side)
• Russian step up
• KB swings
• Dead-lift
• Overhead press
• Romanian dead-lift
• Ring dips
• Burpee
• Box jumps
• Power clean
• Power snatch
• Split Jerk
• Overhead squat
• Thruster
• Wall ball

Glossary

86
To get rid of, take away, or eliminate

AMRAP
An acronym for As (A) Many (M) Reps (R) As (A) Possible (P)

Carbohydrate
Any of a group of organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of animals. Usually broken up into three groups:

Simple carbs: Simple carbohydrates are sometimes called simple sugars, mainly because they contain either natural or added sugar. Dairy products and some fruits and vegetables are also classified as simple carbohydrates because they contain natural sugars.

Complex carbs: These sugars are mostly rich in fiber, vitamins and minerals. Due to their complexity, they take a little longer to digest, and they don’t raise the sugar levels in the blood as quickly as simple carbohydrates. Sources include vegetables and sweet potatoes.

Fiber: The indigestible part of plant foods that pushes through our digestive system, absorbing water along the way assisting in keeping us regular (you know what I’m talking about)...

Two types of fiber:
• Soluble: Dissolves in water
• Insoluble: Does not dissolve in water
Cluster:
A cluster set is performed as so:

Power clean cluster, 2.2.1.1 x 5 sets; rest 3 minutes

You will perform 2 power cleans, rest 10 seconds; perform 2 power cleans, rest 10 seconds; perform 1 power clean, rest 10 seconds; perform 1 power clean.

This represents 1 set. In this example you would then rest 3 minutes and move on to set 2. There are a total of 5 sets to be completed.

DB
Dumbbells

FFG
Fit Fast Guide. The name of this guide.

Protein
Any of a group of complex organic macromolecules that contain carbon, hydrogen, oxygen, nitrogen, and usually sulfur and are composed of one or more chains of amino acids. Proteins are fundamental components of all living cells and include many substances, such as enzymes, hormones, and antibodies that are necessary for the proper functioning of an organism. They are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes.

*PLEASE refer to Real Food Chart for examples

Rep(s)
The number of times you will be performing a movement or exercise
Example: Squat, 12 reps

Means that you will perform the squat exercise 12 times.
Set(s)
The number of times you will perform a given movement or exercise
Example: Squat, 12 reps x 3 sets

Means that you will perform the Squat movement for 12 repetitions, 3 times

Tempo
The speed at which you move or perform a given exercise. Usually given
in a formula, like this 31X1 or 4211, or any other combination of four numbers
Example: Squat @31X1, 12 reps x 3 sets

Means that you will take (3) seconds to lower the bar, Pause (1) second in
the squat position, Explode (X) up, and finally pause (1) second in the starting
position. You would do this for each repetition.

From the guide:
31X1 this is an example of what a tempo may look like when training.

The first number (3) represents the lowering or eccentric part of the
Limitless365: Fit-Fast Guide movement. Think bringing the bar down to your
chest while benching.

The second number (1) represents the amount of time you pause in the
stretched position. Think about when you are squatting when performing the
back squat.

The third number (X) represents the actual lift of the weight. So in the bench
press this would be how fast the bar moves from your chest to straight
above you. In this case the X means as fast as possible.

The fourth number (1) is the amount of time you pause at the top of the
movement or contracted position. In the bench press this would be when
you are holding the weight above you.
30 Truths in 30 Days: First 30 days of Paleo and what to expect.
30 Truths in 30 Days: First 30 days of Paleo and what to expect.

This is a guest article by my friend Steffi Radnan

Steffi can be found below. Visit her here: http://www.crossfitforaqueen.wordpress.com

1. The first 3 days do not expect miracles – Do not even expect a good mood. You will be having carb-withdrawal symptoms and feeling shitty and lethargic and like it’s all not worth it. Be a bitch if you need to. Have a cry. But push through it’s worth it. Remember you are choosing to do this, because you choose life!

2. The first week your body will detox and you will find yourself flushing out – Don’t be too worried about the frequent bathroom trips. Your body will react strangely to increased fat consumption, but no fear, it’s only temporary. You may find crushing cravings hard, but just say no! – Every day you make it through without slipping off the wagon, the easier it becomes and the stronger your ability to exercise willpower. Just do it.

3. You will not feel like exercising at all for about the first two weeks. Just do what you can. Your body is becoming fat adapted.

4. You will begin to analyze food labels and then realize, if it has a label, I shouldn’t be eating it – Shopping trips become shorter (and a bit more expensive and a bit more worth it!) as you only skim the outside of the supermarket for the fresh groceries and meat and fish supplies. You only brave going down the aisles when it’s time to top up your extra oils, herbs and spices.

5. As you begin to enter the third and fourth weeks, your energy levels begin to return to normal – In fact, you start to feel the beginning of what will become amazing, all day, constant energy. Say goodbye to three-thirty-itis!

BE NICE AND SHARE

LIMITLESS365.COM
6. Your emotions will stabilize – I haven’t really had any “low” days since I started. Not that I was prone to this particularly, but I just feel happy, all the time. I suppose no sugar influencing my state?? It’s nice.

7. Coconut was God’s gift to our Neanderthal ancestors. Seriously – The milk is delicious, to drink, to cook with, and in coffee! The meat is a great snack and so filling! And the oil?! Where do I begin…makes everything tasty, is great to eat off the spoon for a snack (amazing if you have tendencies to binge, for it completely kills all cravings after just one spoon and 15 minutes!) and it makes your hair, skin, and nails so luxurious!

8. You learn to love fat – It adds texture and flavor and will keep you full for hours. Plus it’s a fantastic energy source!

9. Your stomach knows no time/meal constraints – You eat when you’re hungry, and you stop when you’re full. All the protein and fat usually means you don’t feel like snacking and you’re not bound by the clock (so liberating!)

10. All cravings for anything artificial, sugary, overly-processed literally disappear – You may feel discomfort for a week while you actively control your eating, but then it becomes second nature, and that ice cream or bag of chips you once craved now looks more like a day or two of insane intestinal discomfort and close proximity to a bathroom.

11. You learn to become quite a whiz in the kitchen – Step aside Jamie Oliver! The fresh and natural foods mean more prep time and more meal planning, but your performance in the kitchen improves exponentially and you learn to have fun turning old Neolithic recipes into Paleo-friendly feasts!

12. You never get bloated. Ever. Ladies, not even when it’s ‘that time of the month.’ Bring on the six packs!!
13. **You don’t have to give up your social life** – Caveman liked to seek pleasure too, and I’m sure they partied. Let me introduce you to the NorCal Margarita (but be warned it will stall your weight loss or fitness efforts).

14. **You realize you can make any meal at a restaurant Paleo-friendly** if you just swap a few sides and ask for no dressings. Easy!

15. **Can anyone else smell that?** – If you have gone Very Low Carb (VLC), like I have, and have started to supplement with Fish Oil and the likes you may find that your body odor changes and your breath may smell. If you need, try chewing on some peppermint leaves.

16. **You need to consume water like it’s going out of fashion** – The extra protein requires more water for your body to wash out toxins and waste. VLC will also find you need tons more water just to feel hydrated and to stop your mouth from drying. Drink up!

17. **Go Sleep! Trust me you need it** – Without sleep everything else is basically not worth your efforts. Shut that screen off and go get your 40 winks. If you’re doing it right, you should sleep like a log every night, and be able to wake up without an alarm clock. Did anyone order a healthy dose of rest and recovery?

18. **Going VLC may disrupt your sleep due to a decrease in insulin levels**, try using Vitamin D and Magnesium just before bedtime. Caution: Lucid dreams at own risk! (I never used to remember my dreams, but since using Vit D and Magnesium, it seems every night I have a whole other life going on in my dreams...kind of awesome!)

19. **Expect your skin blemishes to clear up**, your eyes to brighten, your hair to be shinier and to feel an all round glowing feeling!

20. **You’re not fit** – No matter how many miles you can run on the treadmill, or how many Zumba classes you attend, or how heavy you think that 10kg bar is in pump class; until you do Crossfit, you are not fit. ‘Nuff said.
21. Forget what it is like to have a pain-free body - Crossfit will force you to work hard. You will max out at every workout. You will also probably injure yourself. Often. But big efforts return big rewards. Remember strong is the new skinny.

22. You may feel heavy after a big protein meal, or like you’ve put on 3 kg, but you haven’t - You eat less for the same feeling of satiety and while your meals may be more calorie dense, you are still losing weight! But forget the scales, take measurements and judge by the way your clothes fit. Also keep check of how your physical performance improves. Expect to be amazed!

23. Inbetween scheduling more time for sleep and more time for exercise, you will also need to fit in time for socializing - The Paleo/ Crossfit communities are so great and supportive, and you are bound to make a whole load of new friends!

24. Your phrasebook will expand to include popular comments like "Is it Paleo?" and "I can’t. I have Crossfit."

25. Almost everything mass media ever led you to believe about health and nutrition is false - Apart from teaching your body a new existence, the Paleo/Crossfit world will be as much a challenge for your mental space. You learn to challenge commonly accepted social ideals, and you enter a whole other league of health and fitness knowledge. If like me, you love to get your geek on, you will spend a lot of time reading blogs/forums/articles/journals so that you can get as much information as you can to make this the best experiment/lifestyle change you have ever completed for yourself.

26. You learn to deal with a lot of shit - You will be the recipient of many, confused stares, words of misinformed abuse, and questions from the informed, the intrigued and the ignorant. People are threatened by what they
don’t know. Some will say it’s a "fad," and some will say it’s just complete crap. Just expect when you tell others of your choices you are welcoming a variety of responses. You’ve been warned.

27. Never excuse the choices you make – You shouldn’t have to make up false illnesses (e.g. gluten/lactose intolerant) to explain your new lifestyle. When did it become more acceptable in society to have an illness than it did to decide to do this for a better you?

28-30. You don’t regret the day you decided to start.

Day 31…and it only gets better from here.

Anyone going Paleo? Are you already a Paleo eater? How were your first 30 days?

Live limitless, J
Raging hormones, a calorie is not just a calorie, + 5 tips to eating well
Raging hormones, a calorie is not just a calorie, + 5 tips to eating well

There is so much information available about "how to eat right." With the wealth of info that is out there it makes diet hopping pretty easy to do.

Diet hopping: To frequently bounce like Tigger from Winnie The Pooh from one diet to another. Convinced that it is not working fast enough, is too difficult, or was only a temporary solution to begin with.

The word diet in itself has such a negative connotation to it. When you hear it what are some of the first things you think of?

1. **Deprivation:** Not being able to eat certain foods that you love.

2. **Temporary:** "I'm on a diet." Typically has a short-term goal behind it. For example, fitting into an outfit or getting ready for beach season. When someone is on a diet they are typically only on it for a short period of time and then it's back to their old habits of eating.

3. **Boring:** Many think that a diet consists of chicken and broccoli... over.... over.... and over again.

4. **Starving:** Always being hungry. ALWAYS.

5. **Anti-social:** When you think about being on a diet do you think about not being able to go out. Not being able to eat with friends and family or having to avoid other social situations?

Man, that is no way to live. There are 5 big tips you can apply whether you're a vegetarian, Paleo, or following some other nutritional approach that will guarantee a healthier, happier, and more limitless you.

**Diets... don't bother**

First things first, don't waste your time going on a diet. If you're embarking on a nutritional approach that you don't plan to stay on for very long or do not
think you can keep up for very long than don't bother with it.

Aside from the fact that diets actually make you fat, your body has a built-in defense system to keep you from starving.

Back in the day our ancestors never deliberately cut calories. They were too busy hoping and praying they would get the chance to eat that day. Food was scarce and each day was a crapshoot whether or not they would be able to eat. To combat this the body developed a system to keep our ancestors from starving to death.

One of the big playas in this system is your fat cells. When fat stores get too low your body sends a message to various hormones (more in a few on this) in the body in order to slow down metabolism, slow down fat loss, and make you hungry as hell in order to get those fat stores back up. Yep, the very thing you want to go away doesn't even want to. Those damn fat cells try to stick around as much as possible in order to keep you safe. So fat is not actually just used for energy. It actually acts as a mailman, delivering important messages to hormones in your body.

Now without getting all kinds of Bill Nye Science Guy on you, here is how this system works. It's a pretty basic system actually. Your hormones are essentially playing telephone with each other delivering message after message.

1. **Leptin is produced by the fat on your body.** When fat stores get too low the hormone leptin sends a message to a gland found in your noodle known as the hypothalamus.

2. **If there is enough fat on your body the hypothalamus keeps your metabolism and hunger at bay.** If there is not enough fat on your body this is when the hypothalamus freaks out.

3. **As your fat cells start to shrink the hypothalamus panics. “Oh shit!”** It says. We're not getting enough calories and are losing fat like crazy. We've got to slow this bad boy down. So that is exactly what it does.
The hypothalamus sends a message to the thyroid gland saying, "slow down the metabolism dude, I think we're starving."

4. **Next your hypothalamus will increase your appetite.** It wants you to eat, eat, and eat some more in order to replenish some of those fat stores so that you can stay safe if food is scarce again. So, what you've got now is a slower metabolism and an appetite that rivals those from the movie "Alive."

5. **This is where it gets crazy.** The reason you hit a plateau in your weight loss efforts are for the reasons given above. A slow metabolism and an increased appetite lead to less fat loss. Guess what most people do when fat loss slows or hits a plateau?

Most cut more calories from their diet and start to exercise even more. All this does is slow the metabolism even more and make your appetite even more ravenous.

The reason most people regain the weight they've lost and then some is because the body just went through a famine and is worried it will happen again. The minute you start to eat normally the body hoards away the calories as fat stores just in case you decide to "diet" again. The more you repeat this cycle the worse off your body and metabolism are and the more fat you will accumulate and store over time.

**Now here's the good news**

Just as your body doesn't want you to get too skinny it also doesn't want you to get too fat either. Remember, our ancestors had to stay in tip-top shape in order to run from predators, chase their food, and run from the opposite sex :)

When your body senses a few too many calories coming in and fat storage is starting to increase, the body responds in a similar manner as when you are not eating enough. It sends messages throughout the body to speed up your metabolism and decrease your appetite so that fat cells shrink to a certain set point.
Now I know what you might be thinking. My body (leptin, hypothalamus, and delivery system) must be broken. In actuality, that might be true. The delivery system in which leptin tells the hypothalamus how much fat you have on your body can in fact be busted.

A few ways in which your messenger system can be broken:

1. Blood sugar fluctuations through poor food choices. A high carbohydrate diet, insufficient dietary fat intake, low protein, and excessive sugar consumption (mostly from fructose).

2. General overeating. Eating too fast, too much at one sitting, not giving the body time to feel full.

3. Excessive exercise. Over-training can be a hell of a stressor on your body. Poor food choices, bad sleeping habits, combined with hours and hours in the gym can cause your hormones to get all out of whack.

4. Lifestyle stressors. As mentioned above, lack of sleep, environmental, job, relationship, and other lifestyle stressors can really mess up your body’s ability to relay the fat burning message. There are a few others as well but those are the main culprits.

The last of the science

When your body thinks that your fat stores are too low or the message isn’t being sent to the hypothalamus that everything is a-ok a hormone known as cortisol gets jacked up. Cortisol is a stress hormone in the body that essentially helps to store fat and breakdown muscle (with that said it does have some positive affects as well.)

When your cortisol gets all pumped up a hormone in your stomach known as ghrelin and another in your brain known as NPY increase your appetite
and force you to **crave high energy foods like carbohydrates and sugar that mess with your blood sugar** and promote fat storage.

Sean Croxton of Underground Wellness has a wonderful passage in his book *The Dark Side of Fat Loss* simplifying what was just outlined.

### The starvation defense system: by the numbers

1. Leptin declines due to reduced fat stores, or is perceived to be low due to leptin resistance.
2. Low leptin inhibits thyroid hormone conversion, thus slowing metabolism.
3. Low leptin increases cortisol, which stores fat and burns muscle.
4. Low leptin increases NPY, which makes you crave carbohydrates (the bad kind).
5. Low leptin increases ghrelin, which makes you hungry.
6. Your slow metabolism makes you want to sit on the couch all day.
7. Your appetite is raging. You lose control and eat everything in the fridge.
8. It's over! Weight loss program broken.
9. Your body feverishly stores fat to replenish its stores.
10. Your body stores extra fat just in case you ever feel like inducing another famine.
11. At some point you go on another calorie-restricted diet.

I highly recommend picking up **Sean's book** if you are interested in learning more about the science behind fat loss.

We just covered a ton of information together. I know it can seem a little overwhelming. But if you take one thing from what we've discussed thus far please have it be this.

You cannot outsmart your body.
Fixing your system and setting yourself up for success
By now you just might want to know what approach is best in order to keep your messaging system, hormones, and all that good stuff in check so that your body can run optimally and drop body fat while increasing lean muscle.

Well, there really is no one size fits all approach. Certain populations have thrived on a higher carbohydrate diet like the Okinawa’s. While others fared well on high fat, moderate protein, and virtually no carbs like the Inuit tribe. You’ll have to experiment a little on your own to find which foods your body responds best to. However, there are some basic principles that we could all stand to apply in order to achieve success.

Definitive guide to eating well

Take advantage of this free document I created: Definitive guide to eating well. It will go along with the following 5 tips.

1. Focus on quality first and then quantity.
The biggest S.O.B when it comes to screwing up your hormones and keeping your body from losing fat is insulin. When your blood sugar is out of whack so too will the delivery system we talked about earlier along with the fat burning process.

One way to make sure that your insulin stays in check is by emphasizing real foods.

What is real food? To me that means items with less than 3 ingredients on the label and those ingredients you must be able to pronounce.

The best approach is to buy food with one ingredient and one ingredient only. Free-range chicken, grass-fed beef, broccoli, asparagus, coconut oil, and olive oil would be great examples. Download the Real Food Chart for help with food selection. Your body is looking for nutrients when you eat and not simply to feel full. If a limited supply of vitamins and minerals are
supplied your body will continue to crave carbohydrates, sugar, and other foods that enter the system quickly but provide little benefit.

Fill your plate with mostly veggies and one to two palm-sized servings of a protein source like lamb or salmon. Add a 2-4 tablespoons (for a man) or 1-3 tablespoons (for a woman) of a healthy fat like coconut oil and you’ve got yourself a healthy meal that will keep your blood sugar stable and appetite at bay.

Big tip: Swap grains with greens. If you are used to eating a sandwich for lunch opt for a big ass salad or a lettuce wrap.

2. Slow down and eat mindfully

It takes a good 20 minutes for your belly to let your head know you’ve had enough to eat. Plus, eating too quickly can impair digestion and even affect blood sugar. When you slow down you are less likely to overeat.

When you eat, simply eat and enjoy your meal. Close your eyes while you chew and concentrate on the flavors. Use chopsticks instead of traditional utensils to slow you down. Hell, eat with your opposite hand if you have to. When it is time to eat, try to only do that. Avoid the TV, computer, or any other distractions. However, if you do enjoy reading while eating (guilty as charged) try taking a bite and then reading a page. Keep alternating until you’re done.

3. Limit snacking

Wait a minute... I thought I was supposed to eat 6 small meals a day to keep my metabolism running high? Well, that isn’t exactly true. When it comes to meal frequency I suggest doing what works best for you.

Personally, my schedule does not allow for me to sit and eat good whole food meals mindfully 5-6 times per day (nor do I like to eat that much). I prefer to eat three to four times per day.
A major problem with snacking is that it usually leads to poor food choices that can affect blood sugar. Instead of nutritionally dense meals containing plenty of vitamins, minerals, healthy fats, protein, and vegetables, most snacks consist of limited nutrients and are usually carbohydrate heavy.

Try focusing on eating meals throughout the day as opposed to snacks. You may need to schedule them at specific times depending on your schedule but if possible, just listen to your body and when you are hungry eat and when you are not... well, do not.

If snacks are something you need to include try to emphasize fats as snacks as opposed to carbohydrates or even protein. Fats give a neutral response to your blood sugar while carbohydrates and protein both can elevate it. Good snack choices would include a handful of macadamia nuts, a spoonful or two of coconut oil, or maybe some hard grass-fed cheeses (if you tolerate dairy well).

4. Water water everywhere - so let’s all have a drink!

A sure-fire way to screw up your blood sugar and add extra calories to your day is through liquid calories. Stick with water, unsweetened tea, and black coffee (no more than 1 cup per day and before noon). If you need a little variety to your water try adding lemon, lime, chopped berries, or mint leaves.

Watch out for sneaky calories like creamers, sugar, milk, and other additives to coffee and tea. Steer clear of juices as well. If you want orange juice just eat an orange.
5. Be Richard Branson. Be prepared

A major downfall in most nutritional approaches is simply not being prepared. I understand that you’re busy and often your nutrition is the last thing you want to worry about. But I’ll say this - make the commitment and be consistent when it comes to your health.

Taking the time to eat properly, rest, exercise consistently, and daily de-stressing practices like yoga, tai chi, and meditation really go a long way. Sir Richard Branson himself calls exercise and nutrition his ultimate productivity hack.

By taking care of your body you’ll have more energy, be more confident, and much happier.

Being prepared doesn’t have to be difficult or be extremely time-consuming. I created a kitchen make-over document for you to rid you and your family of not so healthy foods, supply proper utensils and cookware, and stock your fridge with nutritious goodies.

You don’t have to be Bobby Flay in the kitchen in order to create healthy meals. A good strategy is to pick 5–10 go-to recipes that are quick and easy for you to create. Wear those bad boys out and when you get sick of them find another 5–10. Here are two great cookbooks from pals of mine:

- Easy Caveman Cookbook: 40 Easy Paleo, Low Carb, And Gluten Free Recipes
- Pigskin Paleo: Paleo Recipes for Gameday

However, in all honesty, all you need is a protein, a veggie, and a healthy fat. Toss in some spices of your choosing and you are off to the races.

Get into the habit of cooking in bulk. Take a look at your schedule. Most of us have an hour or two to spare on Sundays. Spend this time prepping enough meals to last until at least Wednesday. Then on Wednesday, spend a little time that evening while watching your favorite show, or chatting with loved
ones to prepare meals for Thursday and Friday. If you have kids or are married this is a great opportunity to do something fun together and discuss the importance of taking care of the body.

Take pictures of what you make. Be proud of your work :)  

Where to go from here

Practice makes perfect. So yes Allen Iverson... I’m talk’n about practice. The five tips above are some very basic strategies you can start to apply TODAY in order to make gains towards your health and fitness goals.

However, sometimes it can be a little overwhelming to tackle too much too soon. Try practicing one tip per week. After five weeks you will successfully have achieved five healthy habits. Then, all you’re left with is consistency. You got this.

What do you struggle with most when it comes to developing health habits? How can I help?

Live limitless,

Justin
Everything You Need to Know About Fat
Everything You Need to Know About Fat

Our knowledge of nutrition has changed a lot in the past decade. Remember the old days when doctors were advising everyone to stop eating eggs because of the fat in them – and the cholesterol? Now we know that eggs are a good source of protein and fat.

Still, some doctors haven’t figured it out. More likely, they haven’t kept up with the research.

Well, it’s easy to get lost in the maze of nutritional information. That’s why learning all about the latest info on fats is important.

There’s a Bit of Chemistry to Know about Fats

In chemistry, what makes a fat is its –COOH group at the end of the molecule. A fat can have as few as 2 carbons or more than 20 carbons. Fats are called short chain fatty acids, medium chain fatty acids, or long chain fatty acids.

Short chain fats are less than 6 carbons in length and found in food and made in the body when a longer fat is broken apart by enzymes. Medium chain fats are between 6 and 12 carbons long and they are the fats found in coconut oil. In fact, there was a baby formula scandal several years ago where baby formulas were missing these fats and the babies did not do too well until these fats were added back into their diet.

Long chain fats are those that are required for us to survive, such as omega 3 fats. They are 13 carbons in length or longer. But this type of fat also includes the omega 6 and omega 9 fats. The omega signifies where the double bond is located. For example, omega 3 means the double bond is at the third carbon position.

The omega 6 fats sometimes get a bad rap because they can contribute to inflammation in the body. Omega 3 fats stop the inflammation in the body. Omega 3 fats can be further broken down into ALA, EPA, and DHA.
In a nutshell, ALA is alpha linolenic acid, which can convert to DHA. EPA is from fish sources and linked with keeping the blood flowing freely in your body. DHA is the omega 3 fat that keeps you smart.

**Get Up-to-Date with the Truth about Plant Omega 3**

Some people have the mistaken concept that even omega 3 fats in flaxseed oil and algae are good for you. Omega 3 certainly is good for you but plant sources of omega 3 are very poorly absorbed. Their maximum absorption is 10 to 15%!

What this means is that you will never get enough omega 3 fats from plant sources of this fat. Stop trying! Eat the good high food sources of omega 3 – fish, and meat sources.

And forget about the idea that chickens can be fed omega 3 in their food and it makes a remarkable difference in the omega 3 content of the eggs. Whatever it is that the farmers are adding to the eggs to increase the levels is still fuzzy science, and you don't want to get involved in another margarine myth.

**Myth:** To avoid heart disease, we should use margarine instead of butter.

**Truth:** Margarine eaters have twice the rate of heart disease as butter eaters. (Nutrition Week 3/22/91) (1)

**What makes omega 3 so good for you is that it:**

- Acts as a natural anti-coagulant
- Fights against inflammation
- Makes you smarter by boosting your brain function
- Lessens depression
- Increases concentration and can help those with attention deficit disorder
It’s the Ratio That Counts When It Comes to Fats

Our ancestors, the hunters and gatherers, had a ratio of omega 6 to omega 3 of 1:1. What this means is that for every gram of omega 6 you eat, there should be 1 gram of omega 3.

This same ratio is strived for on a Paleo Diet.

What we find now in the Western diet is a ratio of 10:1. Or 15:1. In some people, it’s 30:1.

Since cows were never meant to eat corn and grain, but grasses instead, the added omega 6 fats from the grains has made a difference in the omega 6 content of their meat.

What Goes Wrong When the Ratio is Out of Whack?

Here’s a list of some bad things that happen from an unbalanced and elevated ratio of omega 6 fats to omega 3 fats:

- Diabetes
- High Blood Pressure
- Inflammation
- Low Immunity
- Metabolic syndrome
- Arthritis (rheumatoid)
- Cancer
- Irritable bowel syndrome
- Asthma

Recently scientists reported that the difference in omega-3 between grass fed beef and commercial feedlot meat was not significant. The fact is that all the other foods you are eating probably matter a lot more than the amount of omega-3 you get in meats. After all, how much grain are you eating? How many nuts and seed oils are you eating? Corn oil has a ratio of 46:1 and...
soybean oil is 7:1. These matter more in the overall scheme of things and thus in your omega 6/3 ratio.

Some frightening statistics state that 9% of your calorie intake is from soybean oil. How much of your intake is from fish and seafood? Not that much probably!

Looking at this in another way, when scientists analyzed the whole body composition of omega 6 versus omega 3 of Americans, they came up with 75% omega 6! Crazy! Literally, no wonder why we are crazy sometimes! We're all suffering from inflammation and don't even realize it.

The good news is that when your ratio falls down to 4:1, your risk of dying from heart disease falls 70%.

The key to turning this around is to up the level of omega 3 fats in your diet. And if you're afraid to eat fatty fish because it may contain high levels of mercury, take your omega 3 supplements and be done with it!

**Saturated Vs. Unsaturated Fats**

Fats can also be looked at in terms of the chemical structure of their bonds. If a fat does not have any double bonds, it is saturated with hydrogen atoms, and this makes it very stable, non-reactive to light and cooking. This type of fat is called saturated. Saturated fats don't get rancid.

They are used in the body to strengthen the cell wall so your cells can fight against bacteria, fungi, and viruses. Saturated fats also contain fat-soluble vitamins like vitamin A, D, E and K. Saturated fats contain cholesterol, which your body uses for hormone production.

Saturated fat of any kind has suffered a very bad rap for decades. But think about this for a moment. If a fat doesn't react to light, heat or much of anything else, how bad could it be for your body?
Where Fats Come From in the Body

Another way to look at the fats is to distinguish between monounsaturated fatty acids, polyunsaturated fatty acids, and trans fat or interesterified fats. The term fatty acids merely means subunits of fat found roaming in the bloodstream briefly until they combine with alcohol.

If you have one fatty acid combining with alcohol in the bloodstream (this is alcohol from metabolic functions, not from what you drink), it’s called a monoglyceride. If two fatty acids combine with alcohol in the bloodstream, the unit is called a diglyceride.

And if three fatty acids combine with alcohol in the bloodstream, it’s called a triglyceride. Most of the ones found in the body are triglycerides. If these fats are broken down for energy, they are then called free fatty acids.

So now, you know what the relationship of triglycerides and free fatty acids are to your blood tests.

The Relationship to Health

Always ask yourself whether a fat will break down to these types of fatty acids. Monounsaturated fatty acids are found in olive oil, nuts, and avocados. These fatty acids will lower blood cholesterol levels.

Trans fatty acids try to mimic saturated fatty acids, but cause health problems with essential fat absorption, immune system dysfunction and inflammatory diseases. Trans fats also pack on the inches on your waist. Trans fats are the ones made by the food industry.

Polyunsaturated fatty acids or PUFA for short, don't convert well to EPA or DHA in the body. The more of these fats you consume, the more you will directly contribute to reducing your levels of EPA and DHA by up to 50%. So frankly, they are not worth it. PUFAs will also create more free radicals and are associated with an increase in the rate of cancer, heart disease, and inflammatory diseases.
Interesterified fats are another evil created by the big bad food industry to get their share of the profits. These companies know that everyone is on the lookout for trans fats so what did they do? They created another type of hydrogenated fat and added stearic acid to it. Hydrogenated fats raise blood sugar and although all the data isn’t in on these interesterified fats, aren’t you sick and tired of becoming a guinea pig for these companies? Boycott these hydrogenated fats, period.

To help you out with which fats to eat, cook with, and which ones to avoid - click on the picture below. It can also be found in the Free Guides.

Unsaturated Fats are Killing You, Not Saturated
What we know now is that saturated fat is actually quite good for the body. By the way, do you know about plaque in the arteries? Well, scientists
discovered that the plaque is not made of saturated fat like the American Heart Association and other so-called experts say. The plaque is made of oxidized unsaturated fat, period. Not a stitch of saturated fat around anywhere in the arteries.

An unsaturated fat has one or more double bonds. What happens with the double bonds is that they are subject to react to light, to heat, and to chemical reactions in the body. No wonder why they are the culprit in plaque and the worst unsaturated fats are those with multiple bonds.

Unsaturated fats are bad because they are the fats that oxidize – and it's oxidized fats that are the worst type of fats for us. Oxidized fats are worse than unsaturated fats. Unsaturated fats are worse than saturated fats. Because oxidized fats react to light, heat and anything else, they harm the body. They create plenty of free radicals, which damage our tissues and cause us to age fast.

It's similar to having two kids; one of them is a troublemaker and the other is a goodie-two-shoes. Who would you expect to have tormented the neighbor's cat? It would be the one who tends to react and does react to every little thing. The troublemaker.

**What Fats You Should Be Eating**

So, what this means is you have to stop blaming saturated fats for your troubles. Start eating coconut oil, coconut, butter, and ghee. Don't be afraid of chicken fat, fat in meat, duck fat, lamb fat, and even lard.

We're all afraid of whole milk and products made from it, but the problem could be removing the fat! This could be one of the things that make milk unhealthy.

Palm oil is another saturated fat that is on your list of the good ones, as are the fats in meat and seafood and eggs.
Since a list is probably the most helpful, here you go with a list. You may want to post it on your refrigerator

**Good Saturated Fats (You can heat these)**

- Coconut
- Palm
- Butter and ghee (grass-fed)
- Lard and tallow
- Chicken and duck fat
- Lamb fat
- Full fat dairy (grass-fed)
- Eggs, meats, and seafood

**Good Unsaturated Fats (Don’t heat these)**

- Olive oil
- Sesame Oil
- Nut oils (pecan, walnut, macadamia)
- Flaxseed oil
- Avocado
- Nuts and seeds

**Bad Fats Start Out in the Laboratory**

However, there are some saturated fats that truly are bad and that would be the ones made in the laboratory. Margarine is at the top of the list. Hydrogenated fats and oils, also called trans fats, would be another one.

When your body cells see these coming, it cries out to you for help. That’s because these fats are thought to plant themselves on the receptor sites where the essential fats are supposed to go. When the essential fats mosey on by, looking for their homes, an all-out civil war is started and the trans fats won’t move out. It’s as if the food manufacturers created their own little Homestead Act for these fats.
And again, it’s best to see these in a list so here goes Bad Saturated Fats:

- Margarine
- Hydrogenated or partially hydrogenated
- Man made trans fats found in buttery spreads like Earth Balance, Benecol, and I Can’t Believe It’s Not

Bad Unsaturated Fats:

- Canola oil
- Corn oil
- Grapeseed oil
- Rice bran oil
- Soybean oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Vegetable oil

Are You Considering Seed Oils?

Then there’s something else to be considered – the seed oils.

These are oils pressed out of seeds and nuts, such as sesame oil, soy oil, walnut oil, flaxseed oil, safflower oil, corn oil, sunflower oil, and grape seed oil. Because of the high level of omega 6 fats in these oils – already mentioned earlier, they really aren’t recommended for building your diet.

Sure, you can eat them once in a while but if you’re looking for liquid oil, use olive oil. Olive oil is unsaturated oil but it’s also a monounsaturated oil, which is close enough to being saturated oil. Its ratio of omega 6/omega 3 fat is 3:1.

Nuts and seeds have good nutrition in them, but leave their serving sizes close to about a handful and call it enough. That way you won’t get too many omega 6 fats.
You Must Eat to Win

If you’re not up on fats, than you’re in for trouble. Slowly, you end up with immune dysfunction, awfully dry skin, lessened brain functions since your brain is made up of mostly fat (Yes, you’re a fat head without even knowing it.), ADHD and a host of other health issues mentioned above. Lack of essential fats can make you susceptible to most degenerative diseases without even talking about obesity.

So whenever you see any hint of hydrogenated or trans fat listed on a food label, ask yourself this: Is the taste worth succumbing to infections, having no ability to control when you say stupid things, and scratching your skin til it's raw when no moisturizer will help? Make a decision now!

So there you have it – what to know about fat. End of the story.

So what are some of your favorite healthy fat sources? Any cool cooking tips to share using some of the fats mentioned?

Live limitless,

Justin
Paleo & why no grains, dairy, and legumes
Paleo & Why No Grains, Dairy, And Legumes

A Paleo eating approach considers the fact that food can make you healthy and food can make you sick.

Surprisingly, other diets really don't even consider this and arbitrarily decide what you should and shouldn't eat.

Not so with a Paleo approach. This diet goes back in time to sneak peeks at what the early ancestors of man were eating and then get modern-day man to eat the same thing. If you eat what man is supposed to eat, then you should be able to decrease your health issues.

Your early ancestors ate a diet fit for hunters and gatherers. That's because they were hunters and gatherers. No one prepared food for them and sent it down from the sky, even though there were plenty of gods they worshipped.

They hunted for meats and they gathered berries, fruits, nuts, seeds, tubers, and other vegetables they found. They ate what was provided for them in nature and they didn't complain. They were grateful for what they had.

What are the Results of a Paleo Diet?

A Paleo Diet is a moderate protein, high fat, and lower carbohydrate diet. However, based on your needs and goals this can be tweaked. What this diet means to you is:

- Less abdominal fat
- More energy and productivity during the day
- No sugar cravings
- Fewer mood swings
- Reduction in the compounds in the body that are tied to inflammation
- Less risk of developing heart disease
- Less food reactions and food intolerances causing bloating, headaches, skin rashes, and fatigue.
- Reduction in total body fat with a higher percentage of muscle mass
- Maintenance of body weight more easily without weight fluctuations
- Less consumption of genetically engineered foods that cause immune dysfunction later in life
- Reduction in hunger during the day
- Reduced risk of developing leaky gut syndrome
- Elimination of insulin resistance, decreasing chance of developing diabetes
- Better nutritional status on less food
- Less gas in the GI tract
- More vitality and better health into your old age

The fact is that when scientists visited other cultures to examine the effect of diet on health, no matter where they went in the world, everybody on a Paleo Diet did well.

But once people supposedly got smarter and more innovative, troubles started. The greater the technological advances in society (including agricultural and food), the less healthy the people became.

Now with that said I want to be very clear. You can be healthy, happy, and feel great using any eating approach. The key is to find what works for you and run with it and screw what everyone else says...including me. I’m Paleo biased because I have found that it works unbelievably well for the majority of folks.

**Grains are Very Problematic in Your Diet**

Possibly the biggest problem with grains is that our ancestors didn't eat them like we eat them. Health experts tell us grains should make up a large part of our diet, with some experts touting 7 to 9 servings a day!

If you really look at the modern diet now, you'd see that cattle are being fed grains, too – even though a cow would never be found in a cornfield chomping on an ear of corn. They can't digest it and it causes problems with indigestion for them in the same way it does for you and me.
This dependence on grains in the culture never happened until farming grains became big business. Similar to the cow, maybe your body can and will tolerate grains for a while, but how long will it be before you give them up because your health has degenerated to such a poor state?

Grains and grain intolerance are now tied to over a hundred different diseases including celiac disease, endometriosis, infertility, heart disease, joint pains, arthritis, mental disorders, skin conditions, and other health issues such as headaches, migraines, and more.

Grains are high in lectin proteins, which inhibit the ability of your GI tract to repair itself.

Phytates - What They Are and How They Work Against You
There’s something else you should know about grains.

It turns out that by not including any meat in your diet, your mineral status is far worse than those who eat meats. Yep, surely you have heard that vegetarians are healthier than meat eaters, right?

Well, wrong. Especially when they’re splurging on grains and eating processed foods for filler, the whole time destroying their zinc status because of the excess phytates in the grains. Phytates bind up minerals in food so minerals, such as zinc, are unavailable for your body to use. If food is interfering with absorption of minerals in your body, that is a clear negative.

Besides that, grains really aren’t that high in vitamins and minerals. In fact, the nutrients obtained from grains can also be found in meats. Animals eat many more plants than humans and the nutrients in the plants the animals eat become a way of storing the nutrients for you. It’s a safer way to get your nutrients.

A high grain vegetarian diet is one that fills the body with inflammation, makes it go awry with insulin reactions because there’s no protein to temper the high carbs, and taxes the adrenals.

What about the Glycemic Index and the Grains?
Just because food has fiber – like a whole grain – doesn't mean it is healthier. Foods are rated for their blood sugar reaction. Healthy whole grain breads can cause blood sugar reactions, even though they are a good source of fiber.

Yep, it is no wonder why people who change their diet to add the healthy grains for more fiber are falling asleep at their desk at work right along with those who are eating Pop-tarts and sugary, boxed cereals. Both contribute to high blood sugar followed by high insulin levels.

**How the Glycemic Index is Tied to the Insulin Response**

When you eat a high glycemic index food, you end up with an \[ t \] Your body kicks out a higher amount of insulin just so that your blood sugar level will come down. This can contribute to diabetes down the road years later.

In the meantime, your moods aren't stable, you're hungrier than all heck, and all you can think about is food. You can't concentrate on your work or the task at hand.

Thus, by eliminating grains from a diet, like you do when going Paleo, you eliminate most of these problems more often than not.

**The Evil Lectins Appeared in Grains**

These aren't all the problems that resulted from “healthier” grains. Researchers started showing everyone that the plant structure of grains included a part on them called lectin proteins. These lectins include gluten, but there are other lectins in food. What lectins do is cause inflammation in the digestive tract.

They're also thought to be linked to cell death by contributing to **leaky gut syndrome**. Once you have leaky gut, you get everything you ate flowing out through the small holes in the digestive tract into your blood circulation.
where they get deposited in different organs and cause health issues.

And that's a big problem because simply put, they aren't supposed to be there. In the second place, your immune system treats these food particles as something to attack and destroy and you end up with an autoimmune disease if it continues.

Grains Linked to Inflammation and Over-acidity

There's another possible problem with grains. If you eat a lot of these acidic foods, you'll have an acidic reaction in the body, which means more inflammation, body aches and pains, and fatigue. The antidote is more green vegetables, found in copious amounts on the Paleo Diet.

Remember, any food that causes an inflammatory response in the GI tract is a culprit in leaky gut syndrome, allergies, and autoimmune disorders.

Why the Paleo Diet Doesn't Include Dairy

Like grains, dairy products can cause an inflammatory response in people. And that's why they aren't on the list of foods to eat on a Paleo diet.

You see, the Paleo diet is all about foods that are NOT going to raise insulin levels, foods that won't acidify the body, and foods that will NOT cause an inflammatory response in the body.

Since dairy products do all three of these things, they aren't suitable for you. Besides the inflammatory response, a big percentage of people in the world are lactose intolerant while others are allergic to the milk proteins casein or lactalbumin. Casein in milk varies depending on the cow. The casein in the milk of Friesians and Holstein cows is called an A1 beta-casein, which can be metabolized to produce a chemical that is linked to digestive problems, pains in the joints, and possibly leaky gut syndrome. The casein in the milk of Jersey and Gurnsey cows is called an A2 beta casein protein, which doesn't have this same problem.
Allergy reactions from dairy are associated with inflammation, and it takes four days to clear the system of any food-related allergy reaction.

Dairy is still a perfect food for babies, and contains protein, fat, and carbohydrate in good proportions. However, it does still cause an insulin reaction even though it does not raise blood sugar much. It's a low glycemic index food but can have some pretty bad consequences for diabetics.

Milk may very well be a good food for humans if it wasn't tampered with. The dairy industry has taken whole milk and decided to strip it of its fat, but that fat may be what keeps us healthy. In fact, some researchers are saying that whole milk protects against cancer of the colon and rectum. Skim milk and low-fat milk consumption are tied to prostate cancer. (1)

The industry also pasteurizes it, which is the equivalency of calling it a processed food.

Most cultures that drank milk products fermented it to kefir or yogurt, which provide the gut with helpful and healing bacteria. This cuts down on the amount of lactose in the milk so many can handle it. Dairy from goats is an option that some consider being better for humans than milk from cows. The reasons are that goat dairy:

- Has more fat
- Contains less casein and lactose
- Causes fewer issues with digestion
- Appears to be more similar to human breast milk in nutrition and structure

Nevertheless, dairy is dairy. On a Paleo Diet, you eliminate the chance that you'll get inflammation, allergies, and other problems from dairy.
What about Legumes?

Why aren't legumes included in a Paleo Diet?
To answer this question, you should first know what legumes are. The term "legumes" refers to a whole group of foods that include different kinds of beans, including soybeans, lentils, and peas. Then there's the little lone garbanzo bean – also a legume – and peanuts.

Nutritionists have told you for years that these foods are high in nutrients and a good protein source. However, that's a little questionable now that the data is in.

These foods are high in carbohydrates and low in protein, comparatively. This means that if you're expecting to use them in your diet as a protein source, you better figure out what exactly you're going to do about the insulin reaction from all that carbohydrate. In fact, many legumes contain 2 to 3 times as much carbohydrate as protein.

On another note, legumes contain phytates that bind up minerals in food so the minerals are unavailable for your body to use. They also can cause bloating and gas, as the carbohydrates in them are digested pretty easily by gut bacteria but not your own body. With all this bloating and gas, there's inflammation – and another reason you want to eliminate legumes from your diet.

Soybeans are actually another very questionable food. In the last decade, some scientists came out from behind their white lab coats and told people via the media that soy accelerates brain damage and degeneration and may also be associated with immunity problems.

You'll find experts out there who swear by soybeans while others are vehemently opposed to it. Still others say soy is okay only if it's fermented. On a Paleo diet, you don't have to make up your mind about soy. You simply won't be eating it.
And as for the peanut, well, the facts tie in these good-tasting nuts to the lectin protein and inflammation connection. Peanut lectins are tied to inflammation in your gut.

**Final Verdict on Grains, Legumes, and Dairy**

So is the human body really meant to eat these grains, legumes, and dairy? Scientists as well as Paleo enthusiasts say NO. Stay away from them and you'll improve your health and do it drastically.

But again, put in the work and search for yourself. Using the Paleo approach to eating is an excellent way to reset your system and essentially start from scratch. Slowly add in problematic foods like those mentioned above to discover what works and doesn't for you.

My personal biases lie in a Paleo approach but that doesn't mean it is the correct approach for everyone. Best of luck to you in your search for optimal health and well being.

Live limitless,

Justin
Truth Bomb: What is grass-fed, free range, organic, & all that jazz?
Truth Bomb: What is grass-fed, free range, organic, & all that jazz?

We live in a world of double speak.

Politicians say one thing and mean another. Companies use deceptive marketing to hide the truth and emphasize the good points about their products. And even friends or family members could keep secrets hidden for years and years, devastating you emotionally when they’re found out.

One area you can stop the deception in is that of food. Right now you can learn the real meaning of grass-fed, free range, organic and other terminology that frankly is quite confusing at the grocery store. And you can find out the bottom line on some other food issues while you’re at it.

You will be able to read the word "natural" and determine for yourself if it’s really natural. You can read the word "grass-fed" and know whether the term is used to get you to buy, or the animal was truly grass-fed in a way that is conducive to your health.

Long story short – Let’s dive in!

What is Natural and What Isn’t?

First, don’t be swayed when you read the word "natural" on packaging. In fact, when you read it, think to yourself, "Hmm. I wonder how natural it really is?"

Natural could mean the intention of the food company. For example, they started out with real apples from an apple tree and therefore, whatever happened in between the apples and the packaging doesn’t count. In their minds, their product is natural.

However, "natural" is a term sanctified by the USDA to mean one thing. It means no artificial ingredients or artificial colors were added to meat and poultry.
But think in-depth here. Does that mean that a cloned animal could be natural? According to the USDA, yes. And do you really want to be eating cloned animals?

"Natural" can also mean minimally processed.

"Naturally-raised" is a term used by the USDA that refers to no unnecessary antibiotics and no hormones added to a cow’s diet. But watch out, it doesn’t refer to how the animal is treated.

**Organic Has Many Facets**

Defining the "organic" labeling term brings you a brand new understanding of what really is going on in farming and at food companies.

Did you know that often synthetic fertilizers are used, pesticides, and even sewage sludge can be used in fertilizing?

**Organic means no synthetic fertilizers, no pesticides, and no sewage sludge.**

But "organic" also goes beyond this meaning. It includes the following:

- No antibiotics given to the animals unless they are sick
- No hormones given to the animals
- No genetically modified organisms used
- No irradiation used in processing
- Animals are given organic feed, that is, 100% organic feed
- During processing, there has been no contamination of the food
- All farming or food processing plants keep detailed records of what is happening and when

**Organic does not mean grass-fed**

There’s an independent agency of the USDA who certifies food as "Organic." In fact, there are different levels of organic. It’s not just black and white:
• 95 to 100% organic – means 95-100% of the product ingredients are organic. You can still include up to 5% non-organic ingredients to call something organic.

• 79 to 95% organic – means up to 30% of the ingredients are non-organic, yet these companies can still use the term in their marketing.

• Less than 70% organic – This one is the most mind-boggling of all. A company can use more than 30% non-organic ingredients and as long as they list on the label what foods are not organic, they can get away with it.

Fascinating, huh!

Free Range is Not Born to Roam

This term makes you think the chickens and other poultry are happily running around on the farm, going wherever they want to go when they want to go there. Not so!

There are no guidelines on how many minutes the birds can be outside or how big the space is where they are running around.

Thus, free-range means the bird has access to outside, period. By the way, free range usually means access to outdoors 51% of the time. That reminds me of a great Anchorman quote:

Sixty percent of the time, it works every time.

Grass-Fed, but is it better?

When cattle eat grass, they could be eating the grass like your front lawn, but also bamboo or other types of grasses found around marshes, or the kind that grows tall along the side of the road. They also could be eating leaves of other plants that may be considered common weeds or even bushes and alfalfa.
After a year out in the grass fields, cows may move into the feedlots to "beef up" and gain weight for the next three to four months. Cows then are able to eat hay or cereal grain crops before they are finished and still the farmers could still legally use the term "grass-fed." Some farmers give their cows added vegetables, for example, remaining pumpkins after Halloween to add nutrients to their diet such as beta-carotene.

As you see, during the entire life of the animal, the cow is storing up nutrients in its muscles for you to eat. The better the soil is where the plants are that the cow is eating, the greater the amount of nutrients getting packed into the flesh of the animal.

Grass-fed beef is higher in these nutrients: beta-carotene, vitamin K, vitamin E, calcium, magnesium, selenium, and the B vitamins. Grass-fed beef also has more omega 3 fats than commercially raised farmed cows. It tastes better, and all the famous chefs prefer using it instead of commercially available meat. However, grass-fed beef also needs more marinating because it can be tougher.

**Pasture-Raised – Another Shocker**

When you hear some brands of chicken or turkeys are pasture-raised, you may immediately think of memories from youth where these birds may have been allowed to run wild and free in a wide-open pasture. That’s what you want, right?

Well, that’s not what the farmer’s think when they say their birds are pasture-raised. They like to keep them in pens where they can access them if needed and then every 2 to 3 days, allow the birds to gobble down some fresh grass.

A pasture-fed cow isn’t only eating what’s growing in the pasture. The cow is allowed to eat out of the feed bins that could contain **grain**. The question for you to ask is if the animal ate ONLY pasture.
Do Hormone-free or No Added Hormones Really Matter?

Early man who farmed and ate beef always ate the bulls (males) of the herd, leaving the cows (females) to reproduce to increase the size of the herd.

The bulls have the highest level of testosterone (hormones). However, commercial farmers use neutered bulls which are called steer, and steer have a lot less testosterone (hormones) in their meat than bulls. What’s interesting is that even when steer are given hormones, their hormone levels don’t come near those of un-neutered bulls.

What does this mean? You don’t have to be frightened of hormones causing your harm. Meat with added hormones doesn’t increase the rates of degenerative diseases or cancer. If so, our ancestors, who ate a substantial amount of meat from bulls (containing several times more hormones than our meat today), would have experienced these types of diseases. But they didn’t.

So, when it comes to meat (beef), you don’t have to worry about added hormones.

Poultry and pork are a bit different. It’s illegal to give either of these animals’ hormones. So, this means that the labels “no hormones added” or “no added hormones” are simply telling you the obvious.

The bottom-line is that the labels hormone-free or no added hormones are nothing special. The hormones added to beef are harmless, while it’s illegal to give pork or poultry hormones. Don’t pay extra for foods with labels indicating no hormones.

Certified

Always make sure this term is on your meat packages; that’s what the government says. They want to be able to trace it. For example, let’s say...
that meat is contaminated with E. coli. As long as it is certified, the USDA inspected it and can track down the source of the E. coli. By the way, when the meat is inspected, it is also graded. This allows you the luxury of knowing if the meat is one of the best, high grades of meat or if it belongs in hamburger.

Vegetarian-fed

This means that animals and their byproducts weren't used in the animal feed. It's a way to get vegetarians to pay more. There aren't any added benefits to a label of vegetarian-fed except that a consumer can rest at night knowing they did not contribute to any killing of animals or using any animal byproducts.

Cage-free

This means the animal wasn't in a cage, but wasn't necessarily outdoors. Most people want cage-free to mean the poor chickens aren't de-beaked for reasons of anti-cruelty but that is not reality. No one checks whether or not this claim of "cage-free" is true.

Heritage

This term is reserved for cattle, pigs, chickens, and turkeys that are close to the original genetic stock of the foods the Pilgrims ate. In other words, these varieties go back to the time before the food industry started tampering with the meats to make more profits. Heritage meats are generally thought to be higher in omega 3 fats, and more nutritious.

For example, the "Barbie doll" turkeys and chickens we eat now have far different genes from the ones that Pilgrims ate. Ours now have big breasts and often the chickens and turkeys find it difficult to move because of these big breasts. They have been genetically bred to get more meat out of them.

Heritage turkeys and other poultry, on the other hand, taste gamier and are shaped differently. They don't have big breasts. However, they generally taste better and chefs love using them on their fancy menus for holidays.
because their patrons rave about the taste. The birds last longer in the refrigerator and they don't dry out like Barbie doll poultry.

**Wild Game**

When you read on a label or menu that food is wild game, you immediately think of a hunter out there with his gun and traps catching food to bring home to the family, don't you? Well, maybe that's how it was in the old days, but not now. Wild game on a label or menu means it was raised on a wild game farm. These varieties of birds don't taste as gamey as true wild game you'll find out roaming the countryside. And if the menu says venison or elk, you can pretty much expect the same thing.

**Healthy**

Okay, here we go with another government fiasco of terminology. Fat is bad, right? Sure, according to the label gods. If food is high in fat, it's not healthy for you! If the food is high in saturated fat, it's not healthy for you. That only means one thing – a food could be labeled healthy and loaded with polyunsaturated, free radical producing fats that cause cancer (1)

Healthy also means the food must contain at least 10 percent of certain nutrients – calcium, vitamin A, iron, vitamin C, fiber, or protein. Excuse me, what happened to selenium, vitamin E, vitamin D, the B vitamins, molybdenum, boron, iodine, magnesium, manganese, copper, and zinc?

In short, the term "healthy" on a label is just another gimmick so that we feel better about what we are buying.

**Good Source**

This label is pretty ridiculous really. The definition of food that is a good source of riboflavin for example, is food that only contains 10 to 19 percent of the daily estimated value. Let's see, so if you're supposed to get 1500 mg
Calcium per day and a cup of yogurt provides you with 230 mg calcium or 15 percent of what you need for a day, it’s a good thing, according to the powers that be.

What’s good about that? You still need 85% more for the rest of the day! You’ll have to make up your mind on this labeling. In the meantime, look at the percentages, please. Go for the foods that at least contain 25 or 30% of the estimated daily value of nutrients you need.

**Fresh**

Fresh pretty much means right out of the fields. It can’t be frozen. It can’t be cooked or heated. But get this – it can be irradiated! Well, the last time the research came out on irradiation, the process killed the living enzymes in the food. Aren’t enzymes something that we need for health?

**Fat or Calorie Free**

Fat-free means less than 0.5 grams fat in a serving. Calorie-free doesn’t mean zero calories. It means less than 5 calories.

**Fair Trade**

Fair trade means that the migrant workers who helped bring the food to market weren’t overworked for pennies. They were given a fair wage and had working conditions that weren’t horrible.

**Buying Guide for Fruits and Veggies**

When you’re purchasing fruits and vegetables, go for the gold standard and stay with the top foods lowest in pesticides. Here’s a list:
Fruits and Vegetables Low in Pesticides:

- Onions
- Corn
- Pineapple
- Avocado
- Cabbage
- Sweet peas
- Asparagus
- Mangoes
- Eggplant
- Kiwi
- Cantaloupe
- Sweet potatoes
- Grapefruit
- Watermelon
- Mushrooms

On the other hand, here's the list of 15 fruits and vegetables highest in pesticides. This means when you purchase them, try your best to get the organic version.

- Apples
- Celery
- Sweet Bell Peppers
- Peaches
- Strawberries
- Nectarines, imported
- Grapes
- Spinach
- Lettuce
- Cucumbers
- Blueberries
- Potatoes
- Green beans
- Kale
- Greens
Keeping your pesticide residue levels low allows your body to detoxify itself and cuts down the risk of cancer.

What can you do?

A great solution is to shop local and in season as often as possible. A good rule of thumb is to stop by your local farmers markets on a weekly basis to get most of your shopping done. This way you get to speak directly with farmers about how they treat their animals, produce, and soil. I did a previous post on how to dominate your farmer’s market experience. Make sure to check it out.

This pretty much sums up the terminology you need to survive the double speak of the food industry.

That’s a lot of info to digest. Please let me know if you need any clarification on anything.

Live limitless,

Justin
How to get the most out of your Farmers Market
How to get the most out of your Farmers Market

One of my favorites things to do is grocery shop. I know it sounds weird but I love it! Whole Foods, Trader Joe’s, and Sprouts across the nation know me by first name. I’m pretty sure a few of them have my picture hanging on their wall of champions. I spend more money and time there than probably anywhere else. When I have downtime, I often make up excuses just to go.

"Ooops, out of garlic cloves.... better go get some." A couple of hours later I arrive home four bags deep, dark chocolate on my mouth, and a lighter bank account. The only problem I have with grocery stores is that they are inside. If I had it my way they’d be like a few football stadiums and include retractable roofs.

I don’t know about you but being inside cooped up drives me KA- RAAAAAZY! Give me some sunshine, fresh air, and a place to walk around and I am one happy dude. So my love for the grocery store is a double-edged sword. On one hand so much pleasure, yet on the other so much pain.

Ok, maybe I am exaggerating a bit but none-the-less it’s an issue for me. Luckily there is a solution.

The Farmers Market!

Tons of high quality food, cool people, it’s outside, and most have more than just food as well. But if you’ve never been to the Farmers Market or do not frequent them very often it can sometimes be a bit confusing. Some of the food looks different, tastes different; prices vary, amongst some other things. I wanted to put together a how-to dominate the Farmers Market so the following guide is my best attempt.

A little history

Don’t you roll your eyes at me! Not to worry, I’ll make this brief. I’m sure most of you have been out of school for some time now and don’t really want a history lesson :D
Farmers markets have been around for a pretty long time now. Old school farmers use to head in to town and trade any excess crops they had on hand for other merchandise, money, labor, or skills.

Markets have evolved into what they are today as a means for local farmers to provide fresh meats, produce, and other goods to peeps like us. As the agricultural industry rapidly grows and becomes increasingly commercial farmers like these have a difficult time competing. Farmers markets give them an opportunity to generate business and to continue to distribute fresh, organic, and pesticide free fruits, veggies, and grass-fed meats.

In 2011 there were roughly 7,175 farmers markets in the United States. Up about 17% since the year before and up about 6,000 since 1994.

It's pretty cool to see that the demand for them is out there and the opportunity for the local farmer to succeed is still alive.

Some benefits to shopping here:

There are quite a few benefits to shopping at your local farmers market but I'll just touch on a few.

1. Produce is often picked ripe and sold that day. This allows for us to receive the freshest, best tasting, and most nutrient dense foods available.

2. You get a chance to meet the farmers and build relationships. You can chat them up about how their produce is grown, if they use any chemicals, when they pick their foods. You can also ask about what they feed their animals, how they are treated, and other methods of treatment and housing.

3. Pick up some tips by asking how best to store the foods you buy. Not only that, but ask about how to grow and care for your own. They usually have some excellent preparation tips and recipes as well.

4. The money you spend goes directly to the farmer you hand it to. There is no middleman. Old school purchasing at its best!
5. They emphasize the right foods. Farmers markets are biased towards vegetables. This is a good thing! We tend to under-eat them in the states and we know by following the healthy habits that vegetables should fill up most of our plates and be eaten with each meal.

6. They are most often organic and non-genetically modified.... I'm not sure I need to say more on that. But check out this resource to read more about Non-GMO foods.

7. Industrial farming favors monocultural farming -- where a single field is used to grow one crop. This leads to sapping the soil of key nutrients, thus, leaving it unpalatable and more susceptible to disease and pests. Farmers at the market do not do this.

How to dominate your Farmers Market experience
The farmers market is full of all kinds of goodness. If you go on a Sunday it can get pretty crowded and some of the items might be a little tough to get your hands on (plus the free samples might be all out... and that's what we're really there for right?). Here's what to expect and some steps you can take to make your farmers market experience a good one!

Show up early or late:
It's totally up to you but if you show up about 15- 30 minutes earlier most booths are already setup and ready to roll. Even if they are not this will give you your choice of the freshest veggies, fruits, meats, and nuts and seeds. Just like at the grocery store, most people are plucking around looking for the best items without any blemishes, soft spots, etc. If you get there early it will give you the opportunity to do the first plucking around. Popular fruits and veggies as well as meats and fish can go pretty quickly as well. Make sure you get YOURS by showing up a wee bit earlier then everyone else.

*Special tip: Bring your favorite farmer a cup of joe to start their day. It probably will put a smile on their face and you may get a free apple out of it :D
If you can’t get there early then show up late. Just before closing time most farmers are looking to get rid of any extra items and are willing to give up the goods for a discounted price or even for free. You might not get your pick of the pot but if money is an issue this is a good option as you might be able to save yourself a few clams.

**You might not be used to the price:** Some items might be priced differently than you are used to when frequenting a grocery store. This is most often due to the mass production the commercial farming can do and the longer shelf life that their foods have due to pesticides, chemicals, and other agents that extend the shelf life. Often foods are picked way before they are actually ripe so that when they are in-transit to a mainstream grocery giant they have time to ripen, thus keeping them fresher longer. A little more on why this is not the best later.

Local farmers also do not produce on a large-scale and are not subsidized to keep prices down. Keep this in mind while cruising around.

A large impact on the price of foods is the time of year. If you shop seasonally you can save yourself quite a bit of cash-o-la. When shopping seasonally it’s the old supply and demand model (oh no. not more school!). Seriously, when you are shopping this way you save money because farmers have an abundance of certain items due to the season and are looking to get rid of it. Thus, the price is a bit cheaper. The best resource I have found on seasonal grocery shopping is from sustainabletable.org. Click on this [seasonal shopping link](#). You will be able to look up which foods are freshest, most nutritious, and cost friendly by the region and state you live in. How cool is that!

Oh no, you can’t find what you are looking for: Don’t stress out about it.... seriously, don’t stress out. It will **elevate your cortisol**. Most Farmers Markets are going to be fairly small and have a limited selection. Your staples will most likely be covered; broccoli, spinach, apples, avocado, lettuces, celery, nuts and seed and a few other common items. If you go in looking for bok choy, star fruit, or ostrich meat you might be disappointed. Most markets have a limited protein supply as well. You can usually find some wild salmon, bison, and grass-fed beef but I’ve been to many that don’t carry any meat at all. If this is the case, just pick up those common items that you know you
will be using anyway and head to a traditional market later to finish up.

**Look for the ugly ducklings:** You might notice that some of the foods look different when you are shopping around. They may be a different color than you are used to, hold different shapes, feel different, smell different, are dirty looking, or have various imperfections. This is because most of the farmers use limited chemicals and pesticides on their foods as well as limited chemically altered soil. Local farmers typically only spray their foods when immediate danger is involved from food predators and the like.

Food also may appear dirty. This more often than not is because it was picked that very same day so that you have the freshest, highest nutrient dense, and best tasting vegetable, fruit, meat, or fish available to you. You may notice that foods you typically get at the grocery store taste different when purchased at the Farmer Market. This is precisely the reason. Fresher, untreated, and more nutrient dense. Food at a typical grocery store is harvested, grown, handled, processed, shelved, and more often than not has been sitting on that shelf for a while. It has also been treated or picked early so that it lasts longer on the shelf. All of these things affect the vitamins, taste, and appearance of the foods that you eat.

Also remember that in commercial farming food is grown for size and aesthetics while farmers market items are grown for taste.

**The protein there is the best:** If the market you frequent deals with fish, poultry, or beef consider yourself blessed. You’re getting some pretty awesome stuff! Most of these farmers are not adding crap to their animals’ diets in order to fatten them up or mess with their hormones. Commercial farming more often than not has an unlimited supply of animals, houses them in bacteria riddled living conditions, and emphasizes a high-speed of production in order to maximize profit. I’m sure you have all heard the saying you are what you eat. Well this rings true for these animals as well. If they are fed high omega-6 inflammatory foods that are processed and designed to fatten them up you are essentially eating this too.

Most protein found at the farmers market is grass-fed, free range, and organic. The animals are treated well, fed well, and properly handled so
that you get the highest quality sources full of omega-3 fatty acids that help alleviate the inflammation that can cause those autoimmune diseases like type 1 diabetes, arthritis, thyroiditis, and multiple sclerosis to name a few.

**Wash and chop and don’t buy too much:** Wash and chop those veggies right when you get home and don’t buy too much. For reasons mentioned earlier they won’t last as long as some of the stuff you buy at a traditional grocery store. A good idea is to go to the market with a plan in place. Maybe a few specific recipes you’ve been wanting to try. Pick up those items, get home, and start cooking fool!

**A few things you may not have thought of:**

A few buddies and myself are Farmers Market teases. We bounce from one to another flaunting our goods for the world to see. In doing so I have discovered a few cool tips and tricks that may come in handy for you down the road.

**What to bring with you:** Make sure to bring a notepad for any tips you get from farmers or other shoppers. Bring a re-useable bag, a LARGE one, cash (many take cards and checks now but cash is king). Lastly, think about bringing an ice chest if you plan on buying fish, poultry, meat, or even for fruits and veggies. Try and save any fish buying for right before you are ready to leave but even still, an ice chest in the car helps to keep everything that much fresher.

And dudes…. bring a jacket and an umbrella. I know an umbrella isn’t the most masculine thing but if it’s cold and/or raining you don’t want your lady friend getting wet or numb.

**Pay with quarters:** Seriously, you’re like a rock star if you bring quarters. Farmers usually run out of them pretty fast so if you can come up huge with some silver like that chances are you can get a little discount or some freebies.
Volunteer: Most farmers or the city holding the market are more than happy to take any volunteers. Helping out one of the farmers is likely to give you a pretty sweet opportunity to learn about the local farming process, how to grow your own, or even how to house free range chickens... awesome! More exercise: Ride your bike, run, or walk with some family and friends. Plus, you’ll be doing plenty of walking while you’re there.

Take it ALL in: Most markets now have live music, arts and crafts, clothes, and even games. They’re more of an awesome social event. Take advantage and have some fun. Get your shopping in but make sure to fully enjoy the experience... Beer Garden anyone! Just keep it legit ok!

Trade: Do you have a service, product, or business that you might be able to trade? The Farmers here are totally up for it. Exchange what you do for what they do and get a little grub.

If you are not sure about a Farmers Market near you take advantage of this cool resource. It will show one close by no matter where you are.

For those technically savvy here’s an APP that will let you know what foods are in season

What is your favorite item there (lemon almonds... just say’n)?

Live limitless,

Justin
11 reasons you’re not achieving your health and wellness goals.
11 reasons you’re not achieving your health and wellness goals.

Let me first start off by saying there are a hell of a lot more reasons than eleven why people don’t achieve their health and wellness goals. The following reasons are not excuses. We’ve already covered that together in a previous post. The following are more like mental hurdles or behaviors that many of us can’t seem to crack in order to achieve the outcome that we want in terms of our health.

Will this post blow you away?

Maybe. But probably not. I call it a Homer Simpson post. You know, one of those ones you read and hit yourself on the forehead and say, «DOH!»

However, when searching for something we tend to think what we are looking for will be hard to find. But most often that thing we are looking for is found in the most obvious place, right under our dang noses (i.e. glasses on top of the head, cellphone in-between the car seat and the middle arm rest)

If you’re looking for answers search the most obvious place first. In this case, that search begins with you.

**Reason 1: You’re doing everything you’re supposed to be doing except...**

You’re doing everything you are supposed to be doing to get into better shape. Eating right, exercising intensely 5-7 hours a week, sleeping and keeping stress low, mixing in some fun playtime.

But what the hell!

You’ve got nothing to show for your efforts. What gives?

It’s wonderful that you are educating yourself. Reading some of the best
nutrition blogs out there like Robb Wolf, Balanced Bites, and Mark’s Daily Apple. Learning how to workout by reading the best books, watching exercise descriptions, and taking a few classes here and there. But the truth is maybe going Paleo, being a vegetarian, or doing P90X is not what you need.

Just because those methods work for some does not mean they will work for you. Case in point, I used to compete in Crossfit and follow the programming religiously. Crossfit does an excellent job in building a fun environment to workout, teaches the basics and most important lifts, and provides enough intensity to establish results. Most of the workouts can be performed fairly quickly as well which worked perfectly with my schedule.

However, the 3 days on and 1 day rest template that it follows did not work well for me. It was too much training and not enough recovery time. I was often unable to recover, constantly sore, and my progress stalled. But I kept doing it because I thought that’s what worked.

Long story short, I still do a bit of Crossfit but I tailor it to my schedule and how my body is able to recover. I still mix in the workouts but I do so at a pace that I can handle. Instead of trying to keep up with the "Joneses" and their results I just try to keep up with the "Justin’s" and monitor my own progress.

Reason 2: You say you’re willing to do whatever it takes... but are you really?

This is something I hear pretty often. Especially when I meet with a new client. The first question I often ask them is how committed are you to changing your health and wellness habits? I have never gotten an answer except 100% committed.

I then ask them to do a homework assignment for me. It never changes and is always the same. I ask them to fill out a one week food log so that they can become aware of what they are eating, how much, and so that I can analyze habits and help them to build new ones.
Sometimes it's done perfectly... other times the log is never done or it was done the day before it was due and often missing many items.

In order to achieve results you have to know what you are doing. What are you eating, when are you going to exercise and what will the routine be? What time is bedtime so that you are getting adequate rest?

Are you willing to make your health a priority? Are you willing to keep a food log? Take time to prepare meals in advance? Schedule workout appointments with yourself and not break them?

Yes, Some of these things suck! But are you willing to do them until you have built habits that lead to long-term success?

**Reason 3:** You get results; hit a plateau, get frustrated, and give-up

If you are new to the fitness game and have not been regularly active you'll probably see some pretty rapid changes immediately through minor tweaks to your nutrition or simply adding in a little daily exercise. But sooner or later progress will slow a bit and you may hit a brief wall.

This is when you need to change it up. Take a look at what you were doing and find what really worked for you. Were you doing P90X, eating Paleo, and getting tremendous results? But progress has slowed now and you’re looking to get back into the groove.

You come to find that Paleo was easy for you. Preparing meals ahead of time was easy, and eliminating grains, legumes, and dairy wasn’t too tough. However, P90X was the tough part. The workouts felt a little too long, you’re feeling a little burnt out, which led to you skipping some workouts here and there. In order to make it work for you on a more consistent basis try cutting the workouts a bit short so that you can fit them in more consistently on a daily basis. Or maybe ditch the P90X and give Crossfit a shot, or start putting together your own bodyweight routines together at home in order to fit your time constraints.
If you hit a plateau don’t give up. Look back at your previous plan, take what worked, and modify it a bit to fit your needs.

**Reason 4:** This one, no that one, maybe the first one, I don’t know which one

When we have too many choices one of two things happens. Either we take forever to decide or we never decide at all. How many times have you come back home from work, opened a fully stocked fridge with all kinds of choices, can’t decide what you want so you close it and open the pantry instead?

What do you know; the pantry is fully stocked too. Full of choices but you close it and open up the fridge. This goes on for the next few minutes before you say F-it and order a pizza. :)

Simplifying our choices and eliminating decisions makes achieving health goals that much easier. A good idea is to create a shopping list, like this one for the week. Plan all your meals in advance around this list because it is all you have. Have the meals waiting for you. Here is the meal plan that goes with the shopping list.

**Reason 5:** Figure out where you normally screw up and decide what to do about it NOW!

Are you one to skip a workout? Or do you slip up with your nutrition more? Maybe you’ve got those two things knuckled down but you don’t sleep enough and are exhausted all the time. Figure out where you usually screw things up and decide what you are going to do about it.

If you screw up in more ways than one pick the one that gives you the most trouble and solve that problem first. Are you eating well all week-long but always seem to screw up on the weekends when you go out with friends? Decide before the weekend comes what you will do about it. Since you already know you are going out, have a plan in place.
Decide what healthy options you are going to choose at the restaurant. Find out where you are going in advance and look up the nutrition facts. Decide that you are not going to have a few rum and cokes but instead one glass of wine. Offer to be the designated driver.

Have a plan in place before hand so that you don't have to think about it when the time comes.

**Reason 6: Your favorite game is the ‘Woe is me’ game**

Are you constantly rowing your boat down the "it's everybody else's fault but not mine river?"

**Here are a few examples of what I mean.**

"I eat really well but we have these family get togethers every weekend and all that's there is junk."

"I wanted to workout but my boss kept me late again."

"I try to eat right but my family doesn't and I don't want to make separate dinners."

Truth is you have a choice. If your health is a priority then at those family dinners you can bring your own prepared food or decline what is being served. If you are pressured or given a hard time then that is what is called a "them problem". You're trying to better yourself by being a healthier person. If people cannot respect that then that is on them. Pressure is not an excuse. You always have a choice as to what you will put in your mouth.

If you are constantly being asked to stay late then start working out in the mornings or eat at your desk so that you can use your lunch break to get in a bodyweight routine.

Hurdles will always be there. Plan in advance what you will do about it. Don’t play the victim.
Reason 7: You feel it has to happen now

When you decide what exercise, nutrition, or lifestyle strategies you want to try, ask yourself if you think this is something you can maintain for the next year. I would even go beyond that and think five years. If your weight loss plan includes not eating after 6PM seriously ask yourself if that is something you think you can realistically do for the next year or so.

If you are thinking about going Paleo, Vegan, **Intermittent fasting**, or getting into Insanity (the workout, not the mental state) ask yourself the same thing. Now that doesn’t mean you cannot change your mind after a few months and decide it’s not for you but if you think about it initially and you cannot imagine yourself doing it consistently as a long-term plan then scrap it.

This whole health and wellness thing is about developing healthy habits that you can sustain as a lifestyle. What you want to happen is for it to become so natural and comfortable for you that it almost seems like you don’t have to think about it to achieve results. Trust me, it sure beats flip-flopping from program to program every other week and deciding you are vegetarian one week and Paleo the next.

Reason 8: It’s a journey that never really has an ending

You might see results pretty quickly like Ami and Nick here. Ami lost 30 pounds in 3 months and Nick dramatically changed his body in six weeks. But to keep it up they have to see this is a long-term journey with no real ending in sight. They will constantly be tested and challenged in some way or another along the way.

But it does get easier. The longer you stay with it the easier and more natural it becomes.

It’s like a smoker that quits smoking. The chance they could revert to old ways will always be there with them but the longer they keep up the positive
habits that led to quitting the easier and easier it will be to never smoke again.

**Reason 9: Answer you own damn questions**

What excuses do you make?
No time? Working out isn’t fun? You get tired of the same food over and over again? Other people sabotage you?
Well answer your own damn questions!
How can you make more time for exercise? Can you get up a little earlier? Shorten workouts to fit your schedule? Cancel your gym membership and start working out at home?

Working out isn’t fun?? Well it’s up to you to make it fun. Play a sport, go kayaking, do things that keep you active that you enjoy. But also realize that every so often you have to do things that suck.

If you feel like you are getting tired of the same meal over and over again then it is up to you to learn to make some new stuff. Buy a cookbook. [Here is a good one](#) by my friend Marla and part of my web design team SpyrMedia. You may know her from a previous post about chili.... YUMMMMMM, chili :)

**Reason 10: It has more to do with more than one thing**

It’s not just exercise, it’s not just nutrition, it’s not just sleep, it’s not just stress, it’s not other people, it’s not the routine you’re following, it’s not your mindset.... I think you get the drift.

It’s a combination of everything. To get the best you out of you everything needs to be aligned. Not perfectly aligned but somewhat. It’s impossible to have everything going perfectly. If you do, please share it with me because I could use some help with that.
All of these things mentioned above work together. Try and get a handle on one thing at a time. Where are you struggling most and fix it. Then move on to the next chink in the armor. Before you know it everything will be aligned and you will really be cooking with gas.

**Reason 11: You have great goals but terrible behaviors**

I think this is a great way to wrap this post up. You may have great goals like to add 15 pounds of muscle, lose 30 pounds, or start your own business. But instead of focusing on those outcomes focus more on the **behaviors and feelings** of those outcomes.

**What will 15 pounds make you feel like? Stronger, more confident, etc...**

**Will starting your own business make you feel successful, accomplished, and proud?**

Then get into the behaviors that will take you there. What action do you need to make now in order to get you closer to feeling that way (remember, focus on how the goal makes you feel and not the goal itself)?

You can't control the outcome of the goal. For example the scale will tell you what it wants to tell you but you control the behaviors it takes to get you there.

Am I missing anything here? Anything you agree with or disagree with? Just need some clarification? Let me know.

Live limitless,

Justin
10 road blocks to bada**
nutrition and how to overcome them
10 road blocks to bada** nutrition and how to overcome them

We all face certain barriers in our life that are difficult to overcome. Some are quite small and some feel like the Great Wall of China.

But the fact remains that we have the ability to overcome them all if we just use our noodle and get creative enough.

You might be saying to yourself that you are not the creative type. That’s cool too dude, or dudette. Harness what other superpowers that you may have to overcome those barriers.

Not sure what superpowers you have? Take the strength test over at authentichappiness.com or pick up the book the strength finder and get at one of theirs.

So the following is a list of 10 obstacles that I am sure most of us face, and I know this man because I get emails about them :) There are of course, many more and if you’d like to address them, post to the comments or connect with me privately via email or mobile. This new thing the kids are using called Skype is kind of cool too.

Obstacle #1: I don’t know how to cook

So you’ve got as much skill in the kitchen as Shaq had at the free throw line (burn). No worries, I got you. Good news is if you know how to turn on a stove, open up packages (veggies, not crap) and have 5 minutes to spare you can cook. Nobody is asking you to be Bobby Flay here. Just throw some shit in a pan and cook it. Not literally of course, that would be gross but you get my drift.

Step 1: Turn on the stove and spray with Pam

Step 2: Add in protein (grass-fed, organic, free range)
Step 3: Add in 1-tablespoon oil

Step 4: Throw in some veggies, as much as your heart desires

Step 5: Pat yourself on the back. You have a solid meal.

Tip: Cook in bulk. Pick two days out of the week that are good for you and cook all of your meals. I do Sunday and Wednesday for the most part. This way you don’t have to fuss about it later in the week and now have more time for exercise, play, and activities that make you smile.

Obstacle #2: I’m not sure how much/what to eat?

How many calories, how much protein, how many carbohydrates, how much fat?

There’s a couple ways to go about this. One if you like numbers and two if you don’t.

1. I like numbers: If fat loss is your goal I recommend starting by taking your weight and multiplying it by 12. So if you weigh 150 pounds multiply by 12 and that gives you 1800 calories to play with. This is not an exact science but it gives you a great place to start. It will vary depending on activity level but you can always adjust up or down depending on the progress you are making. (See obstacle #3)

2. I hate numbers: Me too! Let’s go with the quality over quantity approach. I love this route because I am not obsessing about food and numbers all day long. I focus on eating the right things based upon my current goals.

See the attached food list.

Choose one item from each section in order to create meals. Stick to this list 90% of the time and you will do just fine and dandy!

For portions just eyeball.
Dudes: Protein about the size of one hand, veggies about 1-2 clenched fists and typically 1-3 teaspoons of oil, 1/2 avocado, or small handful of nuts. If fat loss is a goal have no more than 1-2 fruit servings; 1 apple, 1-cup berries, etc... **Grains suck! Skip’em**

Dudettes: Protein about the size of a palm, veggies about 1-2 clenched fists, and typically 1-3 teaspoons of oil, 1/4-1/2 avocado, or a small handful of nuts. Again, **Grains suck! Skip’em**

**Obstacle #3: You don’t celebrate success!**

I don’t know how many times I have worked with some folks online who have dropped 1, 2, and even 3% body fat in a month or have lost 4-5 pounds and are all down and out about it.

Buck up!

Even if you only drop a pound that month. Celebrate it! You lost 1 pound. That’s great! Weight is not only the only measure of success. Are you sleeping better, do you have more energy, does your skin look better?

Are you learning new exercises, **running your first 5K**, or getting stronger and lifting more weight? Able to beat your kids in a race? That’s called progress too!

Also, take measurements! Is your waist getting smaller? Are you trying to add some lean muscle and your arms are getting bigger? The scale isn’t much of a truth teller. Take some pictures. See how your body composition is changing.

Plus, when you are celebrating and jumping around you’re burning some calories....

**Obstacle #4: You change your approach as much as you change your underwear**
One week you’re low-carb, next week you’re bulking up, now you’re doing Paleo, now you’re Vegan. Pick one and stick with it!

Whatever your approach - get educated, learn as much as possible and give it 30 days before you decide if it works for you or not.

Jack Cannfield says it best

"99% is a bitch but 100% is a breeze."

Whichever approach you take just give it 100%. Do it for 30 days and evaluate after that. Since you just took measurements, pictures, are aware of how food makes you feel and weighed in you should have plenty of markers to use now :D

Obstacle #5: Other people, social settings, and cravings

BZZZZZZ.... If we were on Family Feud right now I would be buzzing you and saying "Sorry, wrong answer."

Guess what? The cool thing about cravings is that they don’t have arms and legs so the only way they are getting in your mouth is if you put them there. Got a sweet tooth? Try sugar-free Jell-O and a tablespoon of whipped cream. I know, it’s not "real food" but beats the hell out of a Milky Way. Need something salty? Add a little Himalayan salt to your next healthy meal. It won’t kill ya and should do wonders.

It goes with other people. They don’t decide what you eat, you do. Bring food with you when you go out so that you are prepared, check out the nutrition info at the restaurant you are all heading to and pick something healthy, skip the booze be the designated driver. Not only are you ditching the calories but also you’re being a good friend.

This may be weird for them but don’t make it weird for you. You’re trying to
improve yourself, live healthier, and dominate LIFE! Explain it to them. Tell them what your goals are, why you are doing it, and ask for their support.

Obstacle #6: Unrealistic goals
I am all for setting the bar high... I like to set it real high. **There’s less competition at the top because the majority are too afraid to go big.** However, be realistic. If you have been trying to lose weight for a few months with no success just take it one step at a time. Chances are you are not losing 20 pounds in a month or adding 20 pounds of muscle. Not to say you can’t but the odds are against you.

0.5-2 pounds of weight loss or gain are very doable per week. Some may destroy that and some may find even that to be difficult. But again, celebrate any success and find other ways to measure success outside of just the physical. Mental, spiritual, and emotional success can also be achieved though changes in your health and wellness.

Obstacle #7: Foods that should be healthy are not
Read labels! If it has one ingredient it gets a GOLD star, if it has two ingredients it’s OK, and if it has three we can WORK with it as long as you can pronounce all three. Anymore than that and we may have some issues.

I went to buy cashews the other day and could not get to Whole Foods to buy them in the raw so I went to the local market. I’m not sure what was in the can was cashews. All I saw on the label was a bunch of industrial seed oils that toxify my body, essentially poisoning me, and words I could not pronounce. All I wanted were some cashews!

Same goes for dried fruit. It should be fine but then a bunch of sugar, sulfur, and god knows what else is added to it.

Simple solution, avoid labels all together. Free-range, organic, and grass-fed meats. Fresh veggies, at the farmers market if you can, and same goes with fruit. Frozen veggies should be fine and same with fruit just make sure it has no added sugar.
Learn to make your own smoothies if that is something you dig. Here are a few recipes. Typically the ones you buy when you're out and about are loaded with sugar and other empty calories.

**Obstacle #8: Too many empty calories**

Alcohol, juice, and creamer/sugar to coffee and tea. It all adds up in the end. Stick to just water, unsweetened teas and coffee, and limit your boozing to no more than 1-3 drinks a week. A glass of red wine is not a bad idea. Opt for that as opposed to a giant margarita.

**Obstacle #9: You're too strict!**

Lighten up a bit! You don't have to be perfect all the time. If you can dominate your nutrition 80-90% of the time you are doing a pretty darn good job.

If you eat five times a day over the course of seven days that's thirty-five opportunities to eat really well. If you F-it up 10% of the time that's 3.5 meals. That's pretty damn good.

Don't stress out about it. Just get back in that saddle and roll again. No need to go into a food bender and get a case of the "I'll start again on Mondays."

Best approach is to schedule out those three "cheat meals." Just put it in your head that you are going to eat something off your plan on a certain day at a certain time. Other than those times.... FORGETABOUTIT! As you progress, try and limit those meals as often as possible so eventually you have ZIP!

**Obstacle #10: Analysis by paralysis**

There is so much info out there it can get overwhelming. Especially when it comes to nutrition. Don't get all wrapped up in it. Educate yourself by reading books, blogs, and talking with experts when it comes to the field of nutrition. Stick to a small group that you trust and then trial and error takes over.
When you try something stay with it for at least thirty days. Become aware of how a certain food makes you feel when you eat it and after as well. Keep a log in order to learn. In a few months you will have a detailed record of foods, habits, and practices that benefit you as well as some that don’t.

Now you’re the expert because you know yourself!

**So what other obstacles are there? I know there are more than these ten. Let’s hear ‘em yeah?**

Live limitless,

Justin
Stress, adrenals, cortisol, and why there’s junk in your trunk
Stress, adrenals, cortisol, and why there’s junk in your trunk

Stress has become a way of life; work, relationships, bills, the list goes on and on. Our bodies first developed stress as a response to danger; it was a way to protect us. Early humans used stress as a way to react to predators, it helped them survive. Today, it’s rare to be chased by a saber-tooth tiger, or have the war tribe from the next village attack you; but stress has become a very real, very unhealthy, and very dangerous part of our everyday life.

When your brain perceives a threat, it signals your adrenal glands to immediately release hormones to prepare your body to deal with the situation; typically, this is known as the “fight or flight” response. Depending on how you are wired, when stressed, you may run for your life or dig in and GET IT ON! the response is often innate and beyond your conscious control.

The adrenals are glands that are situated near the kidney. These glands produce adrenaline and cortisol, the two main stress hormones. According to the Mayo Clinic, adrenaline increases your heart rate and blood pressure and gives you an extra boost of energy.

Cortisol is the primary stress hormone. When the body feels stress, either physical or emotional, cortisol is secreted out of the adrenal glands and into the blood stream, again preparing the body to deal with a stressful encounter. The release of cortisol has a number of effects on your body, including:

- Increasing the glucose in the blood stream
- Increasing the amount of glucose available to the brain
- Providing more substance to the body in case repair is necessary

In addition to preparing the body for conflict, cortisol also slows a number of bodily functions not immediately required to address the conflict. These functions include: suppressing your reproductive, digestive, and immune systems; cortisol also slows the growth process and sends messages to the area of the brain controlling mood and fear.
Typically the reaction to stress is short term. Stemming from the prehistoric days, once danger had passed, the body returned to normal. However, today's stress is different; often it is not a quick response to a short term issue. For example, you rarely wake up and have to run away from immediate danger; and if you do, you have bigger issues than being stressed out! Today's stress is usually more passive and long lasting; resulting in serious health issues, including heart disease, mood disorders, pre-mature aging, depression and obesity.

Cortisol is a natural reaction to stress, your body doesn't determine the severity of the stress when reacting, and it just reacts. So, you can see that when we are experiencing prolonged stress, your body will continue to release cortisol to prepare to deal with the perceived situation. In all actuality, by releasing these hormones, your body is reacting in a way that it "thinks" will help you. However, constant exposure to stress and constantly releasing cortisol into your bloodstreams wrecks havoc on your body; this often includes gaining weight.

The excess glucose, due to cortisol, in your body causes the body to store fat. It has also been shown to cause the body to store "dangerous" fat; meaning the fat is often stored in areas like the abdomen, and is a common contributor to heart attack and stroke. So really, when you are experiencing prolonged stress, or what your body perceives as a constant threat, it is reacting how it should. However, the extended duration of today's stress causes the body to continually release cortisol, which not only increases glucose production, but also decreases the function of the digestive system. Since cortisol affects glucose production, it also increases insulin production, another hormone that promotes fat-storage in the body. Compounding the issue of weight gain, stress often causes an increase in appetite. So stress tells your body to release glucose, which over time causes weight gain, and it tells your brain to eat more food, again promoting weight gain.

Controlling your stress level is an important factor in controlling your weight and overall health. Meditation, deep breathing, and exercise are great ways to control and relieve stress; more severe cases of stress may require a doctor's visit and medication.
7 simple steps to de-stress now

1. **Meditate** You don't need to sit Indian style, close your eyes, and breathe deeply to enjoy the benefits of meditation. Although sitting alone in a cool darkened room can definitely help de-stress; it can also be very difficult to master at first. If you try this approach simply start by trying to sit quietly for 5 minutes with your eyes closed. Let your mind wander. Try this every day for a week. After the week is up add 5 more minutes to your meditation. Work your way up to 30-40 minutes. If this is too difficult at first try going on a walk and focusing on life around you.

2. **Pass on the coffee** Try tea instead. Coffee raises levels of the stress hormone cortisol. Switch over to a green tea, chamomile, or any other herbal tea with low levels of caffeine.

3. **Get a massage** Do I really need to explain how awesome this is? If you are weird about someone putting his or her hands on you try self-massage. Use a foam roller if needed.

4. **Music break** Put on some headphones and zone out for a bit. Try and do this while on a light walk. Music has an innate quality about it that really speaks to the soul. If you're up for it, go up on your roof and lay down. Try this at night while staring at the stars. Put on your Superman cape just in case you fall off.

5. **Show up early** If you are headed into work or have an appointment to get to try to show up 10 minutes early. This will allow you time to settle in before you have to get crack'n.

6. **Single task** For a week or so just get rid of your to do list. It probably looks more like a grocery list anyhow. Write down 1 important thing you want to get done for the day and just do that.
7. **Try something** new Go have some FUN! Try something you have never done before. Go on a date at a new restaurant. Just go have some frickin fun would ya!

CLICK HERE... unless you hate good music.

*Keep it loose; keep it tight –*

Amos Lee
Enlightenment... A guide on how to be awesome at working out
Enlightenment... A guide on how to be awesome at working out

So you are spending the majority of your time at the gym spinning your wheels like a poor little hamster. Walking on the treadmill for hours on end with no results to show for it. You’re afraid to pick up a dumbbell because you are not sure what to do with it. You’re scared to do a push-up because you don’t think you can do one. Maybe you are too shy to ask anyone for help. Hopefully this little guide helps you go into beast mode either at home or in the gym.

First Things First

Before you step foot in another gym or start running around your block at home I want you to establish a game plan. I’m super stoked that you want to get your sexy on but it is not going to do you any good to just try and wing it. Think about when you learned to drive stick shift. Chances are if you just got right in and gave it a go you sucked at it! So let’s map this out.

When can you workout/how much time do you have/how often: YO DOG, these are totally up to you. Think about your schedule now. When are the best days for you to workout? Try to plan for the days you know you don’t have commitments that might lead you to skip one. You might want to factor in if you are able to get a good night’s sleep the day before. Try and pick 4-6 days a week that are best for you.

NOW THINK about how much time you have to get that workout in. Do you have only 20-30 minutes? 45-60 minutes?

What are your goals: Are you interested in adding some muscle, loosing body fat, improving endurance, increasing strength, or just trying to be more active? This will get you thinking about what types of exercise you will need to include. I am going to assume that most people want to see body composition changes (about 80-90% of the population and my clients do). A
combination of strength training, cardiovascular interval work, and nutrition improvements should do the trick.

**Familiarize Yourself With The Basics**

I don’t want to see or hear about anyone using a machine to workout, OK? Your training program should be designed to mimic everyday life movement patterns, feature full range of motion, utilize small stabilizing muscles, and promote balance and coordination. It is a common assumption that machines are better for beginners because they are safer.

MYTH! I say, MYTH!

By utilizing your body’s own natural movement patterns whether it is with weights or your own body weight you are promoting strength not only in major muscle groups but those small underlying muscles, tendons, ligaments, and bones. You are actually improving your body’s ability to prevent injuries. Who knew right!

**Here are the basics:**

- Lunges
- Squats Deadlift
- Push (horizontal) think bench press, #2 Push (vertical) think over your head, #2 Pull (horizontal) think rowing
- Pull (vertical) think pull-ups
- Hip/waist bending Jumping Running/walking

All of these movement patterns can be performed with dumbbells, barbells, or phone with you to the gym and watch them while you are there if you are still unsure of the proper form. Don’t be a sissy la-la. Just go for it! You can do it.

Focus On The Most Bang For Your Buck: I understand guys that having big arms is awesome and ladies I know that you think running for days and never touching a weight makes you “not bulky.” But seriously, if you want to lose body fat at an alarming rate please, please, please focus on lifting
challenging weights that place emphasis on large muscle groups. Run fast for short periods of time. Build your workouts around movements that hit your largest muscle groups and thus burn the most calories.

- Front and back squats
- Walking lunges (body weight or dumbbells)
- Push-ups Pull-ups
- Chin-ups (palms facing you)
- Dips
- Deadlifts
- Overhead presses
- Bench Rowing
- Sprinting (see the right kind of cardio article)

Build your routine around these movements and you will be just fine.

**Challenge Yourself…Don’t let kryptonite kick your butt**

You’re working out for Pete’s sake! Keyword WORK. It should be challenging and difficult. You should feel good when you are done but you should be glad that you’re done as well. Whatever repetition range you decide to work in (6-8, 8-10, 12-15, etc...mix it up) make sure that the last 2-3 reps are extremely difficult. You don’t need to go until you fail but a good rule of thumb is stop when you think you can only do 1 more. You should feel that burn and in your head you should be thinking that on a scale of 1-10 (10 being most difficult) this feels like an 8 or a 9.

Try and keep your rest short. If you are walking around the gym or your house with a phone on you, or talking to people about the latest episode of the "Biggest Loser" you are probably bullshitting. Depending on your goals, rest should be anywhere from 10 seconds-4 minutes between exercises. For most people looking for body composition changes keeping the rest around 30-60 seconds is ideal. Combine multiple exercises in a row so that you are keeping up the intensity.
Educate yourself: Maybe you don’t like the advice or the videos that I am providing or maybe you just want some clarification on some things. Go out there and do your homework. Find the best and most knowledgeable people out there that you TRUST and ask them questions or ask them to show you something. Most people are more than willing to help. Don’t be afraid to ask. Research exercise technique, nutrition advice, read the shit on this blog (I’m biased but we’ve got good shit here). Check out the resources and links I have provided. I think we are pretty smart here but there are dudes and dudettes out there that know way more.

Focus on form: I see way too much half way bench pressing. You know, the dude that only brings the bar down a few inches and is not even close to the chest. Use a full range of motion. Let those joints do some work. They will thank you for it later for the extra strength you are giving them. This will also keep you injury free.

Drink Hot Cocoa and Become a Yogi: Ok, don’t actually drink hot cocoa but make sure your body is warmed up before you get started. A nice 5-10 minute jog, jump rope, or row will do the trick along with some movement patterns that mimic what you will be doing for the day. For example, if you are performing dumbbell walking lunges, push-ups, and pull-ups. You may want to perform a warm-up that features those exercises a bit. You can either do them with less weight and slowly add it until you are close to the weight you plan on starting with or you can just perform a few less repetitions than you plan on doing for a few sets. This wakes up your nervous system and basically yells at your body, "HEY MAN! Wake the heck up! We are about to do something here!"

There is no real need to stretch before you workout. Your warm up will do just a fine and dandy job of loosening everything up and preparing you to get a workout in. Stretching post workout however, is important. All of those muscles that you just broke down will be tight and ready to recover. Stretching will help loosen them back up and get you ready for the recovery process. Spending a good 20-30 seconds with each stretch and performing 3-4 sets of each stretch should do the trick.
Don’t Go Overboard: A lot of people tend to jump ALL IN and get too aggressive with their workouts. They’ve been sitting on the couch for the last year and decide in order to get in shape they need to run a 5K, squat a house, and bench press a tree. Relax, ease into it. Challenge yourself but know your limits.

Enjoy it: Make your workouts an enjoyable experience. Do activities that you like, if you hate the gym, workout at home or in the park. If you like having a partner, grab a friend and challenge each other (don’t just sit and gossip). If you hate what you are doing chances are you will not stick with it.

Lastly... And Some Tips: I apologize for getting a little carried away with this post and going all Bill Shakespeare on you here. Just want to finish it up with some solid tips.

Try and shoot for 3-6 workouts a week: Alternating full body routines with sprint/interval sessions is a great way.

Focus on your diet: more than exercise, nutrition is vital. You may have just burned 500 calories killing yourself with a crazy workout. Does not make much sense to put it right back in with some cheesecake.... Yummmmm, cheesecake.

Go for 30-60 minutes tops: anything longer and you will experience diminishing returns. Plus, you are probably bullshitting if it takes you any longer.

Hydrate: make sure you have taken in enough water over the course of the day or if you workout in the morning grab a cup. Dehydration can severely limit your strength, make you grumpy, and cause fatigue.

Move Slow: or the weight at least. Keep your muscles under tension for a decent amount of time. When you lower a weight try counting 3-4 seconds in your head.
Mix it up: don’t do the same routine for too long. A good rule of thumb is 3-4 weeks before switching it up. Sooner if you’d like. Your body is smart. It will get used to it. So is your brain. It will get bored.

Sweat: leave the gym, your house, or the park sweating. People should almost have to ask you if you are ok. Or they just won’t come near you because you stink.

Now go get fi

PS: Any confusion. Just contact me... it’s FREE
Live Limitless,

Justin
Definitive guide reps, sets, rest, and tempo, oh my!
I was finishing up a hockey game last night and a good buddy of mine came up to me with a few fitness questions. He had been working out the past 3 weeks after much time away from the gym and was seeing some decent results. However, he was being honest with me and said "J, I really have no idea what the f I'm doing." We got to talk a bit and as the conversation turned into a 2-hour talk about the fundamentals of working out it dawned on me that I must be an idiot. I’ve written about 30+ posts and not one of them has touched on reps, sets, rest, and temp in detail. Basically the fundamentals for understanding the proper way to train in order to meet your body composition and strength training goals. So I guess the following is my apology for being a dumb ass and not having this done earlier.

Reps
How many reps should I do? A question I hear all the time. It really depends on your goals. Are you looking to be able to move a house and just be strong as sh*%@? Do you prefer a balance between strength gains and muscle building? Are you looking to add as much muscle as possible with not as much emphasis on strength? Or are you looking to improve muscular endurance with limited strength and muscular gains? There really is no wrong answer here. Just personal preference. It should be noted that the number of repetitions is the variable in the fitness equation that is adapted to most quickly. So a rule of thumb is to vary this often. In order to ensure you are making continual progress towards transforming from Clark Kent to Superman frequent variation will be needed. Most will adapt to any given rep range after 5-7 workouts. So keep a journal handy to track your progress and pay special attention for when it's time to switch it up.

1-5 reps: is typical used for maximal strength gains. If you are looking to pick up Oak trees and throw them at someone I would highly suggest taking this approach. 1-5 reps is usually around 85% of your 1 rep maximum (1RM) in any given lift. So a good approach before starting any training routine may be to test yourself in a few of the basic movements in order to have some "NERD ALERT" data to work with. If you are a novice lifter I would not suggest training in this rep range until your form is on point ya dig?
**6-8 reps:** you’ll hear lots of 6-8 rep talk from the meatheads at your local globe gym. It is a pretty standard rep range for most fellas to follow because it elicits a pretty nice balance between strength and muscular gains. 6-8 reps usually falls at about 79-84% of your 1RM. So if you have not already, think about testing those 1RM’s. Just make sure you have proper form and a partner on standby. I would suggest dipping into this rep range if you are looking to throw half of that oak tree at someone as mentioned earlier while at the same time adding some beef to your noodles.

WOMEN, you will not get bulky working in this rep range. Please do not stay away from it like the plague. Mix it in every once in a while. The fact is that your body does not have enough natural testosterone to make you bulky from moving heavy weights. Don’t be scared. Strong is sexy! Sneak it in please. If you just called me a big fat liar then read this please.

**9-12 reps:** this is the rep range that the majority of trainees use. However, they train in this range with not much intensity. By that I mean moving a weight for 12 reps when they could have done 20. This rep range will usually be around 70-78% of your 1RM. This rep range will allow for optimal muscular development. If you are looking for serious body composition changes... aka... looking good naked then think about dabbling in this pool. With that said, don’t forget to experiment with rep ranges. Your body will adjust very quickly and those gains will start to decrease.

**13+ reps:** this is usually anything under 70% of your 1RM. Most novice lifters can experience tremendous gains when working with these higher rep ranges. This is also an excellent rep range for beginners in order develop proper form and control of the movements. Body weight movements will allow for rep ranges in the range. If you are a noobie to all of this think about starting with a body weight routine until you develop some muscular strength, coordination, and confidence.

**NOTE:** It is not necessary to find your 1RM to work within these rep ranges. An easy rule to follow when working in each rep range is that the last rep you do (say 8) should be difficult but not the last one you could do. It should feel like you “might” be able to do one more. “Might” is the keyword here.
Everything you got, everything you got! Love that film. Anyhow, back on track. If you are new to the superhero training game and have really never touched a weight before or let alone looked at one then 1-2 tough sets are usually enough to elicit a positive response. However, it will not take your body very long to get used to that. Much like reps, varying your sets becomes important as well.

After introducing yourself to the weight training game 3-6 sets per exercise is usually sufficient to see consistent results.

More reps=fewer sets your muscle needs to perform a certain amount of work in order to see results. Lifting a super heavy weight 2 times for 1 set is not going to do you much good. We also want to make sure we do not train a muscle too much. 15 reps of a bench press done with 15 sets are just not smart. You’re most likely just over-training a muscle group. When we look back at the rep range provided above a good protocol to follow can be seen here.

- 1-5 reps: 4-6 sets
- 6-8 reps: 3-5 sets
- 9-12 reps: 3-4 sets
- 3+ reps: 2-3 sets (depending on training maybe 4)

Rest

How much time should I rest between exercises? I would ask you what your superhero goal is. Strength? Endurance? Super sexy? There are a ton of factors that come into play but let’s simplify it.

Training for strength: usually training for strength means you are working in that 1-5 rep range. Resting 3-5 minutes after each set is ideal in order to allow for almost a full recovery.

Strength/Muscle building: the 6-8 rep range will usually call for a 2-3 minute rest interval.

Muscle building/Sexiness: If you are looking to see major body composition changes and an overall improvement in your "Look good naked"
quotient then resting 90 seconds - 2 minutes is where you'll want to be. As you get comfortable with the exercises and your stamina improves you should be able to keep the rest between 60-90 seconds.

**Muscular endurance:** 13+ reps and your rest can be anywhere from 10 seconds to 90 seconds. You can vary this depending on how much time you have for your workout that day, your current conditioning, and your goals.

**More rest for bigger muscles:** You will find that working out the larger muscles is much more taxing then the smaller ones. Performing a back squat is significantly more difficult than doing a dumbbell curl. More rest is often needed after working larger muscle groups as opposed to smaller ones.

**Tempo**

Ok, coming towards the tail end of this piece. I know it has been a long way. If you are still there, thanks for staying with me. When I bring up- tempo most people look at me like with a WTF face. You can achieve great results without focusing on tempo but if you want to bust out of plateaus, or you have been training for many years, or want to enhance your gains and body composition then tempos should be used.

31X1 this is an example of what a tempo may look like when training.

The first number (3) represents the lowering or eccentric part of the movement. Think bringing the bar down to your chest while benching.

The second number (1) represents the amount of time you pause in the stretched position. Think about when you are squatting when performing the back squat.

The third number (X) represents the actual lift of the weight. So in the bench press this would be how fast the bar moves from your chest to straight above you. In this case the X means as fast as possible.

The fourth number (1) is the amount of time you pause at the top of the movement or contracted position. In the bench press this would be when
you are holding the weight above you.

To simplify things I recommend using a tempo of 31X1 for most exercises. Tempo can be a little confusing for many. Play with it a little.

Ok. So now that I have rambled on at around 1,500 words (it tells me at the bottom as I type) I want to hit you off with a couple final tips.

Keep track of your workouts. Buy a notepad and write everything... EVERYTHING down. Exercises, reps, sets, rest, tempo

Keep a routine but don't keep a routine. **Come up with a plan** then throw it away after 3-5 weeks. Your body is smart. Stick to your plan for a few weeks. Then switch it up yo!


Plan: Prioritize your workouts. Make them important. You wouldn't cancel a meeting with your boss last-minute would you? Don't cancel this meeting with yourself.

I know some of this info can be a bit confusing. I am more than happy to explain anything you may need clarification on. **Holla at cha boy!**
Ladies are you related to the Incredible Hulk? Then no, you won’t get bulky.
Ladies are you related to the Incredible Hulk? Then no, you won’t get bulky.

**You won’t get bulky**

Fear of weights is responsible for some women's obesity and weight gain. The fear is understandable, but also detrimental. Instead of being lean and healthy, more women are becoming overweight and obese.

**Blame society!**

Society is to blame for much of this problem because it paints such a contrast between men and women.

After all, society paints the picture of men as barbaric cavemen – fighting, grunting, scratching, spitting, and causing a stir. Awesome! Women on the other hand are supposed to be soft, quiet, and gentle. F-That!

While some men might be a bit rough and aggressive, it’s not a man’s fault. Blame it on testosterone. And, women may in fact be the gentler and softer of the sexes. However, neither of those facts should exclude a woman from lifting weights or heavy weights.

We’re talking about two different sexes, men and women. We’re not talking about two different species. Lean muscle mass is good for both sexes.

**Will you look like a bodybuilder?**

Most women have seen professional women bodybuilders.

They get the idea if they lift any weight at all, then their bodies will transform into masculine mountains of muscles. The reality is most men struggle to obtain bodies like that, and men are loaded with testosterone.

Ladies needn’t worry about becoming unladylike by lifting heavy weights. It takes a lot of effort and work to build that type of muscle. It doesn’t happen
overnight. Professional female athletes and bodybuilders don’t lift heavy weights for only a few months or years to build that type of mass. It takes a good while.

Why should women lift heavier weights?

- Heavy weight lifting by women improves lean body tissue
- Reduces the chance of developing Type 2 diabetes
- Improves metabolism, fat loss, and weight loss
- Develops functional strength beneficial for doing daily tasks
- Strengthens the cardiovascular system

It’s much more difficult for women to bulk up than it is for men. And as I stated earlier, many men don’t find it so easy to bulk up.

Just look at me for crying out loud. I have a 430# dead lift, a 325# squat, and a 145# weighted pull-up and I am 150 pounds soaking wet. If building piles of muscle were easy, than at least 80 to 90 percent of men would have done it already.

Men struggle to build muscle despite having testosterone. So, if a woman is scared to get bulky, then there’s no need to fear. It’s not going to happen.

Flat tummy, nice legs, and a banging backside

Women who lift heavier weights will develop more tone in certain areas and less fat in others.

Shedding fat around the mid-section is one benefit of lifting heavier weights. Also, many women hate the feel and look of arm-flab, especially in the triceps’ area. Lifting heavier weights can cure flabby arm flesh. Also, another benefit is tightening up loose skin – especially caused by pregnancy or simply having rapidly shed a lot of weight.

If a woman wants to build legs to die for, then heavier weights are the cure. Beautiful leg muscles, especially calves, require women to lift heavier
weights. The calves are a glutton for punishment, and women needn't worry about developing tree trunk legs. Also, building a firm and attractive backside requires lifting heavier weights. Deep squats and dead lifts are great for that. Some women develop those muscles easier than others. Once a woman has developed what she considers "enough muscle," then she can simply lift lighter weights for that particular part of the body or she can simply reduce the frequency of her heavy weight lifting routines.

The great thing about women who lift heavier weights is they build up a certain immunity to belly fat, flab, and obesity. The attractive and toned, yet feminine muscle they develop, keeps their fat burning furnace going 24 hours a day, 7 days a week, and 365 days a year.

**Missing out**

Women who avoid weights are really missing out.

Too many women are what you might refer to as "Queens of Cardio." They go to aerobic classes, walk the treadmill for hours, and ride elliptical machines; however, they ignore the weights – especially heavier weights. The truly liberated woman is one who takes advantage of heavier weights. A woman can be truly gorgeous and lift heavier weights without bulking up. So ladies... what's keeping you from the weights? Not sure where to start. How about here... or here?

Live Limitless,

Justin
Beginner Body Weight Training Protocol
Beginner Body Weight Training Protocol

If you are looking to get into the best shape and consider yourself a bit of a noobie to exercise, this is a great place to start. There is no reason you need to have a gym membership in order to find your Superhero identity.

Body weight circuit routines can be extremely effective at burning body fat, provided you are willing to push yourself and work with a little gusto baby! My apologies, I get a little excited about this stuff.

In this routine I will assume you have minimal to **NO equipment** and need a place to start. In this circuit routine you will work your way thru each exercise one at a time until all the exercises in the routine are complete. Your goal should be to complete the circuit 2-3 times. If you feel good and think you can do more... by all means get at it! Once you have worked up to performing this workout out for 30-minutes straight (no breaks) or 10 rounds in a row, it’s probably time to step up your game.

Warm-up: 5-10 minutes of movement to work up a little sweat, loosen up, and get your heart rate up. DO NOT neglect this. Warming up is very important in order to avoid injuries. Jog in place, **mountain climbers**, jump rope, push-ups, sit-ups, run your home stairs, perform **burpees**, box or stair jumps.

Routine:

- 20 walking lunges
- 10 table inverted rows or paint can rows
- 20 air squats to target
- 10 push ups
- 20 Sit-ups
- 10 stair runs/walks
The goal is to complete the circuit with good form as quickly as possible. Once 1 circuit is complete you start over again at the walking lunges. Try to do 2-3 circuits to begin with and work your way up to doing this workout for either 30 minutes straight or 10 complete circuits in a row.

**IMPORTANT NOTE:** Working out effectively is NOT a substitute for eating poorly. Proper nutrition should be your first priority.

Best of luck...

let me know how it goes

Live Limitless
Advanced Bodyweight Workout With No Equipment
Advanced Bodyweight Workout With No Equipment

Maybe you just dominated the beginner body weight routine or maybe you’re already a beast and need something a bit more challenging. The following bodyweight workout can be done with little to no equipment at home. I always recommend picking up a pull-up bar, but if you say screw that… there are alternatives.

If you try this and are not sore the next day… give me a shout and I will redo the entire thing to make sure that you are next time. Really try and push yourself hard on this. If you can, get outside to a park with some monkey bars or find a place with a pull-up bar. If not, just crush it at home.

Warm-up: 5-10 minutes of jogging, running in place, push-ups, pull-ups, jump rope, mountain climbers, jumping jacks. Anything to get your blood flowing that might work up a quick sweat.

Workout:

- 20 stair runs
- 20 pistol/1-legged squats (10 each leg) or walking lunges (15 each leg)
- 15 clapping push-ups (or regular)
- 10 door pull-ups or pull-ups
- 0 pistol/1-legged squats (10 each leg) or walking lunges (15 each leg)
- 15 burpees
- 0 door pull-ups

All 7 exercises in a row would be 1 full round. Start with 3-5 complete rounds and see how you feel. Take detailed notes. How fast did it take you to do 5 rounds? Try and beat that the next time around. Maybe, you’re feeling froggy and want to get in 10 rounds. You could knock out all 10 in a row or maybe hit 5, take a 5-minute break and then finish the last 5. Get creative and make it fun! Post some of your times in the comments or shoot me an email and let me know how you did. Fill us in if you did anything else creative with it. Inquiring minds want to know!
ABOUT JUSTIN
I grew up in Herndon, Virginia. Just outside of Washington, DC. I woke up, literally and figuratively on August 1st 2001…. I think; it was so long ago now. I decided to leave.. I packed up my then green Geo Tracker and drove cross-country to Southern California. I was tired of complacency, safety, comfortability, and following the same routine and being surrounded by the same people day after day. Now no offense to the people in my life or my circumstances at the time. They are and will always be wonderful people who I am grateful for and love. This was a "ME PROBLEM." I knew if I was to grow as a person and become the person I wanted to be I needed to shake things up in a big way. It was time to get comfortable with being uncomfortable.

The problem is when I got there I kept doing what "I was supposed to be doing." I grabbed the first job that would take me so that I could have safety and comfortability. Regardless of whether I liked it or had a love for the work I was doing. I enrolled in school because that is what I was supposed to do. After all, you’re supposed to get a degree, get the best grades that you can, so that hopefully you get a kush job that pays you just enough so that you can feel safe, secure, and allows you to buy as many things as you can that will provide short-term happiness. Cars, a house, gadgets and gizmo’s... you know, all that "important stuff."
I like to call it development over possessions over development of the self. I was wrapped up in collecting material things and experiences that were expected of me that I somehow forgot to develop and collect the things that mattered most. That being my personal belief system.

This led me to creating Limitless365. I believe that health is so much more than physical. It is a complete relationship that you have with yourself, others, and the world around you. It encompasses the physical, emotional, mental, and spiritual parts of all of us.

I refuse to accept mediocrity. How about you?

I want to know. Who are you? Share the previous chapters of your story with me or someone else today. What do you plan to write on the pages of your book today, tomorrow, or a few years from now. How can I help?

What brought you here to limitless?

Live limitless,

Justin
*ACT 17

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