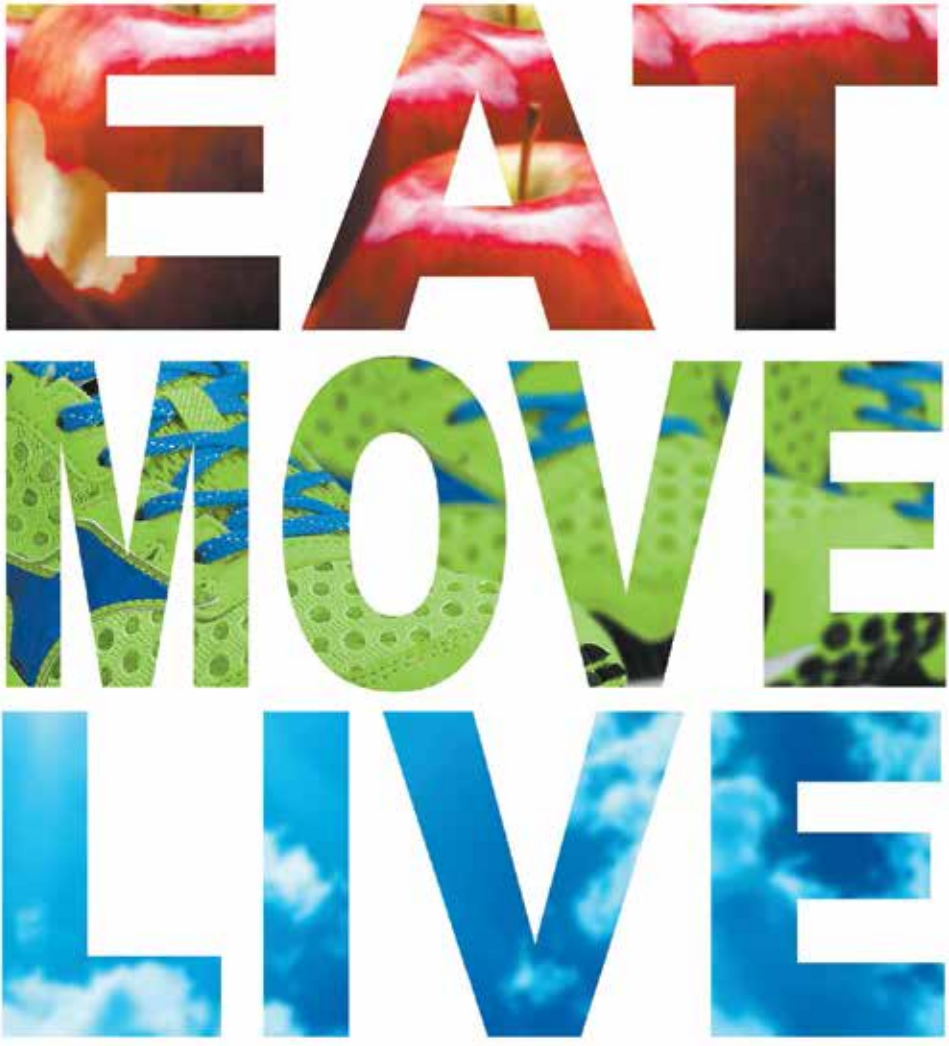

An authentic approach to look and feel your best, for life.

Timo Topp

Eat
Move
Live

An authentic approach to look and feel your best, for life

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Dedication

This book is dedicated to my children, Lucas and Alice, and their peers. May they look after themselves and enjoy a healthy, happy life.

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I'd like to thank Silvana LaPegna, who has been a coach and guiding light in my life. With her support I have been able to truly live the life I now share with you. Lucy Topp for her support when I wrote the book. Scott Lawrie for his help and guidance with wordsmithing the relaxed conversational style of the book. My long-term clients who have benefitted from my wisdom and offered insight into the book, particularly Luisa and Peter. And finally, I'd like to thank my Dachshund `Archie' for his constant companionship, during the evenings and late nights, always there at my feet, following me to bed after I turned the computer off. May he rest in peace.

Foreword

`Drop a dress size in 30 days'
`6 Weeks to a 6 pack'
`Lose 5kgs in a week'

The world has become obsessed with quick fix solutions for losing weight and getting in shape that promise amazing results with minimal time and effort. We have become lost in a sea of contradictory information, fad diets, gimmicks and celebrity endorsements. The trouble with this rapid approach is that too often they either don't work or the results don't last or you end up gaining even more weight in the long run than you started with!

Sound familiar?

People, it's time to get real and return to the basic fundamental principles that always have and always will help you look and feel your best…

Eat Well, Move More and Live Life

Simple.

That's what this book is about. Simple concepts that are easy to understand and implement, that form the foundation of getting in shape and living a healthy life. However, `EAT, MOVE, LIVE' goes way beyond the traditional focus of most other books of just looking at diet and exercise. It addresses a much broader and dare I say holistic range of topics, delivered in seven workouts - chapters- to help you look and feel your best - for life.

So forget quick fix solutions and enlighten yourself with an authentic and lasting approach to a `new healthy and happy YOU'.

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Warming Up

The Introduction

‘The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.’

Thomas Edison

Are you confused?

There are so many books written on health and weight loss, do we really need another one?

We are inundated with information and experts telling us what to do yet we still don't seem to have the answers, let alone the results we want, do we? How is it that: obesity is skyrocketing and cancer, heart disease and diabetes (which are predominantly lifestyle related and thus preventable) have become the number one killers in our society?

When it comes to health, weight loss, what to eat and what to do, people are still confused. We need a real approach to this stuff that is easy, simple and achievable and that includes you, doesn't it?

Why this book is unique

This book is really quite unique, because despite being a book about health, fitness and weight loss, it includes NO diets and NO exercise programs! 'How can that be?' You will soon find out! Most people don't find health and weight loss simple and easy, but I do.

I'm going to make it easy, simple and inspiring for you and even a little fun too!

The 7 Workouts

'EAT, MOVE, LIVE' goes beyond mere diet and exercise to look at a much broader range of subjects that are often overlooked but important for getting in shape and living a healthy life. The different topics are divided into seven chapters called 'workouts'.

We will start by talking about something that most health and weight loss books don't touch upon, yet without it, you probably won't succeed – the basic principles of success. This will virtually ensure your success this time! Sounds good, huh?

We will look at some basic stuff that you must do every day, the stuff which forms the foundation of optimal health. Naturally we'll talk about food, but I'm going to make it really simple, and as I said, there are no diets to follow! We'll talk about exercise, but I won't be giving you any exercise programs either!

We are going to talk about some things often overlooked, like stress and living a clean, chemical free life. Finally, we have an all-encompassing finish, looking at another overlooked but important component of health and quality of life.

The book is written in a logical sequence starting with the most important stuff first. So make sure you get to grips with each section before skimming ahead to the next one.

It is my goal to educate and inspire you, not to tell you exactly what to do, like all the other books out there. You will be empowered to decide what changes you need to make in your own life; in fact, this is the most effective way to bring about successful change! By empowering yourself and coming up with your own solutions.

Is this book for you?

This book is for you if you are still frustrated and want to improve:

- **Your weight**
- **Your image**
- **The way you feel**
- **Your energy levels**

- **Your energy levels**
- **Your stress levels**
- **Your sense of self**
- **And if you finally want to take positive and lasting action to improve your health and quality of life, once and for all, rather than constantly struggling year after year**

If any of these things resonate with you then this book is definitely for you!

'Who the hell am I anyway?'

While this book is definitely all about you, before we get started together it would be polite to take a moment to introduce myself.

'My name is Timo Topp, Sydney's Topp Personal Trainer. Boom boom! And Yes that's my real my name!'

I've spent twenty years helping hundreds of people around the world enjoy better health and fitness, to ultimately change the way they – and people like you – enjoy life.

I've spent my whole professional career learning about health and fitness, taking courses, attending conferences, working in conjunction with other health experts, reading books, but most importantly by living it myself and discovering what works and what doesn't.

I get this stuff. I know it works and I can promise you, it's a whole lot easier than you think. In this book I'm going to make it real easy for you. I know, I keep saying this over and over again, but you'll soon discover that it's true.

You've done the hardest part and one of the toughest exercises (that horrible word already!) just by picking up and holding this book. Simply by doing that, you know there's something about your health and your life that you want to improve. So, are you ready to make a real difference to your health and your life? Turn the page and let's get started!

A Quick Word Before We Get Started

First, be realistic about who you are

Before we do get going, it's important that we do a quick reality check. I want you to be inspired, but I also want you to have realistic expectations. Unrealistic expectations lead to disappointments, and we don't want those, do we!

We can all improve our bodies but we cannot totally change them. Sorry to burst your bubble girls, but some of you will never be as slim as Miranda Kerr. And guys, some of you will never be as athletic as Brad Pitt.

The reality is that we all have different body types. Some people are naturally thin, some heavier set, some naturally athletic. To avoid disappointment, it is important to understand this and get an idea of your body type.

William Sheldon[1] was an American psychologist who spent his life observing the variety of human bodies. He established three main body types, of which you can also be a combination of:

- Ectomorph
- Mesomorph
- Endomorph

The body type you have will also be relevant to the types and intensity of the exercises you should do.

Which body type are you?

The Ectomorph

Ectomorphs have a thin, leaner appearance. They can lose weight easily and tend to have low levels of body fat. However, they also have a harder time gaining lean muscle mass. The Ectomorphic body type is characterised by long arms and legs and a short upper body:

- Delicately built body
- Flat chest
- Fragile
- Lean and thin
- Lightly muscled
- Takes longer to gain muscle

Famous Ectomorphs include Lisa Kudrow, Kate Moss, Brad Pitt and Edward Norton.

Ectomorph exercise strategy

Weight training should be moderate to heavy. Ectomorphs can afford to eat more calories. Whilst cardio training is not a priority to burn calories, it is still very important to build the stamina necessary to train at a higher intensity.

The Mesomorph

Mesomorphs are usually described as having an athletic build. They have dense, mature muscle and usually good posture. The majority of Mesomorphs have broad shoulders and a narrow waist.

They have a fast metabolism and can lose weight more easily than Endomorphs. Female Mesomorphs have an hourglass shape and males have a wedge shape. In a sense, Mesomorphs are the luckiest of the three body

types. They maintain the best attributes of both the Ectomorphs and the Endomorphs.

- Athletic
- Hard body
- Hourglass shape (female)
- Rectangular shape (male)
- Muscular body
- Excellent posture
- Gains muscle easily
- Clearly defined cheek bones or jaw

Famous Mesomorphs include Bruce Willis, Sylvester Stallone, Halle Berry, Tina Turner, Sarah Jessica Parker and Madonna.

Mesomorph exercise strategy

Mesomorphs require a balanced combination of cardio training and weight training at moderate to high intensity.

The Endomorph

The Endomorphic body type is sometimes referred as 'apple' for those who put the most muscle and fat on the top half of the torso, and 'pear' for those who put the most muscle and fat on the bottom half of the torso. This body type is characterised by an increased amount of fat storage, due to having a larger number of fat cells than the average person. Characteristics include:

- Soft body
- Round physique
- Round faces
- Difficulty losing weight
- Gains muscle easily but has high body fat

Famous endomorphs include John Goodman, Roseanne, Jack Black, Jennifer Lopez, Marilyn Monroe and Kate Winslet.

Endomorph exercise strategy

Many endomorphs tend to desire a leaner, more defined look. In addition to a strong focus on healthy eating, the key is to increase aerobic or cardiovascular workouts. They need to exercise more often than others at a moderate intensity.

Combinations of body types

Whilst there are some people who clearly fall into one of the three main body types, most people are a mixture of the categories. From the above descriptions, you should get a reasonable idea of your body type and therefore have a more realistic expectation of what you can achieve and how to achieve it.

You might be wondering which one you are. Others may instantly recognise which one they are. Don't stress too much about it. The main point is that nature has dealt us a set of cards. We can improve our hand, but we can't play a different game altogether.

Just be realistic about your expectations:
it'll save you from losing faith

Workout One

Principles of Success

‘The greatest achievement was at first but a dream.’

James Allen

Stop!

Before you skip ahead to the bit on what to eat, stop! There is a reason you have tried and failed lots of times to lose weight and feel great. That's what we are going to talk about first: the principles of success! Before you do anything, and not just get fit and lose weight, you've got to get your head right. You have to start thinking like a champ.

Winners and achievers think in a certain way and you must think the same way too

I can't stress how important the first part of this book is. Read it and succeed. Skip it and fail again (and again and again and again).

Why do most of us dislike change?

Change is hard, isn't it? Even thinking about change is hard. So it would seem that staying where we are, doing what we're doing now, is sometimes just easier, right? We all get that. But the truth is there are really only two reasons people take action to make changes in their lives.

The first sort of change is a tough and often unexpected one. It's a circumstance that is thrown into your face when you aren't really expecting it, such as sudden ill health or things which happen beyond your control. The trouble with this sort of imposed change is that you're never in control. You just have to react to life rather than live or shape it.

The second kind of change comes from being inspired! This kind takes a little forethought and willpower, but it is far better for bringing about positive, lasting change.

So don't wait till things get so bad you are almost forced to change. Be 'inspired' to make your life even better than it already is. That's what this book is all about, to inspire you as well as educate you.

Why don't people get the results they want?

Before looking at what it takes to get the results you want, it's worth pointing out some of the reasons that contribute to a lack of success. These include:

- **No clear goal**
- **Lack of enthusiasm**
- **Lack of action**
- **Wrong or insufficient knowledge**
- **Negative mindset**
- **Lack of persistency**
- **Lack of support**

Think about each of these for a moment. We are all guilty of a lot of these things, aren't we? I know I am. Just recognising some of them is half the battle, because by just acknowledging them can we do something differently and more effectively. It might not seem very positive to look at what not to do, but it does have its place. Moving forward, we are going to be very upbeat and positive.

Making the first move

Success isn't based solely on knowing what to do. We all know enough to be healthy. You eat less, you eat better and you move more. It's pretty simple.

So why don't we do it?

Most of us probably lack the motivation and drive to actually do what we KNOW we need to do. Put it this way; You'll only be successful when you clearly understand two very important things:

- **Your goal - what it is you want**
- **Your drive - the reasons behind your goal and how they will affect your life**

If you don't get this or you rush to the next page, you aren't going to succeed. So stop and read it again:

Success is based on knowing
WHAT you want and WHY you want it!

A to ?

Before you do anything, you first have to think about it. Why, Because you can't achieve anything you have never thought about. It has been said you create things twice, once in your head and once in reality, well hopefully!

Knowing what you want is the foundation of success, whether you want to lose some weight, find a partner, start a business or simply enjoy life more. Everything beyond this page will be futile if you don't know where it is you are going.

You must have a vision for your life,
you must have goals

Define your goals and keep them clearly in mind. Write them out and read them every day. Better still, get a photo that represents your goals and look at it every day. Doing this will keep your goal clearly in mind and it will help to influence your decisions and actions every day, to get you to where you want to go. I'll talk about this more in the next pages.

So go for it, write down your goals, no matter how dreamy or scary they feel. Start with some 'realistic' small stuff that you want to enjoy soon and also think of some bigger long term ones too. But before you can really do this you must do one thing that we just don't do enough of…

Dream!

History has been shaped by dreamers, from the first flight, to landing a man on the moon, to the iPod. These were the ideas of people who dared to dream about possibilities, when everyone else said 'It can't be done'.

How often do you dream about your life and what it could be?

I bet you spend more time on your shopping list than you do on your goals and dreams list. So why don't you write out a list of dreams for your life, things you will do and have and become. You will have a few upfront, but try to think of one hundred! It's actually quite hard. The more dreams you have, the more inspired you will be to chase after some of them.

Be audacious with some and keep others simple. Your dreams have to be realistic, but it's also good to have some loftier ones that really excite you. One day I want to go into space. I wanted to fly a jet fighter. "I did that one for my 40th birthday." So you see dreams do and CAN come true! But you've got to have them first!

The good news is, goals based on your health, well-being and weight-loss are some of the easiest, most achievable goals on earth. Losing a few kilos and eating a little better? Well, it's not like sending man to the moon now, is it?

Read it, see it, become it

It's so common to write a goal and never look at it again. As we've said you've got to keep your goal clearly in mind. Imagine if you were a sniper (yes, you too girls!. There is no way you could shoot and hit a target you weren't focused on and looking directly at, right?

Read your goal every day

In fact, read it when you wake up and read it before you go to sleep. This is a very powerful technique to plant your goal in your subconscious mind. As we have already mentioned, get a picture of your goal and look at it every day. Pictures are so much more powerful than words. Remember the saying 'a picture paints a thousand words'. Just don't forget about your goal. Keep it clearly in mind. This is all part of staying motivated.

It's part of the success process

Your 'why' is more important than the 'how'

It's so important to recognise the reasons 'why' you want something. This is more important than knowing 'what' to do, to get it. Take health, for example: you already know enough right now, you're just not doing it right. There is a reason for that. That's what the first part of this book is about. Your reasons 'why' will give you the motivation to take action. Here's something really important:

The more reasons you have behind your goal, the more motivation you will have and the greater the chances of you achieving it

You must clearly understand your reasons as they will provide you with the rocket fuel to send you on your way to your destination, even if it's not the moon. Revisit your goals, get a piece of paper and define as many reasons 'why' you want your goal. Actually, before you do this, read this first...

Supersize your motivation

'Supersize, Isn't that unhealthy?' Not in this context. Here's an interesting fact. Most of us focus on what we don't want as reasons to change. For example:

'*I don't want to be fat' or 'I'm fed up feeling unhealthy' or 'I'm so over being tired all the time'.*

While these are reasons to change, it's more important to focus on the things you do want, on the positives, rather than the things you don't want. You can get more clarity and power behind your motivation by defining two things:

- **The benefits your goal will add to your life**
- **The consequences not achieving your goal will have on your life**

You can use both to supercharge your motivation.

Focus on the positives and just be aware of the negatives

Ok, now define the benefits your goal will have upon your life and define the negative consequences of not achieving your goal (again!). You should have more positives than negatives!

Remember, the more reasons you have the better. The clearer you understand the benefits, the more successful you will be. Here's the trick: focus on the positives everyday! Stick it somewhere where you will see it and read it, along with your goal. Trust me, this is so important! This is how you are going to succeed this time and not lose motivation! Success is a process and this is part of it.

Believe in yourself

When you think about it, 'you' are actually the best friend you'll ever have. You'll live in this thing called a body for quite a long time hopefully. You should respect, love and believe in yourself before you even start to think about loving anyone else. However unattractive, ugly, big, stupid and boring you think you are, you are actually none of those things at all! You're an amazing, worthwhile and beautiful person. Even if you don't think so, it's a belief, and beliefs can be nurtured until they are accepted.

Sure, life can be tough and sometimes it feels like you never get the breaks. Two steps forward, one step back as they say. But one thing's for sure: you must never, ever, stop believing in yourself.

Self-belief is imperative for success

You cannot stop believing in who you are and hopefully, what you are doing, but you must also recognise your self-doubt and fears at the same time. In truth, knowing them is the only way to tackle them. If you berate or doubt your own ability, how can you win? Be your own best friend and believe in yourself.

Winners believe in themselves, so must you!

Persistency pays

Giving up is easy and comfortable, so easy even you can do it. The trouble is, giving up doesn't get you across the finish line of life, does it? We've all given up. I have too. The tragic thing is that a life full of giving up is a life lacking in any real achievement and meaning.

Getting back up when you have fallen can be real hard, but it is the only way you will get what you want in life. In fact, persistency is the cure for failure. If you are persistent and never give up, you will massively increase your odds of achieving, winning and succeeding.

It's helped me and it's certainly helped many people throughout history. In fact, a few of those people have shaped history. People like Gandhi, Edison and Steve Jobs. I bet they had a few tough moments when they thought they couldn't do it. But they still kept going and so should you.

The only thing you can do is 'never give up'. What's the other option?

Over and over (and over) again

Consistency is one of the most important principles for success. A lack of consistency is one of the main causes of failure. Think about it, how did you learn your times tables at school? By instantly memorising them? How did you learn to drive? Just from one lesson? How did you learn to play the guitar, tie your laces or learn just about any skill you have learnt in your life? Not by theory alone, but by sheer constant and repetitive practice. Only consistent action will bring consistent results.

Yeah, sure you'll still make little stuff up from time to time. That's inevitable, it's part of life but you'll learn from it. Be consistent with your thoughts as well as your actions.

Food for thought

'Ah, we are onto the dreaded diet bit already?' The bit you've probably flicked ahead for. No, this bit isn't about food at all. Funnily enough, the most important diet of your life has nothing to do with what you eat, but

what you feed your brain. To stay passionate, positive and inspired, you need to feed your mind:

- **Read positive, mind nurturing books**
- **Read biographies of inspiring, successful people**
- **Spend time with positive people (avoid whingers)**
- **Listen to educational CD's**
- **Enrol in short courses that keep you inspired and educated**
- **Cry and laugh at inspiring movies**

Negative people, you know, the types that always whinge and make the most of misery, will eventually suck the life out of you. Avoid people like this. They're just not that helpful. Instead, surround yourself with people and experiences that make life brighter, positive and inspiring. Create an environment around you that nurtures you.

We all need a helping hand

Since the dawn of time, mankind has learnt to survive more effectively in groups, helping each other to stay alive. We achieve more in a team than on our own. We could all do with a helping hand once in a while. In fact, we can be far more successful by getting help from someone who is already enjoying the success we want. Getting a coach is no longer a luxury. It's a way of getting what you want faster than you can on your own. It will actually save you time and money. A coach will keep you on track and help you to do what you know you need to do but don't. They will help you get results!

Progress, not perfection

This is one of my favourite bits of advice. People so often try to do something new and get frustrated when they don't master it after the second attempt. Sound familiar? Nobody masters anything on the first or second go. Mastery takes years of practise and repetition. It takes a lifetime!

As you embark on your journey, remember that it's all about progress, not perfection. You will stuff up, you will get frustrated, you will lose heart, but that's all part of the journey. As long as you are heading in the right direction, that's all that matters.

TOPP TIPPS FOR SUCCESS

- **Have a clear goal and define your dreams**
- **Clearly understand the benefits your goal will bring to your life**
- **Believe in yourself**
- **Be consistent with your thoughts and actions**
- **Be persistent and resilient to setbacks**
- **Nurture a positive mindset**
- **Have support, get a coach or trainer**

The more of these qualities you have, the more successful you will be. This also applies to every area of your life, not just your health goals. Great, huh!

THE LEAN FACTS

- **Know what you want and why**
- **Believe in yourself**
- **Never, ever give up**

Workout Two

Mastering The Basics

‘The level of thinking that got you to where you are now will not get you to where you want to be.’

Albert Einstein

Basic training

Just like when you were in the Marine Corps...oh you weren't? Well neither was I. But I've seen enough war movies to know that basic training comes first. That is exactly what we will do here.

There are three very simple, very basic things you must do before anything else. These principles form the foundation for your health, wellness, an abundance of energy and even looking good. They are so simple yet so profound. In fact you could live a very healthy life based on these three principles alone. I can already hear you say, 'Great, after this section, I can head to the pub!'. Ah, not quite!

First, take a deep breath

It's probably something you wouldn't put at the top of your list, but effective breathing is actually the first step to optimal health and weight.

It may not seem very inspiring, but I am making a point. If you couldn't breathe you would die within a matter of minutes, so it's fair to say breathing is extremely important for life, and efficient breathing is important for your health. Most of us aren't even aware of our breathing. Because we're not aware, we can't control or improve it consciously. Stress causes shallow breathing, for example. When we feel tired, it can often be related to poor breathing.

For the effective oxygenation of our brains and our bodies, we need to breathe deeply into the lower part of the lungs, where there is a larger area for oxygen exchange. Most of our breathing tends to be in the upper part of the chest.

Try this. Take a really deep breath.

Did your shoulders move up or did your belly expand a little? If your shoulders moved up, you are breathing into the top of the lungs. If your belly expanded a little, well done, you did a proper deep breath.

When you wake up, take a few deep breaths. When you are feeling tired or when you feel stressed, take a few deep breaths. It will energise you.

Start to become more conscious of your breathing and it will become more effective on a subconscious level. This will help set you on the road to better health.

Keep the windows open in your house to promote air flow. Sleep with a window slightly open. If you work in an office, in air conditioning, try to get outside on your breaks. Get out into nature, go to the countryside or the beach where the air is fresh and clean.

If you smoke, consider giving it up. Smoking destroys the oxygen carrying capacity of the blood and your lungs' ability to get it.

TOPP TIPPS FOR BETTER BREATHING

- **Become more conscious of your breathing**
- **Stop and take a few deep breaths when you are feeling tired or stressed**
- **Open the windows at home and work to promote air flow**
- **Get outside when you can**
- **Get out into nature for some fresh clean air**
- **Sleep with a window open**
- **Don't smoke**

Drink yourself silly

Nope, this isn't the section you were hoping for. It's not about wine or beer or soy lattés. It's about water. You know, the stuff your body is made of? You knew that right? Your body is made up of two-thirds water. Water is vital for your essential biological processes. If you didn't drink any water, you wouldn't last more than a week or so. So it's fair to say it's quite important for optimal health.

Surprisingly, quite often when you're feeling tired or hungry it's actually because you haven't drunk enough water! A great way to check how hydrated you are is to look at your pee. It should be pale and odourless. If it's bright yellow and smelly then you aren't drinking enough water. So here are some tips:

- **Start your day with a glass of water - before the coffee at least!**
- **Have water available by keeping a bottle with you and a jug on your desk at work**
- **Keep non-water drinks to a minimum**

If you really want to be healthy, consider filtering your water. Water is highly soluble so it has a lot of stuff dissolved in it that you could do without. Given the vast amount you will drink over your lifetime, it is worth doing your kidneys a favour and filtering out some of the rubbish before it goes into your body. So buying a home water filter system is definitely something worth considering. For a basic and very simple step to optimal health, nothing beats a glass of pure, fresh water. It's nature's own calorie free drink!

TOPP TIPPS FOR WATER

- **Start your day with a big glass of water**
- **Have water available**
- **Carry a bottle of water**
- **Have a jug of water on your desk at work**
- **Consider filtering your water to remove impurities**
- **Check your pee to see how hydrated you are**
- **Keep non-water drinks to a minimum**

Alcohol

Don't get too excited, this isn't what you want to hear I'm afraid. I'm not going to talk about alcohol too much as you know what you 'should' be doing. But I do want to spell out a few very important facts.

Drinking alcohol is a serious handbrake to toning up and losing weight. So many of the people I train eat fairly well and exercise regularly, but they still struggle to lose all the weight they want. Sound familiar? It's often because they are simply drinking too much!

Here's one of my favourite facts. You'll need to exercise (depending on what you do) for about fifteen to twenty minutes to burn off the calories in one standard drink. And that doesn't even include your supersized at home free pours! Now you can work out how much exercise you need to do after your weekend!

So many people comment on how much better they feel when they either seriously cut back or stop. They often wonder why they were doing it to themselves in the first place. It's literally refreshing to wake up with a clear head instead of a 'seedy' hangover. At the end of the day, alcohol is not just about calories. It's a poison your body has to work real hard to process.

If you are serious about wanting to look and feel great, you need to seriously cut down, or better still, stop drinking altogether (alcohol, not water!). I don't want to be a kill joy, just cut back a bit and enjoy your drinks sensibly.

Coffee

While we are on the subject of being boring, I want to talk briefly about coffee too. I don't drink coffee very often, nor do many holistic health professionals. I'm not going to lie to you, there is actually research which shows that drinking coffee is good for your health. I however take the perspective that coffee is a stimulant. When we are leading hectic, busy stressful lives, why do we need to drink something that only exacerbates the physiological symptoms of stress: a raised pulse, breathing rate and stress hormone levels.

Unfortunately, lots of people 'use' coffee as opposed to enjoying it. They need their fix to start the day or to get through periods of low energy. The irony is that coffee will pick you up, but it only contributes to low energy and tiredness later on. Then you'll probably have another coffee, something sweet, or both!

Tea and coffee have a diuretic effect, meaning that they cause you to lose water. This is in direct conflict with our first basic law of health: drinking water. I'd recommend sticking to no more than two cups a day. Remember, enjoy it. Don't use it.

Herbal teas

Herbal teas are a great alternative to tea and coffee as they are much healthier for you. If you are drinking more than two to three cups of tea or coffee a day, try to swap a couple of those for herbal teas, such as green tea, peppermint tea or relaxing chamomile. They are more hydrating and refreshing. Green tea is well known and documented to be good for your health.

Fruit Juice

You should be careful with fruit juice. There's a lot of natural sugar in it and those liquid calories are easily and rapidly absorbed. Liquid calories are the easiest to over consume as they don't fill you up, meaning they don't give you the sense of fullness that eating solid food calories does.

Drink fresh fruit juice, either freshly squeezed or the ones from the refrigerated section of the supermarket. The fruit juice on the shelf, i.e. not chilled, isn't that great. How is it that fresh juice will only last a few days but the non-refrigerated ones will last for months? It is because they are pasteurised (heated) and preserved, leaving nothing much more than sugar and water.

While freshly squeezed fruit juice is healthier for you, you should still choose small sizes. Just watch the next time you get one and notice how much fruit goes into it. Instead of drinking it, imagine trying to eat all of it.

A great idea is to dilute fruit juice with water.

Soft drinks and diet soft drinks

Soft drinks are loaded with sugar and chemicals. One can, can have up to twelve teaspoons of sugar in it! Imagine putting that many sugars in your tea or coffee. As you will find out later, artificial sweeteners, found in diet drinks, aren't that great for you either. Soft drinks and diet soft drinks are nothing more than chemically loaded sugar water. Personally, I never drink them!

Just drink water.

TOPP TIPPS FOR NON-WATER DRINKS

- **Enjoy all non-water drinks in moderation**
- **Keep alcohol to a minimum**
- **Keep coffee and tea to only 2 to 3 cups per day**
- **Try herbal teas instead**
- **Drink small or diluted fruit juices**
- **Don't drink soft drinks or diet soft drinks loaded with sugar and chemicals**

Think positive, dude

Study after study has shown that people with a positive outlook on life enjoy good health, more success and a better quality of life. I mean, have you ever met a successful person who is either pessimistic or negative? Probably not.

Some studies have even shown that people with a more positive, optimistic attitude recover faster from serious illnesses. Now this doesn't mean we

should start walking around with fake smiles. Life is tough sometimes. But while you can't change the cards that life deals you, you *can* choose how to react to them.

As human beings we are truly unique. We are the only animals that have the conscious ability to choose our emotions and our reactions to events. The trouble is we tend not to. With a little discipline however, you can start to focus on the good stuff and choose not to focus on the bad stuff.

We all have our happiness 'set point' but thinking positively is a habit you can choose to practise and nurture. Like any new habit it does take time and effort, but it's so worth it.

There are so many things you can do to positively influence your mind. Probably the most important one is to talk to yourself in a positive way. Don't give yourself a hard time, life and other people will do that for you!

Replace the negative 'self-talk' that you say to yourself, with positive encouragement. Instead of 'I can't', say 'I can!' or 'I will give it my best shot'. Instead of 'won't', say 'I must'. Instead of 'it's too hard', say 'it's a tough challenge but I will try my very best'.

Write a positive affirmation and read it every day. This is a self-empowering statement about you and your life. Read inspiring books. Remember what we talked about earlier–the most import diet of your life is what you feed your brain.

The main thing is to look on the bright side. I know that this is a really annoying thing to say, especially when you are down, but it is true. There are plenty of things in your life, right now, to be positive about. Just choose to find them and focus on them.

The most successful people in life tend to be positive about life.

So maybe you should try it too.

TOPP TIPPS FOR THINKING POSITIVELY

- **Thinking positively is a habit you can nurture**
- **Read empowering books, watch inspiring movies, hang around positive people (stay away from whingers)**
- **Write an inspiring affirmation and read it everyday**
- **Get out into nature and sunshine, it's uplifting**

Feel better in an instant, i.e. right now!

I'm serious, you can! You can combine all three of these simple strategies to feel better in seconds.

Take a few deep breaths, drink a glass of water and consciously choose to be positive about the moment you are in, no matter what is happening

Use these strategies when you start your day or when you are feeling tired or stressed.

Be more aware of these very simple principles and you will start to master the basics of optimal health and look and feel great!

THE LEAN FACTS

- **Be more conscious of your breathing**
- **Drink lots of clean water**
- **Nurture a positive mindset**

Workout Three

Eating Made Really Really Simple

‘Whether you think you can or whether you think you can’t, you are right.’

Henry Ford

The entree

Don't you think it's amazing that food and what to eat is such a confusing and contradictory subject? I mean we've been doing it since Adam picked the apple off the tree, yet we are still in total confusion over what constitutes healthy eating. Surprisingly it is fundamentally quite simple but we have turned it into one massive quagmire. Food, for me, can be boiled (or grilled!) down to a few very simple principles. Let's look at some of these key principles now...

Food law 1

EAT REAL FOOD, FRESH FROM NATURE

For thousands of years, mankind and womankind alike have eaten real food. That's food grown, raised, harvested or caught from nature and eaten pretty much as is. Think about it, prior to the industrial revolution there were no chemicals, no pre-prepared meals or low fat options, just fresh food - for more than 100,000 years.

So my first rule is simple: The food you eat should be fresh from nature, something that you recognise as coming from a tree, grown or raised in the ground, or caught from the sea. Real food doesn't have a long list of ingredients on a label, and that's if there's a label at all. It's not that hard to identify. I'm talking about fruits, vegetables, fish, potatoes ('potatoes? but they are 'carbs!' - more on this later) nuts, cereals (but not in a box), meat and seeds. They are high in all the things we need such as fibre and nutrients, and naturally low in all the stuff we don't need, such as sugar, fat and chemicals.

To be healthy all we need to do is eat real food, simple.

Food law 2

AVOID PROCESSED FOODS, FRESH FROM PACKETS

This rule is the antithesis of the first rule. Processed foods are natural foods that have been manipulated by man to create food products. They invariably come in packets, boxes and tins, and are less recognisable as things from nature. They are high in all the things we want to avoid and reduce like sugar, salt and chemicals, and low in things we need, like fibre and nutrients. They are typically less nutritious and more calorie dense.

For optimal health you want to reduce processed foods as much as possible and focus instead on eating natural foods. So this rule simply supports the first: eat fresh food and avoid processed rubbish.

Sugar

Sugar is the number one processed food in the world. Why? You can't find a food more refined and processed than sugar. It starts off as a plant but we somehow manage to turn it into a white, crystalline powder, devoid of any nutrients or fibre or anything other than 100% calories.

You thought sugar makes you fat? Well think again. Sugar is a far bigger problem than you realised. Some health experts even refer to sugar as a poison. Why, because although food is supposed to give you nutrition, sugar actually causes nutrients to be lost from your body. It contributes to your body being acidic instead of alkaline, and in these conditions, bacteria or even cancers thrive. Nutrients such as calcium are lost to buffer the acidic effects caused by sugar.

We could go into a lot more detail about sugar's effects on the body, but for now just know that it also impairs immune function, digestion, suppresses growth and repair hormones, and increases stress and fat storing hormones.

You get the picture, it just isn't good for you

It's important to realise that when we talk about sugar, we are not talking about natural sugars found in things like fruit. We are talking about the

refined powder you put in your coffee and the refined sugar found in most processed foods.

For optimal health, avoid the refined sugar.

Food law 3

GIVE CHEMICALS THE KICK

This rule will help you understand how healthy a food is. Natural foods typically don't have any chemicals added. Consider the humble strawberry: It doesn't come with a food label or an ingredients list, does it? Nor does it have 'strawberry flavouring' in it.

Processed foods typically have lots of chemicals added to them. Despite conflicting scientific claims, common sense can tell you that chemical additives, colours, preservatives and flavourings are highly unlikely to enhance your health and more likely to impair it.

Do you really want to put a chemical in your body that you cannot even say, let alone know the effect it has on your body? This brings us to the next rule...

Food law 4

READ FOOD LABELS

This is probably the most important food rule there is, as it brings together everything we've talked about so far. Reading food labels will help you to be more aware of the quality of the food you are eating. But it's not about the number of calories or fat in it, it's about the number of chemicals.

Read food labels to discern how healthy a food is. Typically, the longer the list of ingredients, particularly ones with unrecognisable chemicals and food additive numbers, the more processed the food is.

The simple fact is healthy foods don't have chemicals. Unhealthy, processed foods have lots of chemicals and additives - simple.

Food law 5

EAT ORGANIC

Eating organic takes everything we've covered so far one step further.

What makes me smile is that we've eaten organic food since mankind began to walk the earth. Even the dinosaurs before us ate organic food. It's nothing new. Yet in just a generation or so, we've turned this entirely natural way of eating upside down, and many of us don't even believe in its value anymore.

Only since the industrial revolution have chemicals and food begun to enter our foods. Organic food is fresh, healthy food which is naturally free from chemicals. It is also typically, but not solely, un-processed.

Organic food is not only more nutritious for you because it has been grown in healthier soils, free from the use of chemicals, hormones and pesticides, it also represents an important way to produce food in a way that is more sustainable for the environment.

So if you eat organic, you are helping to choose healthier foods for you and helping to support a method of food production that is in harmony with nature, one which doesn't produce as much of an impact upon the environment as commercial mass produced farming and food production practises do.

Plenty of studies confirm the benefits of organic food. However, like most things in life, there is conflicting evidence. So the bottom line is to just use your common sense. Is food grown on healthy soils, without tonnes of chemicals sprayed or pumped into or on it going to be better for you? Seriously, come on! We don't really need to await conclusive evidence to figure that one out, do we?

Right about now, some of you are probably complaining that it's too expensive. But the price issue is really just a perception issue. Yes, sure, it is a few dollars more per product, but you are paying for quality, healthy, nutritious, chemical free food. How much do spend on booze, coffee, cigarettes and "knickknacks" you just don't need? Maybe you should

broaden your thinking before dismissing it as expensive, and cut out some of those superfluous extras that aren't even that good for you.

It's so much easier to get these days too. Most supermarkets stock organic products and most products even have an organic version.

In short, organic food is good for you and good for the planet too. Well worth it, in my opinion.

Food law 6

BE CONSISTENT

We talked about this earlier didn't we? Remember, I said it was the most important principle for success? You have got to be consistent with the quality of food you eat, meal sizes and when you eat.

You should obviously eat well most of the time. Of course, you should still enjoy your indulgences once in a while, but you should be eating well 80% of the time, not the other way around! We focus a lot on *what* to eat without paying too much attention on *when* we eat, or the fact our meals are so often such different sizes.

We tend to simply eat too much or not at all. It's conflicting, I know, but think about it. Do you skip breakfast or eat next to nothing? Do you have a light lunch or even have lunch? Do you then end up having a big dinner and you're still hungry?

Eating erratically and missing meals will play havoc with your body's energy levels and fat storing hormones! This will result in you overeating at your next meal or ending up snacking on rubbish because you are hungry.

Serving sizes at each meal should be fairly consistent with the others. A good tip is to eat from a bowl rather than a plate because we can easily put too much food on our plates and over eat. A bowl is more in line with the size of our stomach.

With meal times you should have a reasonable routine where you eat breakfast, lunch and dinner around the same time every day. If you eat

regularly, you will help keep your blood sugar levels stable, which will keep your energy levels consistent and most importantly prevent fat storing hormones from being released.

So eat well most of the time, eat regularly and keep your portions to a similar size.

Other simple tips for healthy eating

That's it. That's all you really need to know about food! I told you, simple right? If you follow these simple food rules, you will be eating very well in no time. It would be very difficult to eat poorly and put on weight if you follow these steps. But let's look at some other simple tips to really help you eat well.

Fats: the good, the bad and the ugly

Like most things in life, there's a little bit of good and bad in everything. We cannot write off a whole food group as being 'bad'. In fact, it's ridiculous to do so. This is a very limiting attitude to healthy eating. As you should get by now, it's all about food quality.

The word 'fat' used to be the real enemy when it came to eating, but nowadays it has probably been surpassed by 'carbs'. Quite frankly, fat is not that bad. Yes, it's high in calories and you should keep an eye on it, but you should not go out of your way to ostracize it. Your body needs fats. You just need to eat healthy fats, primarily ones from plant and fish sources, and keep animal sources to a minimum.

The real enemy is a group of fats called trans-fats. These are types of fat that you definitely want to stay away from. They are known and proven to be harmful to health. Funnily enough, you only really get these types of fats in junk and processed foods, just more evidence to support eating fresh and avoiding processed food. You get them in biscuits, cakes, crackers, crisps and in deep fried stuff. So all the stuff you don't eat, right? I thought so. It's OK we're all human.

‘Nooo, not carbs!’

Carbohydrates have a really bad rap these days. Let’s set the record straight, there is nothing wrong with eating ‘carbs’! They are our primary source of energy. Your brain functions solely on glucose, which it gets from ‘carbs’. So cutting them out altogether is a pretty silly idea.

You just have to apply our rules and eat quality, unrefined, natural ‘carbs’ in moderation. There is nothing wrong with potatoes: it’s only the chips and crisps versions that are truly ‘bad’.

“No ‘carbs’ after six”? Your body doesn’t have a set point where ‘carbs’ after 6 p.m. are going to make you fat. Just be sensible and eat a moderate portion. Keep complex ‘carbs’ i.e., pasta, rice and potatoes, to small servings, and eat more vegetable ‘carbs’ like peas, carrots, broccoli etc.

On the same subject, there is nothing wrong with bread either. We have eaten bread for thousands of years. Trouble is that bread in the old days was a lot better quality than the sliced stuff you buy in the supermarket now. However, recently there has been a return to traditional baking with wholesome, natural ingredients. There are kind of more boutique style bakeries that offer ‘real’ bread. How can you tell? The bread is generally quite hard on the outside compared to the soft supermarket loafs, and it will go off within a few days, unlike supermarket bread, which will probably last all week. Why? Because it isn’t loaded with chemicals. See, it’s all about quality.

Protein

Unless you are a vegetarian, you probably eat too much protein, particularly red meat. When we were cavemen, we didn’t have the luxury of a fresh kill for lunch and dinner every day. We had meat far less frequently as it was time and energy intensive to acquire. In fact, only a hundred years ago meat was somewhat of a luxury, as it was expensive. I recommend keeping red meat to two to three servings per week and trying to get more protein from poultry, plant and fish sources.

A satisfying meal

A well-balanced meal needs to consist of all three food groups. This helps to create a satisfying meal that will stop you from getting hungry. If you over serve one type of food group, you are likely to be hungry sooner than expected.

Diet disaster

Typically a 'diet' involves the elimination or serious reduction of a complete food group, such as 'carbs', protein or fat. Sure you will probably lose weight; in fact, you probably have, but I bet you have put it back on again, right? Any eating regime that advocates the elimination of a whole food group is not sustainable and won't work in the long term.

You just need to eat 'real' food, not go on a diet. A diet will only doom you for failure. You should be getting the idea by now.

The great divide

Here's a great way to eat a well balanced meal. Divide your plate into four. One quarter should be for complex 'carbs' like potatoes, rice, noodles or pasta. One quarter is for protein. The other two quarters are for salad or vegetables.

Unfortunately, most people divide their plate into one half protein and one half complex 'carbs', with a paltry serving of vegetables.

Be prepared

Equally important to what you eat is how you prepare it. The method of cooking significantly affects how healthy a food remains. The best cooking methods are steaming, boiling, grilling and light stir-frying, which preserve the nutritional value of foods.

Roasting, barbecuing, frying and deep fat frying should be kept to a minimum. Cooking at high temperatures for long periods of time, as with

these methods, can destroy a lot of the nutritional value of food, especially if you burn them!

It's also important to eat some raw foods such as fruit and salads every day.

Planning

When it comes to healthy eating, planning is the key ingredient to success. I'm sure you have heard the old line, 'If you fail to plan, you are planning to fail'.

To prepare your own meals and avoid getting takeaway all of the time, you are going to have to have food at home. So you need to go shopping. Ok, I know you're busy, but you'll need to commit some time to this, as it *is* part of your healthy eating strategy.

Think about the meals you are going to prepare for the next week. Write a list and get what you need. But don't shop when you are hungry, you'll end up buying more than you need and more treats too!

Plan your meals and have food available. Otherwise, you will be resorting to take away and junk food.

In vs. Out

It is better to eat most of your foods at home and prepare them yourself than to eat out and buy take away. Typically, take away meals and meals eaten at restaurants are going to be less healthy and more calorie dense than the ones you prepare from fresh ingredients at home.

However, when you *are* out you can still choose healthy things off the menu. You can order meals without certain things or ask for them on the side. Eating out doesn't have to be an excuse to let the healthy eating regime down.

At a restaurant, omit the chips. Get sauce on the side. Have more vegetables instead of complex 'carbs'. Just have some bread whilst you wait, not as a starter. Skip the dessert. Drink more water so you are full on less. Limit yourself to two alcoholic drinks. Not that hard really.

Healthier take away options include pizza without all the meat and cheeses (such as vegetarian options) or Thai and Chinese stir fry options without the heavier sauces.

Supplements

Okay, this part is going to seem a little contradictory but stay with me. I've been going on about keeping your food natural and unprocessed, but the fact remains that even when you eat well, modern life dictates that you will still miss out on some nutrients.

A supplement is a great way to give you a nutritional health insurance policy. It helps to fill in the blanks that you miss from your diet. In alignment with our previous rules, natural supplements, such as spirulina and wheat grass, are better than your traditional synthetic multi-vitamins.

However, there are some supplements we can take for our busy, stressful lifestyles to promote our health and energy levels. Vitamin C is good for our immune systems. B vitamins help with energy levels and fish oil helps with overall health. Other more specific supplements are only really necessary if a health practitioner diagnoses a need, if something is low or missing.

Be your own food coach

A food diary is a great way to help you become more aware of your own eating habits. It will keep you more conscious of what you are eating and drinking. It will be hard to keep eating all the things you know you shouldn't be when you have to write it down!

Food diaries are actually used by all successful weight loss programs around the world. It doesn't have to be fancy, you don't even need a pen and paper anymore, you can keep it on an 'app'. The more detail you record, the better. Try to do it at the end of the day, not a week in review. Describe in detail what you had and how it was prepared, whether you bought it or made it. Note the times too. Also, be sure to include those liquid calories–yes the

alcoholic drinks too! You'll soon get a very clear idea of what you're eating and drinking, and I guarantee you'll be surprised! Overall, a food diary will help you develop better eating habits.

Enjoy a healthy relationship with food

Some people have an 'unhealthy obsession with healthy eating'. I have had plenty of healthy fit clients who are far too focused on what they can and can't eat, to the point it becomes an unhealthy obsession. As a trainer I hear all the time 'Oh I can't eat that' or 'I shouldn't have had that'. Get over it. Obsessing about anything is unhealthy. So enjoy your food and don't give yourself a hard time when you indulge now and then. Eat well most of the time and enjoy your 'naughty' foods without regret.

Food is to be enjoyed. It is not just a means to an end.

Don't be fooled by health claims

If a food has a health claim on it, like:

- **'No preservatives'**
- **'No artificial additives'**
- **'No added colourings'**

There is a high probability it is a decoy for the fact there are other unwanted things in it.

Read the food label and check

You will generally find this sort of tactic with processed foods. If you eat fresh foods you won't have to worry about this, but check the label anyway to be sure.

What's on the menu?

Just to make sure you are on the right lines, I am going to give you a few examples of healthy choices for the three main meals:

For breakfast

- **Oats**
- **Scrambled eggs with wholegrain toast**
- **Smoked salmon with avocado on rye toast**

For lunch

- **Chicken and salad sandwich**
- **Tuna, pasta salad**
- **Sushi**

For Dinner

- **Grilled fish and salad**
- **Stir Fry Beef and vegetables with noodles or rice**
- **Spaghetti bolognaise with side salad**

'What about snacks?' I'm just about to tell you…

Snacks

The best snack in the world is a piece of fresh fruit and a handful of raw nuts. Why, because it covers all your main food groups. The nuts provide protein and fat. The fruit provides carbohydrates in the form of sugars (don't get alarmed, natural fruit sugar is fine). Note, the nuts are raw, not salted, cooked or covered in oil. Other good snacks include:

- **Sushi**
- **A smoothie or protein shake**
- **Good quality yoghurt**
- **Cracker bread with a healthy spread, like hummus**

What, no diet?

Want to lose weight? Here are some more specific tips to help with weight loss:

- **Chew longer, you will eat less**
- **Eat from a bowl, not a plate**
- **Put less on your plate to begin with**
- **Drink a glass of water fifteen minutes before a meal, and if you're still hungry, drink a glass of water after your meal**
- **Replace calorie dense foods such as 'carbs' and protein with more salads and vegetables**
- **Eat less when you're not feeling as hungry**
- **Eat regularly to avoid over eating**
- **Manage stress so you are less likely to resort to emotional, comfort eating**
- **Be conscious of liquid calories as they are the easiest to over consume and provide very little satiety**

TOPP TIPPS FOR HEALTHY EATING

- **Eat real food, fresh from nature - it's good for you**
- **Avoid processed food. It's not that good for you**
- **Read food labels and avoid chemicals**
- **Eat organic, it's high quality food grown in balance with nature, free from chemicals**
- **Eat consistently in terms of quality, meal sizes and meal times**
- **Don't be prejudiced towards fats, 'carbs' or protein, just focus on quality**
- **Eat in more than out**
- **Grill, stir fry and steam**
- **Plan your meals, go shopping**
- **Consider a natural supplement for some health insurance**
- **Be your own food coach and keep a food diary**
- **Don't be fooled by health claims**
- **Enjoy a healthy relationship with your food**

THE LEAN FACTS

- **Eat real, fresh foods from nature**
- **Avoid processed foods fresh from packets**
- **Read food labels and avoid chemicals**

Workout Four

Move More, Live More

‘Greatness is not achieved by never failing but by rising every time we fall.’

Confucius

Movement is life

When you are alive you move
When you are dead you don't

Our bodies are designed to move but our modern world is very sedentary. That's why we must make a real effort to be more active and exercise regularly. So go on, give me 20 push ups!

Exercise

Exercise is absolutely the most effective way to improve health

It not only helps to reduce the risk of disease, but it is well documented to improve quality of life and longevity as well. Exercise is so much more than a means to looking good. Exercise helps improve our emotional and mental health, boost our self-confidence, improve our physical health and energy levels and reduce the risk of so many common and preventable causes of premature death, such as heart disease, diabetes and some cancers.

Plainly speaking, exercise helps prolong and improve life **–** <u>your life.</u>

Physical inactivity

Physical inactivity is a major negative factor affecting quality of life

Inactivity increases the risk of heart disease, stroke, diabetes, some cancers such as breast and colon cancer, depression and of course weight gain and obesity to name a few.

As we said at the start, when you are dead you don't move at all. So not moving very much shortens the quality of your life and reduces the length of it. Sorry to be a kill joy, but I need to say this to make a point.

How exercise improves health

Exercise improves our basic physiological processes. It reduces unwanted fat, increases muscle mass (which contributes to improved strength, mobility and energy levels), enhances lipid lipoprotein profiles in the blood by reducing triglycerides, increases high-density lipoprotein (good cholesterol) levels and decreases low-density lipoprotein (bad cholesterol) levels, improves glucose levels in the blood, improves insulin sensitivity, reduces blood pressure, reduces inflammation, decreases blood coagulation, improves blood flow and heart function, increases the total number of red blood cells in the body, facilitating the transport of oxygen, and improves breathing. You get the idea. So surely it is worth doing, right?

So why don't you do it?

With all the overwhelming benefits from doing exercise and so many risks from not doing it, why then do people choose to not exercise? Typical excuses are a lack of time, not knowing what to do, feeling intimidated and continually putting off getting started. But it all boils down to what we talked about at the start – understanding goals and benefits, knowing what you want and why.

As an example, brides are the most motivated clients I have ever trained. They will do anything and everything to look like a million dollars for their special day. This is because they have a specific goal in mind and have massive motivation to do it, to make their goal a reality.

When you have a goal and clear reasons,
you will always find the time

Being human, we naturally resist change–another reason we put exercise off. It just seems too hard. But again, if you get real with real goals and reasons, you will be more motivated to make the leap and get started. Making it simple and easy is the best way to get started. So let's look at that now.

Just do it

Getting started is often the hardest thing to do, but really is the best solution for overcoming all of your excuses. Once you get started it will be so much

easier to keep the ball rolling. It's basic physics - it takes more energy to get something moving than to keep it moving.

Make it as simple and as easy as possible

Just start with something really manageable and comfortable like walking out the door. Find something you enjoy. Do it with a friend. Get a trainer to inspire you and help you. Go to a beginner class.

**Getting started is often the hardest step,
so congratulate yourself! 'Well done!'**

Successes, even small ones, make you feel good. And when you feel good, you feel motivated to do more! Having targets and rewarding yourself along the way for achieving them, is a great way to keep on track, but not with chocolate, hey!

Don't have time?

Oh well, poor you. Let me tell you something, we all don't have enough time. We are all busy, but some of us still find the time to do it. So I reckon you could too. Not having time is probably the most common excuse for not exercising. Quite frankly it is simply a way of saying:

**'I don't prioritise or value the importance
of exercise'**

We invest our time in things we enjoy (not exercise for most) and things we must do to get what we want (exercise!).

There are plenty of really busy people who make time to exercise because they value the benefits it gives them. Everyone can find the time to exercise for twenty minutes. Or put it this way, we always seem to find the time for pizza, a drink after work, our favourite TV show, or browsing the web and updating our Facebook page. But exercise? Well, it's just a little bit too hard, right?

Think of your exercise sessions just as you would any other important appointment. Schedule it in your diary. If something comes up and you

can't exercise, reschedule it, just as you would any other appointment. You only have yourself to answer to, nobody else.

Planning is so important for success. We've talked about this already. If you leave it to chance, it won't happen. Exercise in the morning. You can get up earlier to make more time in your day. This means you won't get caught up and not do it. Plus it's a very positive way to start the day. You don't have to exercise for an hour either. You can have a great, solid workout in just 30 or 45 minutes.

Something is always better than nothing

Even if you don't feel like it, just start and I guarantee you will feel better for it and glad you did!

Start by walking

Walking is one of the best exercises. As we've already mentioned, it's a great way to kick off a fitness habit, no matter how unhealthy or overweight you might be.

Walking is great, but here's the real deal. It doesn't really have the power to enhance fitness or well being on its own. To significantly improve your health, you'll need to raise your heart rate a bit more by doing something more vigorous. That said, walking is simple, low impact and low risk, so it is great for the beginner who hasn't exercised in a long time.

However, because our lives are so sedentary, we should all look to walk more and incorporate more activity into our day, which leads us to the next point.

10,000 steps

For optimal health we must walk about 10,000 steps per day, as recorded on a pedometer.[2] This is equivalent to approximately seven to eight kilometres a day! Seems like a lot of walking, right? Yes!

The Amish community, which shuns modern technology in favour of a lifestyle more in tune with that of the 18th or 19th century, has been

shown to average 18,000 steps per day due to the absence of labour saving devices.[3]

Exercise should not substitute for a day of inactivity. You need to exercise and be active every day, especially if you have a sedentary job. Get up regularly, walk to see colleagues, take the stairs, go for a walk at lunchtime, just get some more movement happening. It will invigorate you. Being sedentary will make you lethargic.

Get yourself a pedometer and start monitoring how much you walk. If you don't notch up enough steps you'll need to get some extra walking in.

How much exercise do you need to do?

National guidelines from the Government Health department recommend doing 30 minutes of moderate activity everyday and three to four sessions of vigorous exercise for 30 minutes.[4] Realistically, you need to exercise three to four times per week for about 45 to 60 minutes.

What about weight loss?

A scientific study came up with the magic number for weight loss: You need to exercise for 200-280 minutes per week to lose weight.[5] That's a hell of a lot of exercise, and I guess you've just had that sinking feeling in your stomach...or was that a muffin? It's actually a benchmark number proven by science. And as mentioned above, funnily enough, this equates to about three to four one-hour workouts per week.

In the great scheme of things, it's not…that…hard. Anyway, what is more important to you? Staying the way you are or feeling great and turning heads?

What exercises do I need to do?

As I mentioned before, I'm not going to talk about specifics. That would be like trying to write an investment strategy for everyone. You can't. It all

depends on your personal circumstances, your age, medical considerations, injuries, exercise history and current fitness level, that sort of thing.

Hence, you need to get a professional trainer to ensure you start appropriately, progress appropriately and do the right exercises with the correct techniques. (I heard about a good one with an unusual name).

The most important exercise of your life

What do you think it is, sit ups? Push ups? Squats? No, it's how you sit, stand and walk – it's your posture. It's an activity you do every day, all day long, every day of your life so it's important you get it right.

Most of us are never taught about proper posture, except perhaps when we are kids, when we were told to sit up straight or if we did ballet or dance classes.

Poor posture contributes to poor health. It's the cause of pain and injury, and if left unchecked for a lifetime, can even cause deformity. Neck and back pain are commonly a result of poor posture.

There are three main deviated postural types: kyphotic back, sway back and flat back. I'm not going to go into them here, but it's one of those practical things you need to get a good health professional, like a chiropractor or a physio, to assess. It's worth looking into.

Most of us can improve our posture through better awareness and a few minor re-alignments. Check yourself out in the mirror. Simply speaking, try to become more aware of a nice straight, elongated posture, head up, chin in a little and shoulders back. The head, neck, hips, knees and ankles should be in alignment.

Proper posture will help you to look better and feel better, as everything is where it should be. It just takes some awareness. The great thing about amending your posture is that it can make you look slimmer and more confident! Not many things can make you look better in an instant, can they?

At the centre of it all

For good posture you need to have good core strength.

You hear a lot about 'the core' these days, but do you actually know what it is? I bet you said 'it's the abs'. But there's more to it than that. The core actually consists of a team of muscles that when contracted help to support the spine by increasing intra-abdominal pressure, the pressure inside your abdomen. We're getting technical now aren't we, but let's keep going.

The core consists of the transverse abdominus (or TVA), which wraps around you like a natural weight belt, the pelvic floor on the bottom, the diaphragm on the top and the multifidus, or lower back muscles, at the back.

Good core strength is paramount for good posture, safe effective exercise and optimal health and movement

A weak core will result in back pain, hip pain and a soft looking tummy that puffs out! Thought that would grab your attention! Unfortunately, engaging the core does not consist of bracing the abs so your tummy is rock solid. Instead it consists of a gentle 'lift'.

Correct use of the core requires instruction from a professional. You will not strengthen your core with sit ups. Even the classic plank or bridging position, thought to be a great core exercise, will over-use the wrong abdominal muscles if you're not familiar with using your core muscles correctly.

You really need to be shown this stuff, but here's a basic exercise to familiarise yourself with what area of the core you need to work: First, take a really deep breath into the belly. As you exhale, think about lightly drawing in the belly button (not tensing your entire midsection) and at the same time, think about lifting your pelvic floor. Literally imagine lifting the floor of your torso up. Hold this in whilst you exercise and you will be on the right track to engaging the core. Do this before every exercise, especially when you are new to it. When you are more conditioned you won't need to think about it anymore, it will just happen. There are great pieces of exercise equipment that help with core training such as the fitball and the bosu, but again you need to be shown what to do rather than just give it a go.

Posture at work

The office is a covertly dangerous place. Working at a desk is fairly sedentary and does not seem that dangerous, but poor posture over the years can result in sore, tight, switched off muscles. This leads to pain, and left neglected, can lead to injury.

When you are at work, pay particular attention to how you sit and the alignment of your limbs in relation to your chair and desk. Get up regularly to move your body and loosen things up. Here are a few tips:

- **Your feet should be under your knees**
- **Your knees and ankles should be hip width apart**
- **Don't slouch against the back support; instead, sit away from it**
- **When you get tired, lean against it but maintain an upright back position**
- **Adjust your chair so your forearms rest in front of you with your wrists on the edge of your table, allowing your finger tips to easily reach the keyboard**
- **Your mouse should be close to your keyboard and not cause you to overreach**
- **Keep your shoulders back to open the chest**
- **Be aware of your head falling forward and keep your chin slightly in**
- **Keep your head and neck elongated, as if a string was on the top of your head pulling it gently up**

Later we will talk about some stretches that you need to do to help keep your posture healthy.

Exercise malpractice

Going to the gym is obviously a common form of exercise, but let me throw a few thoughts your way to get you thinking a bit broader.

Doesn't anyone else see the contradiction in exercising on a 'stationary bike'? Or what about exercising on weight machines? Aren't machines designed to do the hard work for us? Yes they are and this also holds true for the gym machines. When you exercise on any sort of machine, a percentage of the work will be done for you. It is not truly 'real' exercise.

Real exercise, true physical fitness and optimal human movement incorporate many more variables that are either overlooked or not incorporated into traditional gym workouts. These include:

- **Balance**
- **Stability**
- **Coordination**
- **Power**
- **Speed**

Exercise on machines negates many of these important components. If you don't address all of these factors, you won't be truly fit. This is why people can train at the gym and then hurt themselves playing a sport or lifting a piece of furniture, because they are not holistically fit.

A more up to date approach to exercise is one that is 'functional', meaning it replicates activities you are likely to perform in the real world. Functional exercise trains the body as a whole and uses tools that incorporate the challenges of stability, balance and coordination. A comprehensive exercise program must address an even mix of all the attributes for true physical fitness. Sorry, but exercise on machines in the gym won't really make the grade.

Fortunately, exercise has moved swiftly towards this approach over the last decade. Any decent trainer will have this philosophy, and many gyms are also incorporating more functional exercise concepts and equipment.

Global vs. Local

No we're not talking about investing again, we're talking about muscles. You can group the muscles in your body into two main types. Global muscles are

the big muscles that bring about movement, the ones you want to look good like the chest, legs, butt etc.

Local muscles are the small stabilisers that hold the skeleton in place, allowing the global muscles to move effectively, like the core muscles discussed earlier. Traditional workouts tend to focus on the global muscles, especially when you only workout on weight machines.

As we've already mentioned, machine exercises aren't that great since half the work is done for you. There is limited to no stabilisation or coordination required. Movement is limited to a fixed plane which is not in line with how the body moves.

You need an integrated workout that targets both the global and local muscles. You can achieve this workout by using free weights. When you use free weights you have to use some degree of stabilisation, balance and coordination. So basically free weights are much better than weight machines.

Getting the most out of your gym membership

Earlier I gave gyms a bit of a bad rap, but let me present the positive side of gyms. Gyms are the obvious place to go to get fit and a great place to get you moving. To get the most out of your gym membership, I'd highly recommend booking a programing session. All good gyms will have a service where they design an exercise program for you and show you how to use the equipment correctly. It is worth it in terms of time effectiveness and safety. It's so important to know what you are doing. So many people sign up for the gym but barely know what they are doing. It's frankly a waste of time and dangerous to do exercises incorrectly.

Get qualified help and make the most of your precious gyms visits.

Diversify

Just like investing, you don't want to put all your eggs in one basket. You must diversify. If you only do one type of exercise you are going to overdevelop

some muscles and neglect others. Doing different types of exercise will help develop holistic fitness. It's called cross-training.

Years ago, most athletes and sports people would train for their sport by solely doing their sport. These days, all athletes and sports people engage in a whole range of training methods and activities to get as fit as possible for their primary sport. Whilst you may not be a professional sports person, you will do well to follow the concept.

Girls, don't just do cardio; do weights as well. Guys don't just do weights; do cardio as well. Add in a yoga class for stretching (there's more to it than that of course) or do a Pilates class for a great core workout. Do a team sport for speed, agility and simply for fun. You get the idea, just mix up your exercise. Don't get stuck doing the same stuff over and over for years.

Consistency

There's that word again, consistency. We talked about it earlier remember, one of the principles for your success!

Consistency is essential for making exercise effective

Inconsistency is probably the biggest reason why people don't get the results they want. You must exercise regularly, every week, to gain good benefits. Not once one week and four times the next. Be consistent, do your exercise regularly every week!

Intensity

Sorry to burst your bubble, but most people just don't exercise hard enough. You don't have to kill yourself but you do have to work hard, feel challenged and work up a sweat. Whatever you are doing now for exercise, just do it a bit harder!

Go hard or go home!

The fountain of youth

We all want to stay young. Exercise will help you to stay young or at least slow the whole ageing process down. More specifically, lifting weights or resistance training is the closest thing to the real fountain of youth.

As we age, lean muscle tissue declines, especially if we don't exercise or are quite inactive. As a consequence, our metabolism slows and so we get fat because we don't need as many calories. And yet we continue to eat the same amount of food, if not more!

Muscle is metabolically active, meaning it actually needs calories. It contributes to the metabolic rate, the rate at which your body actually uses calories. Lifting weights helps to preserve or increase muscle tissue, thereby helping to keep you active, energised, fat free and ultimately looking younger than your years.

Weights are really important for toning and fat burning. So girls, don't shy away from doing them. You won't end up with bulky muscles since you don't have the hormones for it.

Effective exercise

Time is a valuable commodity. Make your exercise count with effective training strategies. For me, these include interval training and circuit training. These types of workouts are more intense, more effective and take less time. Sounds good, huh? They will improve your fitness faster and ignite your metabolic rate, helping you to burn more calories and get fit faster than traditional workouts. If you're a beginner or not very fit, you can't enter directly into these types of workouts. You must build your basic fitness first. We're going to talk about each of these two concepts in more detail.

Circuit training

Circuit training consists of a selection of exercises performed consecutively for either a specific period of time or a certain number of repetitions, with

minimal or no rest breaks. The sequence is then repeated, typically three to five times.

A good circuit will consist of a variety of drills, including upper, lower, abs and whole body exercises. The consecutive nature of the exercises adds to the impact of cardio. An example of a simple circuit might be performing the following exercises for 20 to 30 reps or for 60 seconds, resting for 30 seconds to one minute, then repeating:

- Push ups
- Squats
- Star jumps
- Lunges
- Shoulder presses
- Bench dips
- Planks

Interval training

Interval training is basically a way of adding in short bursts of high intensity exercise into your normal cardio workout. This allows you to start training at higher intensities and get a more challenging workout.

Let's say you normally only go for a power walk. You can make it more effective by adding in short bursts of running or jogging for either a set time such as 30 seconds, or a set distance such as 200 metres. Then you return to your usual walking pace for a period of one to five minutes, depending on your fitness level. The fitter you are, the shorter the low intensity period should be, or the longer the intense phase should be. Then you repeat the cycle several times. This would be a more intense and effective workout than simply power walking or your usual morning jog.

You can perform intervals at any fitness level. That said, they should only be incorporated into a workout after some basic fitness has been developed. So if you're a beginner, it's best not to start with interval training. The main

point of interval training is to inject brief periods of higher intensity work into your normal cardio routine. Like circuit training, it is more effective and more time efficient.

Instruments of torture

There's so much more to a workout than a pair of dumbbells. There are some great exercise toys (or instruments of torture, depending on your perspective) that will give you a real workout and are very effective and fun. They include kettlebells, the TRX, cyclone balls, medicine balls, the fitball, bosu, wobble boards, powerplates...the list goes on.

To some of you this list might sound completely foreign! You may have seen these kinds of instruments of torture used by trainers or lying around the gym, but they are absolutely awesome for a truly holistic, more challenging and more effective workout. They work the global muscles and the stabiliser muscles. They also encompass the majority of fitness factors we talked about earlier, like balance, coordination and stability.

They are more advanced in that you must know how to use them, so once again it's another reason to get a trainer to show you how. Don't just pick them up if you don't know what you are doing!

Get a trainer

Okay, I know this sounds like a sales pitch given it's what I do for a living, but I have mentioned the need for a trainer several times already, haven't I? Honestly I have never seen better results than when you go one-to-one with a trainer. In fact it's been said in the industry that 90% of people who get decent results they are satisfied with have used a trainer.

A personal trainer is no longer a luxury for the rich and famous. People have trainers because they realise they help you get the results you want a lot faster than on your own. You say it's expensive but put it into perspective, think about the amount of time and money that's wasted investing in 'get fit quick' schemes, gym memberships you never use and diets that don't deliver.

Most importantly, a trainer will keep you accountable for your goals as well as educate and inspire you...or at least they should!

A trainer can help introduce you to all the concepts we have discussed here in practical terms, which is the best way to learn them.

Everyone can afford a trainer! You don't have to have a trainer for every session. You might just have one once a week for a particularly tough workout to challenge yourself, or even once a month to help keep you on track with your health and fitness objectives. You could even get a trainer as part of a 'bootcamp' as a cheaper alternative.

Most gyms offer fitness tests and programs, so if you are a gym member and can't afford a trainer you should definitely try these options. They will give your training more structure, help you know what you are doing with the equipment and provide a record of your progress.

There are a lot of trainers out there, and like all professionals there are good ones and shonky ones. Here are some questions you can ask to help you find a decent trainer:

- **Are they registered and insured?**
- **How many years of experience have they got?**
- **Are they full time or part time?**
- **How many people have they helped with their goals?**
- **Do they have a website where you can get more info and see testimonials?**
- **Do they have an unusual Finnish name?**

I'd suggest meeting with a trainer for a chat to get a feel if they are for you. Also, rather than commit to a block of sessions or a program, pay for a single session to see what it's like.

If you're serious about results, get a trainer

Enjoy it

Ultimately, enjoying exercise is really important. Don't consider it a chore that has to be done. Instead, try and enjoy it. Think of all the wonderful benefits you are enjoying or soon will be! Every workout increases endorphins in your brain, the little chemicals of happiness that make you feel good. I have never trained anyone who walked away not feeling better than when they arrived for a workout. Well, that may not be entirely true, but you know what I mean! If you really don't enjoy exercise, get a trainer to inspire you. Plus, their workouts will be more fun than doing it on your own.

Stretching

As we come to the end of our workout, there's one thing left to do: stretch!

Stretching promotes flexibility
It's a really important part of physical health

Flexibility refers to the range of movement of a joint. The less range there is, the more immobile you will be and the stiffer you will feel. Stiffness can then contribute to pain, injury and later deformity. As we age our flexibility reduces, leaving us feeling stiff whilst trying to perform every-day activities such as getting out of a chair or bending down to pick something up.

A stretch, for most, involves a few minutes at the end of a workout if at all, which is hardly enough to be of much benefit. We should all stretch a lot more (including me!). We should dedicate whole workouts to it, like yoga or Pilates.

For your information, when you stretch, you don't actually stretch the muscle itself; you're actually stretching the connective tissue that binds the muscle fibres together.

Consider this: think how supple and mobile a child is and then consider an older person. Maintaining your flexibility is an important step towards staying healthy, so make stretching an important part of your fitness plan.

Stretching for the seated, sedentary worker

Here are some stretches for those of you who work at a desk (but they are also good for most people in general).

Hamstrings (back of the upper leg)

In your chair, sit upright and lean forward from the hips to get a stretch in the back of the leg: that's your hamstring.

Hip Flexors (front of the hip)

Kneel down on one knee. One foot should be forward and the other back to open your hips. With your arm on the kneeling side, reach up into the air to try to get a stretch on the top front of the hip.

Gluts (butt!)

In your chair, bring one foot on top of your other leg in a half cross legged position. Sit up straight. You should feel a stretch in your bum.

Chest stretch (funnily enough for the chest!)

Find a corner wall or use the back of your chair. Put your hand on it and turn your body in the opposite direction to stretch your chest.

Twist stretch (for the spine)

Sit upright. Place both hands on one side of your chair as if looking behind you. Gently rotate to do the other side. Repeat a few times.

Neck stretch (neck!)

Very gently tilt your head to one side and drop your opposite shoulder down. You should feel this in the neck.

Thoracic spine (mid back)

Sit up straight, interlock both hands, and reach up. Tilt gently to one side, then the other, then forward.

Do these stretches for at least 20 to 30 seconds, preferably longer. You can do them at your desk or at home at the end of the day.

TOPP TIPPS ON EXERCISE AND MOVEMENT

- **Exercise promotes quality of life**
- **Sit, stand and walk tall–you will look and feel better in an instant!**
- **Start with something simple, like walking**
- **Keep active and walk everyday**
- **Try to exercise 3-4 times per week**
- **Do some weights to burn fat and stay young, including you girls!**
- **Move to circuit and interval training for more efficient and effective exercise**
- **Learn how to use the core correctly**
- **Be consistent, train regularly and train hard**
- **Diversify what you do and enjoy it**
- **Get a trainer**
- **Stretch more, much more**

THE LEAN FACTS

- **Be conscious of your posture**
- **Keep active and move more**
- **Exercise 3 to 4 times per week**

Workout Five

Stop, Revive and Thrive!

‘Victory belongs to the most persevering.’

Napoleon Bonaparte

The silent assassin

I call stress 'the silent assassin'. You don't see it coming or know that it is there, but it's slowly taking hold of you, bringing you down. Scary, huh?

Life, work, family, finances and relationships are all placing more pressure on us than ever before. Time is the new luxury. That's why it's important to invest in some time purely for you. If you don't, stress can cause serious health problems that will take your time away from you. Stress is one of the biggest challenges to people's health today, and is often ignored and overlooked. Over the next few pages we're going to talk about stress, how to recognise it and what you can do about it.

Heed the road signs

Life's a bitch and then you die. Or is it life's a beach and then you surf? Either way, life is more like a road trip. The busier you are, the faster you travel on the highway of life. The faster you travel, the more you must do to slow down.

The good news is that along the superhighway there will be plenty of 'road signs' warning you to slow down and take a break. Ignore the signs and just like real life, you'll eventually pay the fine, or worse still, crash (and many do). So what are the road signs of stress?

The signs and symptoms of stress

Some of the first signs that the silent assassin has you in a headlock are headaches, muscle tension, poor sleeping patterns, low sex drive, tiredness and fatigue or even just a feeling of never quite being on top of anything.

More significant road signs include ongoing minor illness, depression, altered moods, high blood pressure, digestive problems and nausea.

If you keep thundering down the highway of life and ignore these signs, these issues will become more significant. I don't really want to mention heart attacks, strokes and other serious illnesses in this kind of book (it's a happy

place remember), but these are the kind of 'end of the road' warnings that will force you off the road of life, maybe even permanently. This is what we're dealing with. It can be serious, and for many it is–and this time I'm not laughing.

Stress is a serious issue.

The physiology of stress

Here's a bit about the physiology of stress so you can better understand it.

Your body and all its processes, such as digestion, hormone levels, breathing and blood flow are controlled by the autonomic nervous system. This is comprised of two systems, the sympathetic and parasympathetic. Now stay with me here.

The sympathetic nervous system, or SNS, is responsible for the 'fight or flight' response. It readies you for action by releasing activating hormones such as cortisol and adrenalin. It is a catabolic process, meaning it breaks things down.

Stress causes the SNS to become overactive.

The parasympathetic nervous system is responsible for immune function, growth and repair, and the release of anabolic (building) growth and sex hormones. It has the opposite effect of the SNS.

The SNS suppresses the function of the PNS.

If the SNS is constantly activated from stress, your growth and repair systems are compromised. Your objective is to keep the SNS in check and promote the action of the PNS, to keep catabolic hormones down and growth and repair hormones up.

Are you SNS PNS confused yet? Plainly put, stress isn't good for your hormones or your health! Put another way, your body can't perform properly if you don't stop and refuel every now and then and give it a regular service. It will simply break down and deteriorate over time.

Managing stress

So much for the theory, what about the practical stuff? Looking after yourself and managing stress will take self-awareness, require you to be conscious of the road signs and call for a small investment of your time.

The first step is to be aware of the signs

You need to take daily, weekly, and monthly action to invest in yourself. Let's start with the daily stuff…

Daily stress strategies

Daily actions include:

- **Drinking plenty of water**
- **Eating well by making time to eat and not skipping meals**
- **Being conscious of your breathing**
- **Getting plenty of sleep**

Also, try to fit in a few moments of silence and stillness into your day, where you are actually doing nothing. I know, I know, I can hear you scream, 'Are you serious!?'. Well, it's important and it will help you to think more clearly as well. Enjoy some sunshine and fresh air too.

Avoid the use of stimulants such as coffee, sugar, energy drinks, alcohol and cigarettes. They're not helping. Instead, they only exacerbate the problem, pushing it back another day.

All pretty simple and not that hard, right? But take a moment to think about it and ask yourself how many of these things you are really doing. Let's look at a few of these in more detail.

Take a deep breath

Breathing slowly and deeply is a simple way to calm the body and reduce feelings of stress. It also distracts your mind from your problems and thoughts to focus on the breath. It's a basic form of meditation.

Try this: Take five to ten deep breaths right now. In through your nose and out through the mouth. Each breath should take about six seconds. It will calm you and help energise you too. Try this exercise when you catch yourself in the heat of the moment. It really works!

Meditation

Meditating is one of the best ways to relax and keep a calm mind. Scientific studies have proven the benefits of meditation, which include increased calming hormones such as serotonin, decreased stress hormones and lower blood pressure.

Sitting still to meditate can seem quite hard, hence the need to do it! I must admit that despite its benefits and merits, even I find the thought of meditating hard.

I prefer more practical forms of meditation such as simply focussing on breathing, as we have just discussed, or focusing your attention on the moment, especially while doing menial day-to-day tasks such as walking or washing dishes. This helps to disconnect you from the many things you have to do and separates you from the turbulent thoughts in your head.

Exercise is like a form of practical meditation, as it brings you into your body and helps to switch off the mind.

While it is true that meditation practises encourage you to sit for long periods of time, even five to ten minutes is better than nothing. Think about it, how often do you actually sit and do nothing in your life? Just like exercise, something is better than nothing.

Take 5 every 90

Ever heard of ultradian rhythms?[6] No, it's not from Star Wars, as big a fan as I am. These are natural peaks and dips in our daily energy levels.

You can work smarter by performing creative, complex, problem solving tasks at times of optimal energy and save more mundane tasks, like checking e-mails or paperwork, for the dips in your energy cycle.

So how can you recognise these up and down cycles?

You know when you are in a peak energy phase when you are on fire (no not literally). This is when you are in a state of 'flow', when you are working really well, solving problems and time seems to fly by.

But then you start yawning, fidgeting, making mistakes, re-reading the same line, feeling tired, losing concentration, feeling hungry, needing to go to the toilet, etc. These are signs you are on your way out of the peak phase and entering the lower energy, downward phase. It's these times when you need to take five.

Many of us don't stop for a break or even lunch because we are too busy. But if you took the time to have a five-minute break every ninety minutes or so, you would actually help to optimise your energy levels and not feel so overwhelmed.

You could actually get more done!

During the five-minute break, get up, move around, go outside, get some fresh air, drink some water, have something to eat and take some deep breaths. If you do all of these things, you are going to feel a lot better, guaranteed or your money back! This is how you can work smarter and more productively!

Get some ZZZZZ's

Sleep is very important for health and even weight loss.

You can't sleep your way to weight loss, but it is very important to get enough of it. It is during sleep that the body releases growth and repair hormones to restore health. Insufficient or interrupted sleep inhibits the growth and repair processes. Prolonged periods of poor quality sleep will increase the chances of fatigue and poor health.

Typically we need to get around eight hours of sleep a night for optimal health. Getting six hours or less on a regular basis is very detrimental to both health and weight loss.

Here are some tips for better quality sleep:

- **Try to get into a sleep routine by going to bed and waking up at a similar time**
- **Sleep in a totally dark and quiet room**
- **Dim the lights before bedtime**
- **Don't go to bed straight after working on the computer or watching TV**
- **Write down anything on your mind from 'to do's' to worries and concerns**

Getting to bed on time and getting up at a regular time to develop a sleep routine is very important for improving your quality of sleep and your health. Also, try to catch up on some lost sleep with a nap now and then–but not at your desk!

Stimulants!

If you're feeling stressed, why would you use or consume a stimulant that will only exacerbate the physiology of stress? When you are stressed your breathing rate, heart rate and stress hormones are elevated. Guess what? Stimulants do exactly the same thing.

Cigarettes, alcohol, sugar and coffee may seem to help in the short term, but they are actually exacerbating your problem in the long term.

The reason people resort to these things in times of stress is to get a 'hit' of a neurotransmitter called dopamine. Stimulants cause the release of dopamine, which makes you feel good. However, the healthy strategies we talk about in this book also help to release dopamine, but in a positive, healthy way, rather than a negative way that comes with a price tag.

So stimulate your mind and body the healthy way, rather than loading yourself up with coffee, cigarettes and booze. Enjoy them, but don't abuse them (except for the cigarettes!). Remember, exercise is a great way to get a huge hit of dopamine!

B-vitamins

When people are stressed, the B-vitamin levels in the body are often low. B-vitamins help maintain our nerves and brain cells and convert food into energy. There are actually a whole bunch of B's that constitute what we refer to as B-vitamins. We haven't got time to discuss them all, but as an example, Vitamin B1 (thiamine) helps the brain to convert glucose, or blood sugar, into fuel, and without it the brain rapidly runs out of energy. This can lead to fatigue, irritability, anxiety, and even depression.

If you're very busy and under a lot of pressure, a B-vitamin supplement is a great idea. That is why they are branded as 'stress support' supplements. Natural sources include turkey, tuna, whole grains, bananas, leafy greens and brewer's yeast, (sorry folks, beer doesn't count).

Laugh

Laughing is one of the best stress relievers there is and interestingly, we don't do it enough. It is actually proven to be beneficial to your health – as if you needed scientific evidence to know that! After a long, tough day, pop in a 'Blackadder' or 'Little Britain' DVD and have a healthy laugh (I'm English, so British comedy is the best!). It will make you feel so much better! Even better, have a laugh with some friends (with them, not at them!).

Weekly stress strategies

Weekly strategies include regular exercise, socialising with friends (but without excessive drinking please!), participating in recreational activities such as hobbies (not drugs), games and sports, and having a laugh. Try to schedule one or two mornings a week when you can sleep in. Have a day where you actually go home from work early or on time for a change.

Let's have a look at a few more now...

Catch up with friends

Socialising is a very important way to enhance your emotional and psychological well-being. Because of our busy lifestyles, many of us don't

do it enough and others do it too much. The trouble is, alcohol is often excessively involved!

You can't beat a good yarn with a friend. Remember the old saying, 'a trouble shared is a trouble halved'. But don't just dump all your stuff on your friends, have fun together.

I bet you've never read that socialising can help with weight loss! Well, it's all part of being healthy, and when you are healthy, you will look good too!

Turn the phone off

Some of you are probably rolling your eyes over this one. We live on our phones these days, but you've got to turn the thing off once in a while. There was a time when we didn't have mobile phones, remember? Try to turn the computer off as well, perhaps on the weekend or at least for one day a week. Have some TV, computer, mobile phone electronic free time.

Exercise (yep, again!)

Exercise has to be the best way to help combat stress! I guarantee you will feel better after a workout. Even more reason to make time to exercise. If you don't have time because you are too busy, that's exactly when you need to be doing it!

Relaxation exercises

Whilst traditional exercises such as running or weight training are great for stress, there are more passive forms of exercise that promote a relaxed state of being. These include more calming types of exercise such as tai chi, yoga, or progressive muscle relaxation techniques. This is where you consciously contract the muscles of the body and then relax them one at a time. The focus of these exercises is on controlled, mindful movements that are deeply connected with the breath. Hence, they help to gently invigorate as opposed to exhaust.

Have a hobby

Having a hobby is like a form of meditation. It is a pursuit that brings you into the moment and takes you away from life. It has no real purpose other than for enjoyment. If you don't have a hobby, find one. It's a great stress reliever and reminds you to enjoy life as opposed to concentrating on work all the time. There are so many things you can do. Personally, I like collecting unusual looking cereal flakes and selling them on e-bay. 'Huh? But you said don't eat processed foods!' Damn, busted!

Monthly stress strategies

Monthly stress strategies involve a bit more investment of your time, but they are so worth it. The best ones include getting a massage or some other form of bodywork treatment. Get out into nature on a weekend every two to three months, and on a yearly basis be sure to use your holiday and take a trip overseas to really get away from it all. It's the best, isn't it?

Massage

You can't beat a massage for stress relief. Emotional stress manifests itself in the form of tight, stiff, and sore muscles. A massage literally breaks down that physical tension and releases it. Alternatively, explore other bodywork treatments such as acupuncture, chiro or even physio. Just invest in looking after your physical body.

Get out into nature

Nature is one of the most healing places on earth. Why else would health retreats be set in stunning remote locations? Because it's good for you!

Nature is full of negative ions, but this is not a bad negative – it's a positive negative! Don't ask me why they are labelled 'negative' but places we find refreshing and rejuvenating such as the mountains, waterfalls and the beach have high concentrations of these so-called negative ions.

These places are associated with improvements in mood and physical health. Research has begun to support the view that negative ions have a net positive effect on health. This is why nature has an unexplainable positive effect on us.

Try and get out into nature for a day or an afternoon for a nice walk. Even better, try to get away for a whole weekend! It will really refresh you and recharge your batteries.

Holiday

You can't beat a 'getaway' to get away from all your stresses and responsibilities. Try to take the odd weekend away a few times a year, and once a year organize an overseas holiday. Personally, and I am sure you will agree, there is nothing better than getting on a plane and going somewhere new and exciting to relax, rejuvenate and truly have fun, leaving all your worries at home (including the kids!).

Develop a 'me plan'

Not a plan for me, a plan for you! A 'me plan' is my idea of a simple schedule of strategies for your mental, physical and emotional well-being. It is your personal investment plan consisting of some of the daily, weekly and monthly strategies we have just discussed that suit you best.

Pencil them in as part of your schedule. You and your health are important, probably more important than anything else, because if you're not functioning, you won't be able to work ten hours a day or support your family, will you?

Remember, if you don't make time for yourself and your health, stress may take time away from you! So I can't 'stress' how important this is! Boom, boom (remember laughter is good for you!).

You know what to do. You know you need to do it. Make it a priority!

Prioritise yourself and your health

In fact, don't read another page until you have incorporated some of these stress-busting strategies into your schedule. I am being serious! Do it!

Life is for living not just working

Life is for living and having fun, not just for toiling and working. When you are on your deathbed, do you really think you will reflect and say, 'Gee, I should have worked a few more hours every day?', or do you think instead it might be something like, 'I wish I'd travelled more' or 'spent more time with my children' or 'learned to play the piano'?

We should try to achieve more balance in our lives. This can be done by reducing how much we work and re-prioritising other important things in our life, like our health and our family. Sounds hard? Well, it is hard, but it is important and worth it.

Downsize

My final words on stress are to try to simplify life, even one day downsize for a real 'sea change'.

We are all too busy with too much to do and not enough time to do it. We could all benefit from cutting out some non-essentials and adding in some real pleasures, like spending more time with our families and friends, enjoying a hobby, and fulfilling a few dreams, remember those from earlier?

Downsizing for a sea change is a pretty big thing step as we seem to be well caught up in the rat race, but once you step off that treadmill you'll feel so relieved, and there will be no way you can go back. Just talk to someone who has been brave enough to do it. Maybe you should try it one day. Your life will be better for it and the rat race won't miss you. I can guarantee that!

And finally…be thankful

Chances are that you have a home, food, family, friends, reasonably good health, enough money to do most of the things you want…and yet we still complain.

It's a sad fact in our Western lifestyle that our satisfaction levels are generally lower than people in many so called 'poorer' countries, those who live much

more basic lifestyles. We need to live life with a little more gratitude for what we do have instead of whinging about what we don't.

When you desire nothing, you instantly achieve a greater sense of fulfilment and contentment. The Buddhists have gone on about this for thousands of years and they seem quite happy and relaxed.

Expressing gratitude is a very simple way to improve your sense of self and contentment in life. In fact, studies have shown that people who are grateful recover more quickly from serious illness and enjoy a higher quality of life.

Say a little 'thank you' to yourself every now and then, and to others too. It's good for you.

A little test

If you're feeling stressed or overwhelmed, do the following little less self-assessment test. Ask yourself:

'Do I have two arms, two legs, and am above ground?'

If you answered yes to these three things, you are doing OK and a lot better than all those souls six feet under. A reason indeed to be thankful for the precious gift of life you have.

TOPP TIPPS ON STRESS

- **Recognise the signs of stress**
- **If you ignore the road signs you will crash off the road**
- **Develop a 'me plan' to look after yourself, pencil it in and do it**
- **Take a 5-minute break every 90 minutes; it will help you to work more efficiently.**
- **Exercise is one of the best things for stress relief**
- **Turn your electronics off once in a while**
- **Socialise and laugh more**
- **Get a massage**
- **Get out into nature**
- **Be thankful for what you have**
- **Try to simplify your life**

THE LEAN FACTS

- **You are important so invest time and effort into yourself**
- **Develop a 'Me Plan' with daily, weekly and monthly strategies**
- **Simplify life and enjoy it**

Workout Six

Live Clean and Chemical Free

‘What we first hope to do with ease,
we must first learn to do with diligence.’

Dr Samuel Johnson

Live chemical free

A chemical free body is a clean, healthy body

Up until the dawn of the industrial revolution, we lived without any un-natural chemicals in our food and environment. Now we live in a world full of chemicals, in the air we breathe, in the water we drink and in the soils that our food is grown in. The sad fact is that it's now impossible to live a life without chemicals, but we can take steps to reduce our exposure to many of them.

It's a toxic world

According to the Chemical Abstracts Service in the USA, which is regarded as the world's authority for chemical information, there are over 67 million registered organic and inorganic chemicals, with more being added every few seconds![7] One interesting study predicted that every person today carries approximately 250 chemicals within the body that did not exist prior to the World War II.[8]

What is worrying is the fact that the vast majority of these chemicals have not been adequately tested for their impact on human health. Plus, there are virtually no tests to assess the combined impacts of the 'chemical soup' we are exposed too.

Whilst the evidence may be scant or controversial, common sense will tell you there is no way many of these chemicals can enhance our health, and instead, are more likely to harm it.

Everyday dangers

Sorry to do this to you, but here are just a few of the many chemicals we are exposed to on a daily basis:

Food additives such as preservatives, colourings and flavourings. Fertilisers, pesticides, and herbicides on our fruits and vegetables. Antibiotics and growth hormones in meat and dairy products. Heavy metals, chlorine,

microorganisms and other contaminants in our water. Cigarette smoke containing carbon monoxide, tar, nickel, cadmium and lead to name just a few of four thousand chemicals. Overuse of antibiotics. Carbon monoxide from car emissions. Air, water and soil pollution from farming and industry. Chemicals in cosmetics, deodorants and personal hygiene products. Aluminium in deodorants and cookware. Carcinogens created from overcooked, burnt food. Electromagnetic radiation from electronic devices such as mobile phones, computers, and microwaves.

It's pretty bad, isn't it? It isn't in the scope of this book to discuss all negative chemicals in detail, but let's just look at few of them now...

Smoking

Since we are talking about avoiding chemicals, one of the worst sources of them is cigarettes. They contain a mixture of over 4,000 chemicals, many of which are harmful to the human body and several that are known to cause cancer.[9]

Smoking is the number one preventable cause of ill health and premature death.

Anyway, this isn't a 'Quit Smoking' book. However, you cannot be interested in health and well-being if you smoke and do not consider the notion of trying to stop. When the time is right, you will do it. I know you will!

Electromagnetic pollution

Did you know the planet and all living creatures on it possess a natural electromagnetic field? Our modern world has an abundance of electronic devices that produce unnatural forms of electromagnetic waves that interfere with the biological, natural ones.

In our modern society, it would be impossible and unrealistic to stop using electronic devices, and I am certainly not suggesting we should. However, it's worth bringing to your attention that many electronic items can have

adverse effects on us. Scientific evidence does exist to verify that radiation from mobile phones can be harmful to health.

Just try to limit your use or increase the physical space between you and your electronic equipment, such as not having electronic items in the bedroom and using your phone on speaker.

Food additives

As mentioned earlier, one of the main principles for healthy eating is avoiding chemicals. It's worth repeating here since there are simply so many food additives in the foods we eat. While most additives are relatively harmless and are approved as safe, there are plenty of studies showing that some are potentially harmful. The Food and Drug Administration in the USA has approved more than 3,000 food additives for use in our food.[10]

When you read a food label and see an additive, know that there are even more chemicals behind it. Here is the list of chemicals that make up artificial strawberry flavouring[11], for example:

"Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl acetate, ethyl amyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone (10 percent solution in alcohol), a-ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, g-undecalactone."

And here's the list of ingredients in a real strawberry:

"Strawberry."

So, which would you rather put in your body? Play it safe and avoid the chemical cocktails. The best way to avoid them is to read food labels and eat organic.

Artificial sweeteners

Aspartame is an artificial sweetener that is used in thousands of products such as diet soft drinks, low calorie products, yoghurts, snack bars and medicines.

Since their inception, artificial sweeteners have been at the centre of much official controversy, particularly in America with the Food and Drug administration, including links with brain cancer! In fact, the artificial sweetener cyclamate, which was widely used in the 1950's and 1960's, was banned by the FDA in 1970 after research suggested that it caused cancer.[12]

While artificial sweeteners were eventually approved for food use, there is enough smoke on the subject to consider avoiding it.

'Aspartame is a methyl ester of the dipeptide of the natural amino acids L-aspartic acid and L-phenylalanine.'[13] Does that sound healthy? Personally, I'd give it a miss!

Free radicals

Exposure to pollutants and chemicals on a regular basis results in the formation of damaging free radicals in your body. Free radicals are a form of reactive oxygen that causes oxidative stress. They are electrically charged molecules that look to bind with balanced molecules, making them unbalanced. As well as creating disharmony to normal cell function, they also have been linked with causing genetic damage, hence their link to diseases such as cancer.

In layman's terms, they are damaging. So what can you do about them? I'm about to tell you...

Your natural defence system

Humans have their own defence and waste removal systems in their bodies, including the immune system, liver, kidneys, digestive system and lymphatic system.

The lymphatic system relies solely on movement to create the flow of lymph, unlike the blood supply, which uses the heart as a pump. Therefore, if you don't move, your lymphatic system is not moving, which means you won't be removing waste. This means toxins are more likely to stay in the body.

A healthy digestive system will help to remove waste and toxins. Fibre is essential for digestive health. You can consider fibre as a natural broom that sweeps through your digestive track, removing toxins and waste. High fibre foods include brown and wholegrain varieties of bread, pasta and rice, and beans and oats. You get fibre from eating fresh, natural foods. You won't get much from processed foods!

These defence systems can only cope with a certain level of stress before becoming exhausted. When this happens, toxins are stored and remain within the body and slowly poison you on a low-grade level. This is why when you go on a 'detox' you may experience skin complaints, headaches, or feel unwell as the toxins are being released.

Waste is removed via urination and sweating, so drinking plenty of water is important for staying healthy. Exercise is also important for removing waste and toxins, another reason to do it.

Antioxidants

Antioxidants combat the damage done by free radicals. Their main source comes from eating fresh natural foods, particularly colourful fruits and vegetables. They contain a number of 'micronutrients' called 'phytonutrients', produced by plants to increase their own chance of survival in nature. Mounting evidence has shown that antioxidants are required for optimal health and disease prevention.

Eating a range of different coloured fruits and vegetables is a way of attaining different nutrients and antioxidants. Bright colours have a much higher nutritional value, such as dark leafy green vegetables, carrots, oranges, strawberries and blueberries. These are sometimes referred to as 'super foods' because of their disease fighting capabilities.

So you get plenty of healthy antioxidants from fresh foods and you won't get many, if any, from processed foods.

Strategies to reduce your toxic load

How many chemicals you have in your body is often referred to as your toxic load. Here are a few simple strategies to reduce toxins and chemicals in your life:

- **Eat organic**
- **Filter your drinking water**
- **Use green, environmentally friendly cleaning products**
- **Don't use aluminium cookware**
- **Ladies, use natural make up**
- **Gentlemen, use natural make up**
- **Use a hard resin, metal or glass drinking bottle instead of a plastic one**
- **Don't microwave food in plastic containers**
- **Try to limit how often you use antibiotics**
- **Use your mobile phone on speaker**

Get the joke in there? Just wanted to lighten the tone on a 'polluted' subject! Boom, boom! (laughter is good for your health, remember? Ok, give me credit for trying).

TOPP TIPPS FOR LIVING CLEAN AND CHEMICAL FREE

- **Chemicals are everywhere in our modern world. We can't avoid them but we can take steps to reduce our exposure to some of them**
- **Choose green, chemical free, environmentally friendly products**
- **Load up your defence system with antioxidants from colourful fruit and vegetables to fight damaging free radicals**
- **Exercise regularly**
- **Drink plenty of water**

THE LEAN FACTS

- **Do your best to reduce your exposure to chemicals**
- **Use green, chemical free products**
- **Eat lots of colourful fruits and vegetables to get antioxidants that help keep you healthy**

Workout Seven

Live Consciously

‘All that we are is the result of what we have thought.’

The Buddha

A few wise words

The last part of the book isn't very extensive. The words are few, but their significance is far reaching. What is written relates not just to health but to the overall quality of your life, in all areas. So read them well and live wisely.

The big picture

When you look after yourself, whether you realise it or not you are taking steps to look after the planet on which we live and depend.

If you walk to work instead of drive, eat organic and use chemical-free cleaning products in your home, you are contributing to fewer chemicals on the earth and the reduced use of resources, which can only be a good thing.

According to the GEO-4 report, humanity's environmental demand, or ecological footprint, is 21.9 hectares per person. The Earth's biological capacity however, is on average only 15.7 ha/person.[14]

Agriculture, deforestation, manufacturing and production to produce energy, food and consumables are some of the primary drivers of climate change. And with the population rapidly increasing, the demand will only get higher. Consumption is unsustainable.

We can take steps to use fewer resources and reduce our 'footprint' through our personal choices and actions. When we look after our own health we positively contribute to the health of others, our Planet and the future of humanity.

Save the planet, eat less meat

'Oh dear, I knew he was a hippy,' I hear you say. Stay with me, I've got a scientifically backed point to make here.

As I just said, by looking after ourselves we make a positive impact on the planet. This is particularly true for the food we eat.

Processed food takes so much more energy and resources to produce than fresh, natural food. Meat is one of the most energy intensive foods to produce. Surprisingly it requires a huge amount of oil and water as well as land. It is a hugely inefficient process. In fact, it has been estimated to take 50 calories of fossil fuel to make one calorie of meat, compared to the three to one ratio for wheat. It takes 5,000 gallons of water to produce one pound of meat compared to 25 for wheat.[15]

According to The United Nations Food and Agriculture Organization:[16]

"Livestock are responsible for 18 per cent of the greenhouse gases that cause global warming, more than cars, planes and all other forms of transport put together."

In June 2010, a report from the UNEP declared that a global shift towards a vegetarian diet was needed to save the world from hunger, fuel shortages and climate change.[17]

So my point is that eating less meat can help contribute massively to environmental conservation. Proof, perhaps, that what is good for you is good for the environment.

Before action comes awareness

Before you can change anything you must first be aware that it needs to change.

Without awareness, nothing will change

Awareness is the first and most important step for any change and improvement to occur. If we can live life with more awareness, the things we are aware of can only improve.

A conscious conclusion

The essence of health, success and a life filled with more joy and satisfaction is simply to live more consciously.

Live life with more awareness and consider the consequences of your actions upon yourself, your health, others, the environment and the Planet

Look at your life now. Who you are and what you have is a representation of your past thoughts and consciousness. If you want to improve what you see, improve the quality of your consciousness.

Ultimately the quality of your life relates to the quality of your consciousness

TOPP TIPPS ON LIVING CONSCIOUSLY

- **When you look after your health you are helping to look after the health of the Planet**
- **Live life with more awareness of the implications of your thoughts and actions upon yourself and upon others**
- **The quality of your life is a reflection of the quality of your consciousness**

THE LEAN FACTS

- **Be aware of the effect your thoughts and actions have on yourself, others and the Planet**
- **Live life consciously**

The Cool Down

Final Thoughts, Summary and Farewell

‘The first and best victory is to conquer self.’

Plato

Final words

So my friends, we are now coming to the end of our time together. Don't be sad! I want to say farewell with a few parting thoughts and give you a summary of all the 'workouts' and the main 'Topp Tipps' to take away and start living.

I'm not perfect

I can stand with my head held high and proudly say that everything in this book, on every page, is a personal part of my life and what I empower others with. However, I am as human as you and I don't do it all of the time. I eat pizza, I drink alcohol and I love a slice of cake. I do, however, do most of it most of the time, which makes a real difference to your health and quality of life. *That* I can certainly testify to.

When it comes to health I have covered a lot of bases in this book, but there will be plenty of stuff you thought might of been covered but wasn't. Sure there is so much more we could have talked about, but the reality is if that you follow all the advice I've given you, you will be healthy and in great shape.

'If I can, you can'

As we come to the end, there is something that I would now like to share with you. When I was young, at school, I was no natural athlete. I wasn't very good at English either and was actually quite shy. I never, ever imagined that I would ever be a personal trainer, writing books and living on the other side of the world! Hell, I never even wanted to take the bus into town on my own!

Now I am fit and healthy, enjoy writing and can quite happily stand in front of a group of people and rabbit on about health–a total turn-around from my early life.

Through a commitment to self-improvement and personal growth I have changed my life. I'm not bragging here. I'm saying, 'If I can, you can' to help

inspire you. As Marty McFly said in 'Back to the Future' (definitely showing my age here!):

'If you put your mind to it, you can achieve anything.'

If I can, you can, and do it even better! I know it!

Remember 'progress, not perfection'

There is a lot of information in this book, and the chances of you implementing everything straight away are pretty small. I'm not being negative here, I'm being realistic.

People often fail in their attempts to look and feel healthier because they take on too much too soon. Then they crash, burn and give up.

My final words of advice are to take small steps. Master one or two refinements to your lifestyle before you progress to another.

Gradual change is far more effective and longer lasting because it is less stressful and more feasible.

Expect some failures, disappointments and obstacles. They are all part of the journey to success. Don't let them de-motivate you. Get back up and keep going because no one ever achieved anything by giving up and nor will you. Hence I'd like to repeat some wise words uttered earlier:

Progress is more important than perfection

Let me share with you one of my favourite quotes from an inspiration of mine, Mr. Rocky Balboa:[18]

'It ain't about how hard you hit, it's about how hard you can get hit, how much you can take and keep moving forward. That's how winning is done!'

Man, I love that guy! What a legend, just like you. Yes, you are a legend too, believe it. You must be, since you made it to the end of my book!

Your greatest asset

Your health is your most valuable asset

Without good health you cannot fully enjoy life. You only get one body. It's not like a car that you can trade in when it gets old and run down. You've got to look after it. You've got to invest in it.

If you don't, who will?

As you read the last words, know that a brighter, healthier, happier future awaits you. The decisions, choices and actions you take right now will affect how you enjoy your 'tomorrow'.

You only get one life, so go on, live it and love it!

Don't start tomorrow, START RIGHT NOW**!**

Thank you

Thanks for sticking with me. I hope I have been able to provide you with a little bit of education and inspiration, and a few smiles too. I sincerely hope this book will help you get to where you want to be with your health so you can ultimately enjoy a long, happy life.

Until we meet again in 'EAT, MOVE, LIVE 2 The Sequel', I sincerely wish you well upon your journey.

Summary of the 7 Workouts

Empower Yourself for Success

Know what you want, why you want it and be passionate and persistent about achieving it.

Master the Basics

Be more conscious of the basic principles of health: your breathing, drinking plenty of water and nurturing a positive mindset.

Eat Well, Live Well

Eat real, fresh food from nature and avoid processed foods. Read food labels to understand food quality and avoid chemicals.

Move More, Live More

Keep active, be conscious of your posture and exercise regularly, three to four times per week.

Stop, Revive and Thrive

You are important, so invest in yourself to manage stress on a daily, weekly and monthly basis. Simplify life and enjoy it!

Live Clean and Chemical Free

The world is full of chemicals so do your best to reduce your exposure to them in the foods you eat and the products you buy and use.

Live Consciously

Be conscious of the implications your thoughts and actions have upon yourself, upon others and upon the environment. When you live a healthy life you contribute to the health of the Planet.

Everything You Need to Know

- **Know what you want and why**
- **Believe in yourself and never give up**
- **Be more conscious of your breathing**
- **Drink plenty of water**
- **Nurture a positive mindset**
- **Eat real, fresh food**
- **Avoid processed foods**
- **Read food labels to avoid chemicals and understand food quality**
- **Get more movement into your day**
- **Exercise 3 to 4 times per week**
- **Manage stress by scheduling 'me time'**
- **Avoid chemicals as best as you can**
- **Most importantly, live consciously and enjoy life**

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The Cool down

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Recommended reading

Here are some great books that I have read from which you can gain more insight into many of the topics covered in this book:

Think and Grow Rich by Napoleon Hill

Awaken the Giant Within by Anthony Robbins

Flow, the Psychology of Optimal Experience by M Csikszentmihalyi

Your Body Many Cries for Water by F Batmanghelidj

The Omnivore's Dilemma by Michael Pollan

Food Rules by Michael Pollan

The 20 Minute Break by Ernest Lawrence Rossi

The Monk who Sold his Ferrari by Robin Sharma

The Power of Now by Eckhart Towel

The Seven Spiritual Laws of Success by Deepak Chopra

About Timo Topp

Timo Topp was born in London in 1971. He graduated from University with a Bachelor of Science degree in 1992. He then inadvertently fell into the fitness industry after being unsuccessful in gaining a science related position, but he has never looked back. Timo started his fitness career at the prestigious Grosvenor House health club in Park Lane, London where he worked for three years. Here he learned the significance of a commitment to excellence and impeccable standards.

Timo has helped thousands of people make real changes to their health and fitness. He has managed a gym, run his own fitness franchise, worked as a personal trainer and is now a sought after speaker on health and wellness in the workplace. Timo is a passionate writer and regularly appears in the media writing articles and commenting on current trends. His mission and passion is to help others enjoy a better quality of life by making health and fitness easy, simple and inspiring.

Get in touch

I would be delighted to hear from anyone in relation to personal fitness coaching or corporate health and wellness programs. My contact details are:

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Personal Fitness Coaching

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Well for Work: Corporate Health Education

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Well for Work

Healthy people work more effectively, take less sick days and are more engaged. It's common sense really but studies also prove it. Organisations with healthy people have a healthier culture that contributes to improved productivity, reduced costs and healthier profits!

'Creating harmony between health and hectic schedules'

Well for Work is an educational program to help employees make healthier choices at work. The workshops are designed to improve employee behaviour in order to achieve better health, improve their performance and reduce associated health risks and costs, thus contributing to a healthier, more productive workforce.

'Economic growth, efficiency and development cannot be sustained without addressing factors driving Wellness'

From the World Economic Forum's Working towards Wellness

Whilst individuals obviously benefit, companies naturally benefit from this program as well. Proven benefits including improved productivity, reduced costs and an improved corporate culture.

People benefit, companies benefit. Simple

Timo Topp has been helping people, most of them corporate professionals, for twenty years so he knows a thing or two about making health achievable for busy, stressed people. He offers down to earth information that is achievable, realistic and proven.

Why Well for Work? FREE REPORT

Contact **timo@wellforwork.com** to get a free report or find out further information or goto **www.wellforwork.com**

Tired of being tired? Sick of stress? Still counting the kilos?

All the help you need is in here.

Eat less and exercise more. It can't be rocket science can it? Yet it's one of the hardest things you'll ever do. So how did it all get so hard? From fad diets to quick-fix fitness programs, we've all been there, done that, and bought the gym membership.

So here's a fresh approach to weight loss and living a healthier, more vibrant life.

EAT, MOVE, LIVE gives you a broader perspective on the fundamentals of a healthy lifestyle and addresses things like:

- mindset
- the basics of everyday health
- the significance of stress
- sleep
- avoiding nasty chemicals
- simple self-awareness.

Written by a fitness and wellbeing industry veteran in an easy going, conversational style, this book makes things clearer, simpler and more realistic than ever before. So you can *have more energy, look good and feel your best—for life!*

Let's do this!

'I've met hundreds of trainers in my time on Men's Health magazine. Timo is the best! His book is full of infectious motivational enthusiasm and Topp Tips!' – Dan Rookwood, Men's Health cover model and journalist

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