Program

101 Guide Book to Achieving FAST Results

$87.00

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Get You In Shape Client,

The journey ahead of you will not be “quick and easy” - nothing truly worthwhile ever is. But if you stick with it and complete this 12-week program **I guarantee it will be the most rewarding fitness results of your life!**

Get You In Shape has help people in your in your shoes, start, stick and stay on a program with the information you are getting in this booklet.

Start now by downloading this booklet and printing it off. Invest in a binder and use this booklet to help keep you accountable. Bring it to the coaches and have them look at your nutritional journal so they can help you.

You will also notice photos and testimonials scattered throughout these pages of other Coppell Area residents who I have helped transform their bodies through this program. Let these reassure you, and inspire you… If they can do it, so can you.

We are here to help you along the way so let us know how we can do that by calling or emailing us. We encourage you to reach this Booklet a few times so you have all the tools to get in the best possible results in the shortest amount of time..

As with starting any new exercise and nutrition program, we recommend you consulting your doctor before starting.

I wish you the best of success and the best of health,

Stay Strong,

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As Featured in:

Real People, Real Results

See more at Stories at www.GetYouInShape.com
What are your Goals? What Is your “So That?”

The first step in starting your journey with Get You In Shape is writing down your goals and your so that. What are your Goals? Why are those Goals important to YOU or what is your “so that?” What would your comment level be on a scale or 1-10, 10 being the highest?

Answer the following two questions and put the answers down somewhere you can see them throughout the day.

1. **What specifically do you want to accomplish with your health and fitness over the next four weeks and beyond (beyond can be 3 months, 6 months, 1 year, or even looking ahead 5 years. It’s going to be different for everyone)? Make sure your goals are YOURS.**

Write down how many pounds you want to lose, inches you want to shed, dress/pant sizes you want to lose. Write things such as how many times a week you will commit to working out and goals for your nutrition program (after you have read the Get You In Shape Program). It is important to make small, short-term goals and long-term goals. A goal to lose 1-2 pounds a week would be a healthy start to anyone looking for long-term weight loss. Another example would be to make a goal of starting to walk one time a day to get in the habit of moving at least once. Remember, you did not get to where you are overnight, so it will take some time get in shape. Short-term goals will help keep you motivated and focused on the goal. Setting a long-term goal will keep you encouraged to continue working to achieve you goals. It is important to put your goals somewhere for you can see them daily. Put it on your dresser in your room, in your bathroom, or in your car. This will help you fight any urges you may get to steer away from your goal.

2. **Why are your goals important to you? Or What is your so that?**

Here are a few examples of goals we here on a daily basis at Get You In Shape: “I want to lose 30 Pounds.” “I would like to have more energy.” “I want to be healthier.” “I want to be able to get off my prescription medicine.” These are all great goals but you have to have a WHY or a SO THAT which will allow you to actually achieve your goals. Without a big enough SO THAT you are more than likely to continue to say that goal or have that goal following you without it coming to pass.

“I want to lose 30 pounds SO THAT I feel better about myself, I have more energy to play with my kids and I am a better spouse. “ The reasons WHY someone may want to lose weight have to be bigger than the goal itself.

I want to have more energy SO THAT I can run around with my kids and play with them instead of always needing to sit down. Having a big enough SO THAT will allow you to do the things necessary (follow the GYIS program) to help get the results and benefits you are looking for.
I have been helping people with health, fitness, and nutrition since 1998. Over the years, I have tried many things to help get clients off to the best start. It has taken research, personal trials, and many clients to come up with the Get You In Shape Nutrition 101.

Although many people are looking for quality of life in the future when they join our program, we also know that a lot of people are looking for the fastest results possible done the healthiest way.

The Get You In Shape Nutrition 101 is really for everyone looking to achieve FAT LOSS. We have found that people have the BEST success following three areas or tips.

1. Nutrition – Putting the right things in your mouth day in and day out to help with results, energy, and health.
2. Tracking Everything – MyFitnessPal is what Get You In Shape uses to help clients
3. Supplementation – Filling in the voids and ensuring your body is getting the quality nutrition it needs on a daily basis to life optimally.

We have put together the next few pages to give you what we have experienced personally, through research and also through actual Get You In Shape clients of the years to WORK!

If you are looking for the best possibly results and the QUICKEST FAT LOSS the first three tips are what we recommend will be the easiest and safest way to get the best results possible in the least amount of time.

Get You In Shape has designed this to be pretty simple and straight forward. If you are looking for FAT LOSS, here is what we recommend the best way to do it. If you have questions regarding getting results, we will ask if you are doing the Nutrition 101 tips. If you are not, we will ask you to read through it and let us know where we can help you. In the end, these three tools are designed to help anyone achieve the FASTEST RESULTS possible. If you are looking to CUT BODY FAT, then the next three pages were designed to help get you there quicker than any other plan or program out there.

In the end, it’s really up to you how fast you want to achieve the goals you have set forth. Get You In Shape, however, has put what we believe to be the top Three Tips together so that if you are looking for FAT LOSS, you should follow these three tips.
Nutrition 101 Tip #1 - The Nutrition Plan

Eat 5-6 times. Remember, your body needs something healthy every 2 ½ to 3 hours to keep your metabolism running smoothly. You should have a well-balanced breakfast, a mid-morning snack, a healthy lunch, a mid-afternoon snack, a healthy dinner, and an optional evening snack. Meals should include protein, high-fiber complex carbs, and healthy fats, and should include a “deck of cards”-sized protein and two fist-sized servings of veggies. Snacks should include protein and fruit. The table below offers suggestions for good choices when it comes to proteins, veggies, carbs/grains, healthy fats and snacks.

<table>
<thead>
<tr>
<th>Meal/Snack</th>
<th>Choices for Eating Well</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Healthy breakfast or Meal replacement shake</td>
</tr>
<tr>
<td>#2</td>
<td>Snack</td>
</tr>
<tr>
<td>#3</td>
<td>Healthy lunch or Meal replacement shake</td>
</tr>
<tr>
<td>#4</td>
<td>Snack</td>
</tr>
<tr>
<td>#5</td>
<td>Healthy dinner</td>
</tr>
<tr>
<td>#6</td>
<td>Snack (optional)</td>
</tr>
<tr>
<td>What to drink?</td>
<td>Water!!!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein</th>
<th>Serving Size: Females: 3 oz (1 deck of cards)</th>
<th>Males: 4-5 oz (1½ decks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose From:</td>
<td>*White fish</td>
<td>Salmon</td>
</tr>
<tr>
<td>Cooking Methods:</td>
<td>Broil</td>
<td>Bake</td>
</tr>
<tr>
<td>Notes:</td>
<td>1) Avoid skin</td>
<td>2) Avoid breaded meat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Serving Size: ½ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose From:</td>
<td>*Asparagus</td>
</tr>
<tr>
<td>Cooking Methods:</td>
<td>Eat raw</td>
</tr>
<tr>
<td>Notes:</td>
<td>1) Do not fry in oil</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carbs &amp; Grains</th>
<th>Serving Size: Varies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose From:</td>
<td>*Sweet potato</td>
</tr>
<tr>
<td>Cooking Methods:</td>
<td>Eat raw</td>
</tr>
<tr>
<td>Notes:</td>
<td>If you are trying to cut body Fat, tone up or get quick results, we recommend cutting this area from your nutrition.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Healthy Fats</th>
<th>Serving Size: Oils – 1 tb sp or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose From:</td>
<td>Avacado</td>
</tr>
<tr>
<td>Cooking Methods:</td>
<td>Eat raw</td>
</tr>
<tr>
<td>Notes:</td>
<td>Nuts are rich in calories. If your trying to lose weight, only eat 4 ounces/day.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Serving Size: Small portions; each snack should have some protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose From:</td>
<td>Nuts &amp; fruit (1/4 c. raw, unsalted nuts, almonds, walnuts)</td>
</tr>
<tr>
<td><strong>Although this is a suggested snack, we recommended</strong></td>
<td></td>
</tr>
</tbody>
</table>

Advocare Meal Replacement Shakes

Perfect for adding in a convenient, yet healthy quick nutrition into your day.

Notes: These are just a few examples of snacks. Just make sure that each snack includes some protein.

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NOTE: If you are trying CUT BODY FAT, know that we suggest sticking to lean proteins, veggies, fruits and healthy fats and minimize foods on the carbs/grains list.

We also recommend making sure you are following Get You In Shape’s Nutrition 101 Step #3 and are taking a high quality multi-vitamin and Omega 3 to help fill in your nutritional gaps.

In addition to consciously and consistently making more healthful choices throughout the day, there are some foods and drinks you should try to avoid or omit from your diet. They are:

1) **Flour products:** white bread, pasta, crackers, chips, tortillas, pita bread, fried breaded food, and other flour-based foods.
2) **Sweets:** sugar, sweets, cakes, cookies, candy, brownies, etc.
3) **Vending machine snacks:** sodas, candy, crackers, cookies, gummy snacks, etc.
4) **Starchy vegetables:** corn, peas, squash, potatoes (except sweet potatoes)
5) **Alcohol:** If you are trying cut body fat, any form of alcohol should be cut our or avoided
6) **Drinks:** We recommend water, Spark, or Rehydrate. All other juices should be in moderation only and we recommend making sure you look at the ingredients (label) before consuming it.
7) **Miscellaneous:** any nut butter that does not require you to stir it before eating it, popcorn, canned foods (rinsed canned tuna and chicken is ok), frozen prepared foods, adding salt to your food (pepper is fine), ketchup, creamy dressings and sauces, barbecue sauce, butter, margarine.

Eating these foods is counterproductive to achieving your health and fitness goals. Avoiding them will help you reach your goals more quickly. If you need support choosing healthy alternatives, we are happy to help.

Finally, sometimes you might want a little sweet, buttery, creamy, or oily with your healthy selections. These five choices are fine in moderation.

1) Small amounts of Splenda
2) Zero-calorie butter
3) 1-2 tablespoons of fat-free mayonnaise
4) Small amounts of mustard
5) 1-2 teaspoons of olive oil or flaxseed oil.
GYIS Nutrition 101 Tip Tip #2 – How To Double Your Results

If someone told you that you can double your weight loss results by doing this one tip, would you do it? Studies have proven using some sort of journal (an online journal tracker or old fashioned journaling) has helped to double the weight loss results. Get You In Shape has also done their own contest and a huge key to the results was following this tip.

Get You In Shape clients are asked to use the www.MyFitnessPal.com website and App to help track their nutrition and liquid intake. Here is the Basic 101 on how to sign up and use MyFitnessPal.

Keeping a food diary can double a person’s weight loss according to a study from Kaiser Permanente’s Center for Health Research. The findings, from one of the largest and longest running weight loss maintenance trials ever conducted, will be published in the August issue of the American Journal of Preventive Medicine.

“The more food records people kept, the more weight they lost,” said lead author Jack Hollis Ph.D., a researcher at Kaiser Permanente’s Center for Health Research in Portland, Ore. “Those who kept daily food records lost twice as much weight as those who kept no records. It seems that the simple act of writing down what you eat encourages people to consume fewer calories.”

10 Benefits of using MyFitnessPal or a journal to help you in your Get You In Shape journey

1. Allows you to monitor how many calories you are consuming.
2. Helps you control the urge to overeat.
3. Encourages you to make better food choices
4. Helps you realize how much you really eat!
5. Shows how committed you are in getting the results.
6. Allows you to track your progress.
7. You can get help from a Get You In Shape trainer
8. Allows you to make a connection between the foods you eat and how you feel.
9. Helps you make sure you are eating a well-balanced diet.
10. Encourages you to use your brain.

Following this tip is a must if you are serious about losing weight, toning up, or reaching your health and fitness goals quickly. Aside from the motivation benefits, it allows you to educate yourself on everything you put into your body so you learn how to eat healthier and more balanced meals and snacks.
GYIS Nutrition 101 Tip Tip #3 - Add Supplements

Get You In Shape has done the research to find a great company that provides safe and effective nutritional products to help with our clients reach their goals. We recommend Advocare Nutrition for all Get You In Shape Clients. We also recommend the 24 Day Challenge as a kick start to anyone looking to get started with a program. Contact us to learn more about the different options available. You can learn more at GYISNutrition.com.

There are many studies that point out the benefits of vitamins, minerals, and anti-oxidants to your body. Vitamins help store and release energy, maintain your bones, blood, and nerves. They also help you to digest food, protect you from heart disease, cancer, and other diseases. Minerals control the actions of certain hormones and enzymes in your body and provide the raw materials your body needs to build and maintain body parts. Antioxidants protect the body against cell damage as well as reducing the risk of certain forms of cancer. These are the foundations for a healthy body. Getting core nutrition helps your immune system, bones, and helps your body fight free radicals. The human body has trillions of cells that are replaced regularly. So we need to provide our bodies with the needed nutrients to replace each of the cells on a daily basis. Our bodies need approximately fifty or more nutrients in order to maintain good health.

USDA statistics show the average American diet is significantly lacking in the essential minerals needed for energy production, protection from free radical damage, and other vital functions. Only 12% of Americans age 45-64 regularly consume what is considered to be a healthy diet. The National Health and Nutritional Examination Survey.

What are some of the reasons that our bodies do not get all the nutrients it needs just from the foods we consume?

1. Farming techniques have changed drastically, so the vitamin and nutrient content of the crops has also changed.
2. Vitamins and other nutrients are lost when storing, drying, freezing, and processing foods. Many of today’s foods are processed with extra ingredients such as preservatives, coloring agents, insecticides, herbicides, fungicides, and chemical residues from various packaging and cleaning procedures. These ingredients may complicate digestion and increase the risk of allergic reaction.
3. We simply do not eat the right foods. Our diets are dominated by high refined and processed foods that are stripped of the natural, healthy benefits they once had.
4. Portion sizes have increased 30% to 40% during the past 20 years.
5. Eating too fast and not chewing our food thoroughly, which contributes to loss of nutrients our body absorbs.

Adding multivitamins, minerals, and anti-oxidants in the form of supplements helps ensure that your body gets all the nutrients it needs for optimal health.
GYIS Nutritional Programs and Supplements

Get You in Shape has used Advocare Nutritional products since 2001 and we believe they are the safest and most effective products available on the market. The 24 Day Challenge is what we recommend most people starting on if they are looking to see a big change. It covers a proven plan to help anyone get started. Contact us if you would like a free consultation going over the 24 Day Challenge or Individual Supplements we recommend to help you in your goals.

#1 Suggestion or Recommendation

The 24-Day Challenge will detoxify your body, break cravings, burn body fat, boost metabolism, and increase your energy level!

The average person loses 10 lbs. and 10 inches!

Step By Step Full Proof Directions - Meal Plan

#2 – Top 3 products that we recommend.

AdvoCare Meal Replacement Shakes provide a well-balanced, lower-calorie meal that’s high in protein, and supports weight loss by building your muscle, not your fat. With each shake, you receive a powerful combination of 26 vitamins and minerals (including 50 percent of your daily value of calcium), 5 to 6 grams of fiber, an amazing 24 grams of protein and much more. Plus they are only 220 calories.

Spark is a great nutritional alternative to anything you may be currently putting in your body for energy. It is sugar free and is great for mental focus and clarity.

MNS Max C. This is a wellness product that includes probiotics, appetite control, energy, core nutrition, omega 3s, and more.
Basic Get You In Shape Tips - Eat Breakfast

A healthy breakfast is an undeniable requirement for anyone in the process of beginning, achieving or maintaining an appropriate weight. Fueling your body with the nutrients it needs first thing in the morning, enhances your metabolism and sets the tone for your body for the rest of the day. Eating breakfast helps you lose body fat because it gets your body going early in the day. Breakfast is just what the words sounds like: you break the fast in which your body has gone from eating last. Your body needs energy from breakfast to carry about in normal day-to-day activities. Breakfast also helps get your metabolism going so it is able to quickly break down the foods you eat later in the day. Breakfast also helps curb your hunger, prevents binging, and prevents grazing during the day.

Breakfast contributes 30% or more of essential and protective nutrients to the daily intake. By skipping this important meal, it is difficult to make up the lack of crucial nutrients that your body needs such as iron, calcium, B vitamins, and vitamin C. People who skip breakfast miss out on many vital nutrients, which they are unlikely to make up for during the rest of the day.

A study done at the University of Massachusetts reported startling statistics. You are 150% more likely to be obese by eating breakfast away from home, and you are an astonishing 450% more likely to be obese by not eating breakfast at all. Statistics also show that only 14% of the United States eats a complete breakfast everyday. Many studies have found a relationship between eating breakfast and learning ability, attention span, and general well being. Children who skip breakfast can have trouble staying alert and concentrating during the first hours of the school day, according to the American Academy of Pediatrics’ Guide to Your Child’s Nutrition.

If time is your excuse, Advocare Meal Replacement Shakes provide a well-balanced, lower-calorie meal that’s high in protein, and supports weight loss by building your muscle, not your fat. With each shake, you receive a powerful combination of 26 vitamins and minerals (including 50 percent of your daily value of calcium), 5 to 6 grams of fiber, an amazing 24 grams of protein and much more. Plus they are only 220 calories. Many of Get You In Shape’s success stories come from people who plugged this one change into their daily nutrition program.

If you do have time to make a quick breakfast, here are some healthy options:

1. 2(3) eggs whites, and 1 whole egg with spinach. Old fashioned oat meal w/fruit.
2. 2(3) eggs whites, whole-wheat toast (may add natural peanut butter) and fruit.
3. Protein left from dinner the night before (chicken, fish, etc) along with some veggies and fruits.
4. Low-fat, no-sugar added yogurt with a banana or piece of fruit.
5. Old Fashion Oatmeal (yes the slow cooking kind) with fruit. There are a few healthy instant oatmeal packs. Just make sure you read the label. Add a glass of soy milk or milk to add more protein.
6. Hard boiled egg(s), whole-wheat toast (with peanut butter), and fruit.

You can add skim milk, low-fat milk, or silk milk to add some extra calcium and protein.
Water is not only essential for life but in your quest for losing body fat, building muscle, and keeping healthy, it is crucial. Water is crucial to the proper functioning of every major system in your body. We lose about a liter of water per day just through our daily activities. If you're not getting enough water, your body will not metabolize fat or digest food as efficiently. Drinking enough water allows fat and calories to burn effectively, rid the body of toxins and waste efficiently, and improves metabolism.

Water is also important in controlling hunger. When your body does not have enough water or it is dehydrated, it will send a signal to your brain to eat. Watch out, because your body is really asking for water. This can be controlled if you're drinking enough water. Become self-aware of your water needs and drink enough, throughout the day, before your body tells you that you need it.

Some benefits of water are that it has zero calories, it helps protect and lubricate your joints, and it helps head off wrinkles because water promotes elasticity in skin. Water also helps prevent kidney stones, helps cure hangover symptoms, and helps prevent urinary tract problems.

75% of Americans are chronically dehydrated. Lack of water is the #1 trigger of daytime fatigue.

According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

Some steps that will help ensure that you are drinking enough water throughout the day.

1. Have a glass of water by your bed before you go to bed. When you wake up, drink the water.
2. Bring a water bottle everywhere you go and make sure you at the least drink 8 ounces each hour. An easy way to figure this out is to drink a 20 ounce bottle of water every 2-3 hours.
3. Drink a glass of water before and after each meal. Doing so will help to control your appetite. Another great benefit to drinking water before and after each meal is that it will help in the digestion process.

Make an effort to drink more water and you will begin to notice a difference in how you feel throughout the day.

How much water should you be drinking? It is a general rule to drink half of your body weight in ounces. An example would be if you weigh 150 pounds, you will need to drink at least 75 ounces of water. If you are exercising, your body may need more than this. The color of your urine is a good indication if you need to drink more water or not. If your urine is clear, this means you are hydrated. If your urine is dark, this means you need to drink more water. If you follow the few tips above on how to drink more water, you should not have to count your water intake.
When people think digestion, they most often think of intestines and their stomach. The truth is that the digestion process actually begins in the mouth. The process of chewing is a vital component of the digestive process. The action of chewing mechanically breaks down very large amounts of food molecules into smaller particles. This results in food having an increased surface area, an important contributing factor to good digestion. Chewing your food well allows the food to be exposed to your saliva for a longer period of time. Food being in contact with saliva is not just important because it helps to lubricate the food, allowing for less stress on your esophagus, but because saliva contains enzymes that contribute to the chemical process of digestion. Carbohydrate digestion begins with enzymes in your saliva breaking down some of the chemical bonds that connect the simple sugars that comprise starches. Also, the first stage of fat digestion begins in your mouth with the secretion of enzymes by glands located under the tongue.

What are some benefits to chewing your food thoroughly?
1. Aids in the proper transport of nutrients in your body.
2. Helps start the important digestive process, which is important to being healthy.
3. You are more likely to eat less by eating thoroughly. When you are eating slower, your brain can tell you that you are full, causing you to eat less.
   Helps to prevent the heavy feeling that sometimes follows a meal and it also will help you lose body fat since you are not eating as much.

What are some of the side effects of not chewing thoroughly?
1. Poorly digested food means poor absorption of the vitamins and nutrients that the foods you are eating provide.
2. Eating rapidly and swallowing large mouthfuls contributes to acid reflux which can damage the lining of the throat and esophagus. About 44% of Americans experience reflux or heartburn at least once a month, 20% have it every week and 7% suffer from it daily.
   Other side effects include flatulence, indigestion, heartburn, gas, IBS, and other discomforts.
   Chewing each bit thoroughly allows less air to enter in which decreases gas and burping. With an increasing number of individuals with IBS, constipation, abdominal spasms and bloating, chewing food could possibly prevent a number of these daily discomforts.

For people who have trouble chewing foods, it may be helpful to cut food into small pieces and to allow extra time to chew food at a comfortable, unhurried pace. Another helpful hint would be to put your fork down on your plate after each bite. For people who just do not have the time to eat and chew each bite, a well-balanced meal replacement shake is a good alternative. Again, chewing thoroughly takes some time to get used to and will be strange at first. Making a conscious effort to start benefiting from chewing will be a start. A lot of people say chew a set number of times before swallowing your foods. I do not believe there is a magic number because different foods are more easily chewed. If you understand the benefits associated with chewing thoroughly, you will start today.
In nutrition, macronutrients are those nutrients that together provide the vast majority of metabolic energy. The three main macronutrients in foods are fats, proteins, and carbohydrates. It is important to know about each one of them and why our bodies require these components. Educating yourself on why our bodies need each macronutrient is important to helping you getting in shape.

**We need protein for:**
- Growth (builds the framework of the body including muscles, organs, bones and connective tissues)
- Producing enzymes that helps your body digest food, which support the immune system
- Producing hormones that tell your body when to use food as energy and when to store it as fat
- Transporting oxygen through your blood to your muscles and organs
- Maintaining tissue repair
- Protecting you from illness when viruses and bacteria attack
- Providing energy when carbohydrates are not available

It is important that you try to get a good mix of lean proteins into your diet. A recent Dutch study reports that consuming nearly a third of daily calories as lean protein boosts a person's metabolism during sleep and increases the burning of calories and fat during the day. Protein also helps you feel fuller longer and keeps your hunger and appetite in check. Most people eat between 10%-15% of their daily calories from protein. Just by increasing your intake of lean protein from 10% of your daily calories per day to 25%-35% per day would help increase your metabolism. An example would be if you ate a protein based meal of 500 calories, your body will burn about 30% of the calories or 150 calories just by eating a meal that is protein based. It is important to now what types of protein are healthy to eat.

**Sources of lean protein that you should eat are:**
- Fish: flounder, halibut, mackerel, wild salmon, sardines, calamari, cod, tuna, and mahi mahi
- Shellfish: clams, lobster, oysters, shrimp, and crab
- Poultry: skinless chicken, extra-lean ground turkey and turkey breast
- Meats: flank steak, lean ground beef, lean ham, venison, lean pork loin, and filet mignon
- Beans and legumes: black, navy, kidney, soybeans, pinto, white, and lima beans
- Dairy: eggbeater, egg substitute, egg whites, skim milk, low-fat, low sugar yogurt, fat-free cottage cheese, and less than 2% cheeses
- Others: tofu, whole grains, and nuts

Portion size is another issue that we all need to be aware of. If you are eating lean meat, grilled chicken, or fish, it should only be only 3-5 ounces. The size of each lean protein for women should be about the size of a deck of cards and the size of a deck and ½ for men. Cooked or dry beans or legumes should only be ½ cup.
Carbohydrates (carbs) are important because:
1. They are the body’s main source of fuel.
2. They are easily used by the body for energy.
3. All of the tissues and cells in our body can use glucose for energy.
4. Carbohydrates are needed for the central nervous system, kidneys, brain and muscles (including the heart) to function properly.

Carbohydrates can be stored in the muscles and liver and later used for energy, which is important for intestinal health and waste elimination. They are the macronutrient that we need in the largest amounts. Educating yourself on what types of carbohydrates you should be consuming can play a huge role in how healthy or unhealthy your eating habits are. The Glycemic Index measures how fast and how far blood sugar rises after you eat a food that contains carbohydrates. One great advantage of eating a diet that has a low glycemic index is the tendency to not be as hungry as often. This occurs because the foods take longer to get into your bloodstream causing your energy levels to be sustained throughout the day, instead of peaking as with the high glycemic foods. The Journal of the American Medical Association (AMA) May 8, 2002 states: The clinically proven benefits of low glycemic diets, foods, and drinks have been determined to decrease total fat mass and increase lean body mass without changing body weight (no loss of muscle tissue). To get information about the Glycemic Index on most foods go to: http://www.glycemicindex.com.

Carbohydrates that are high in fiber are one source of foods to start eating in larger quantities. Fiber refers to certain types of carbohydrates that our body cannot digest. These carbohydrates pass through the intestinal tract and help to move waste out of the body. Diets high in fiber have been shown to decrease risks of heart disease, obesity, and help lower cholesterol. Foods high in fiber include fruits, vegetables, and whole grain products. The carbohydrates that are healthy and ones you should start including daily include:

**Fruits:** apples, cantaloupe, grapefruit, red grapes, kiwifruit, oranges, strawberries, watermelon, pomegranates, blueberries, mangoes, plums, raspberries, and papaya

**Vegetables:** romaine lettuce, spinach, asparagus, broccoli, brussel sprouts, cucumber, beets, yams, sweet potatoes, bell peppers, eggplant, cauliflower, mushrooms, soybeans, carrots, onions, and celery

**Others:** Breads include whole wheat, rye, sourdough, and pumpernickel. Old-fashioned oatmeal or bran cereals. Brown rice, whole-wheat tortillas, whole-wheat pasta, and most legumes.

High glycemic indexed foods that should be avoided are: bagels, cakes, cookies, English muffins, white bread, sugary cereals. French fries, potato chips, coleslaw, potato salad, white rice, ice cream, pretzels, baked potatoes, sweetened yogurt, soft drinks, and fruit drinks. Names for added sugars that appear on the back of food labels that you should be aware of are brown sugar, corn sweetener, corn syrup, dextrose, fructose, invert sugar, lactose, maltose, malt sugar, molasses, raw sugar,
Fat is important for:
1. Normal growth and development
2. Energy (fat is the most concentrated source of energy)
3. Absorbing certain vitamins (vitamins A, D, E, K, and carotenoids)
4. Providing cushioning for the organs
5. Maintaining cell membranes
6. Maintaining healthy skin and hair
7. Providing taste, consistency, and stability to foods

It is important to know that there are good fats and bad fats. The bad fats are trans fats and saturated fats. Scientists invented trans fats to "hydrogenate" liquid oils. This enables any number of foods to better endure the process of mass food production and improve the longevity of its shelf life, without sacrificing taste. As a result of hydrogenation, trans fatty acids are formed. These acids are found in many commercially packaged foods. There is a direct and proven relationship between diets high in trans fat content and LDL ("bad") cholesterol levels and an increased risk of coronary heart disease. In one Harvard study, researchers found that getting just 3% of your daily calories from trans fats increased your risk of heart disease by 50%. Saturated fats are mainly found in animal products such as meat, dairy, and seafood. Some plant foods are also high in saturated fats such as coconut, palm oil and palm kernel oil. Saturated fats raise both the good and bad cholesterol, making it less of a risk than trans fats, but a health risk nonetheless. Some of the other negative effects associated with these bad fats include heart disease and weight gain, not to mention the multitude of health risks that are a result of being overweight or obese. It is important to limit your daily intake of both saturated and trans fats and replace them with good fats. Trans fats can be avoided entirely by excluding fast foods and products whose labels include "partially hydrogenated" among their ingredients.

The good fats are called unsaturated fats, which are divided into two categories, polyunsaturated and monounsaturated fats. Monounsaturated fats lower total cholesterol and LDL cholesterol (the bad cholesterol) and increase the HDL cholesterol (the good cholesterol). They also help in the burning of fats. Polyunsaturated fats also lower total cholesterol and LDL cholesterol; omega 3 fatty acids belong to this group. Replacing trans fats and saturated fats with unsaturated fats helps reduce the risk of heart disease. Omega 3 fatty acids raise good cholesterol and help protect sudden deaths resulting from a heart attack. Research has proven that Omega 3 fatty acids have many healthy benefits.

Good fats:
Avocados, fish, pumpkin seeds, sunflower seeds, almonds, nuts, macadamias, pecans, soy nuts, canola oil, Fish oil capsules, flaxseed oil, I Can’t Believe It’s Not Butter spray, extra virgin olive oil, and Enova oil.

Bad fats:
Butter, cream, ice cream (regular, full-fat), margarine, whole milk, whole milk cheeses, lard, fried foods, fast foods, chips, crackers, cookies, and anything that says “partially hydrogenated” on the label.
High Fructose Corn Syrup
What is it and why should I avoid it?

High Fructose Corn Syrup is a diet busting ingredient. Dr. Mehmet Oz, author of You: The Owner’s Manual, made big news when he appeared on Oprah and told audiences that they should stop consuming HCFS. Dr. Oz says that the higher fructose content means that our bodies process HFCS differently than other sugars. "One of the biggest evil influences on our diet is the presence of high fructose corn syrup (HFCS), a sugar substitute that itself is a sugar found in soft drinks and many sweet, processed foods. " Everyone from the Weston A. Price Society to the AARP have said similar things, noting the very strong correlation between HFCS and obesity. Here’s Nina Planck’s take: "Intake of high fructose corn grew by more than 1,000 percent between 1970 and 1990, far exceeding changes in consumption of any other food. The rise of corn syrup mirrors the increase in obesity. Fructose also raises insulin, blood pressure, and triglycerides...stop eating all forms of industrial corn."

Dr. Oz says food products that contain high fructose corn syrup should be avoided. He says that the body processes the sugar in high-fructose corn syrup differently than it does old-fashioned cane or beet sugar, which in turn alters your body's natural ability to regulate appetite. "It blocks the ability of a chemical called leptin, which is the way your fat tells your brain it's there," says Dr. Oz. "It's not so much the 150 calories in the soda pop—it's the fact at that same meal you will normally consume an extra hundred calories of food than you would have."

What Dr. Oz is basically stating is that when consuming foods that contain HFCS, you will either eat more of it, or you will be hungry again soon after eating. Your brain is not getting the message that it has had enough to eat, so you will simply continue to eat and consume more calories. HFCS is in so many food products you wouldn't believe it. Some items you may expect have it, such as soda and sugary snacks. However, did you know that it is present in MANY yogurt brands and healthy cereals such as Raisin Bran and Mini-Wheats! It is present in many granola bars and whole wheat breads, too. The first ingredient in bread does need to be whole wheat, but take a look at the second or third ingredient and you will most likely find HFCS. Next time you go to the store, take a look at the ingredients. Organic brands will not contain HFCS. If there is a food item that you eat regularly, I would suggest you really try to hunt down an organic version or take a trip to the store with the intent of finding the brand containing the best ingredients.
Learning How to Pick Whole Foods

We recommend only having lean proteins, vegetables, fruits, and good fats if you are trying to CUT BODY FAT. If this is you, then you should not be including whole foods into your daily nutrition. This tip is generally for those that are not necessarily trying to cut body fat and need to know what to look for when buying whole foods.

One of the biggest Fakes out there today is "whole wheat" and "whole grains." It is important to know about this when you are grocery shopping. Famed cardiologist and regular Oprah contributor Dr. Mehmet Oz has a few great books about how to be healthy and stay young. I have taken some great nutrition tips from the book YOU On a Diet.

To decipher the whole mess, you first need to understand what exactly whole grains are and how they work. "Whole grain" means the grain still has its original elements: the outer shell, or bran, which contains fiber and B vitamins; the germ, which contains phytochemicals and B vitamins and the endosperm which contains carbohydrates and protein. The key is that they're "whole" and not "refined," by stripping away the bran and germ, which leaves you eating only the endosperm. Instead the whole grain should be left intact-meaning you get more fiber and more micronutrients that help protect against disease. These whole grains are also healthier for you because they are absorbed more slowly than enriched or bleached flour and thus raise glucose and insulin levels less-keeping you fuller longer and slowing your digestion. But not all foods that tout whole grains or whole wheat are the healthiest forms.

Some FAKE-OUT words you should watch out for:

**Made with:** It may have a drop of whole grains, but unless it's made entirely with then, you won't reap all the potential benefits.

**100% Wheat:** This means it could have some, a lot, or no "whole wheat."

**Multigrain:** This tells you nothing about whether the grains are whole or refined. Even if you getting 38 grains, that isn't much good if they are all refined.

**Blends:** "Whole grain blend" means it usually doesn't have much whole grain at all.

**Good source:** This means it has 8 grams of whole grains per serving or as little as 13.5 percent. Don't confuse whole grain with fiber; 8 grams of whole grain may have less than 1 gram of fiber.

**Excellent source:** This means it has 16 grams per serving or as little as 27 percent.

**Supports heart health:** Any food can claim that it “supports” an organ. What you want to see on the label: "May reduce the risk of ..." This means that the food has ingredients clinically shown to be effective in reducing the risk of, say, heart disease or high cholesterol, depending on the food.

**So what to look for on the labels?** To make sure you receive the health and dietary benefits of whole grains and wheat, the labels should read "100 percent whole grain" or "100 percent whole wheat." Anything else means that the food is also made with the less-beneficial enriched or refined flour. Remember to avoid those with added sugars like high fructose corn syrup or honey!

**Helpful TIP**

To ensure that a whole grain food has a slower absorption in your digestion system and thus lowers your sugar and insulin levels, eat a little fat with it. This can be 1/2 tablespoon of olive oil spread on the bread. It can be 6 walnuts, 12 almonds, or twenty peanuts before you eat the whole grain.
#1 Rule For Weight Loss - Eat Right!

Balanced nutrition is the key. You can do all the workouts in the world, but you just won’t be maximizing your results until you fix the way you eat. That’s why you need to start with nutrition first, otherwise most of the time you spend exercising is wasted. And that’s a lot of work to go to waste!

**Here’s Some More Helpful Nutrition Tips For Speedier Results**

Your Rumbling Belly Is Lying To You, You May Not Be Hungry. A lot of times when people feel hungry, they’re not. They’re just dehydrated. If you drink enough water, your body will be balanced and function the way that it’s meant to. This is very important to aid the release of stored fat.

A good rule of thumb is to drink half of your body weight in ounces of water. But if you live in a warmer, more humid climate or are overweight (not for too much longer!), then you’ll need to drink even more especially when exercising. This rule of thumb is just a starting point.

**What “Catabolic” Really Means:** When the body is breaking down its own tissue, this is referred to as a catabolic state. This happens when you don’t eat enough protein, your body is essentially eating itself! Not a pretty picture. You MUST eat enough protein everyday so your body doesn’t have to eat itself!

The Importance of Snacks Each Day: Most people have time to eat a good lunch and dinner, but it’s the snacks in between and getting a complete breakfast that are the most difficult - and the most important! This is why finding a good shake will help. In choosing a quality meal replacement product, you’ll want to look for one that has a good balance in protein, high fiber, and a low glycemic index. Typically healthy shakes and bars are excellent for this, they’re convenient and give you all the good stuff, stock-up! This is why we recommend the AdvoCare Meal Replacement Shakes because they have the perfect amount of everything needed.

**Supplement Yourself:** When I talk about supplementation, I’m NOT talking about stimulants and artificial-type-products. Those are dangerous and should be avoided at all times.

What I’m talking about are whole-food, natural, and organic nutrition-supplement-type-products. Things like multi-vitamins and minerals, antioxidants, meal replacement, and exercise recovery products. These types of supplement products are essential to provide your body with the nutrients lacking in our food today.

Again, I can point you in the right direction with supplementation as we have done the research and have found Advocare to be the safest and most effective nutrition company out there. There’s a lot to know and it’s a bit of a minefield if you don’t know what you’re doing. Please feel free to e-mail brad@getyouinshape.com or call 214.603.82872 if you have questions.
Plan Your Meals: Planning is the key to your success. If you don’t have a plan how can you measure how you’re doing. And if you’re busy like everyone else planning becomes even more important. Don’t skip this step, plan a week in advance and you will be successful.

Track Your Intake: When you track and journal what you are eating you become more accountable for what you’re eating. You’ll be less likely to eat that donut if you have to right it in your journal and see the calories in black and white. We’ve included a journal mechanism for you in the following pages. Use it for the best results.

Nutrition FAQ’s

Your Burning Questions Answered!
How can eating six meals per day actually help me lose fat?

It doesn’t make sense, right? Everyone thinks if you want to lose fat you go on a diet, you eat less. Frankly that’s baloney. And it’s dangerous.

There are three reasons why eating frequently, in the range of five to six small meals per day, helps you lose weight. First, smaller meals are less likely to be stored as fat. Second, frequent meals help stabilize blood sugar levels and control insulin. This insulin control helps you stay in a fat burning state. Lastly, every time you eat, your metabolism is raised (meaning you use up more food as energy) due to a process called thermogenesis.

Thermogenesis is simply the name for the process of your body burning calories during the digestion process. That’s right, it takes energy (calories) to digest food. So eating itself is like getting a “mini-workout” on the inside without all the sweating and groaning.

So what about carbohydrates, I thought carbs make you fat?

There are “good carbs” and “bad carbs”. There are also carbs that fit somewhere in the middle. Bad carbs are highly processed and refined. This would include things like the refined flour found in cake, traditional pancakes, regular tortillas, white bagels, etc. These carbs elicit a large insulin spike in the body and are easily converted to fat. These are called “high glycemic index” type carbohydrates.

The carbs I recommend you eat are predominantly vegetables and fruits. In addition, you’ll always be combining your carbs with protein sources when you eat. The protein diminishes the negative “insulin-spiking” effect of carbs. The lean proteins, combined with the fibrous carbs you’re eating will minimize or eliminate any negative effects of the vegetables and fruit. Phew! What a mouthful!
What about alcohol, can I still drink during the Get You In Shape Program?

In a word, no. Alcohol is like liquid fat. It will not help you're fitness goals. It's essentially a toxin and as soon as you intake it, your body is working hard and fast to get it out. It interferes with your metabolism, will take you out of a "fat burning" state, and lower your body's ability to produce those crucial muscle-building, fat-burning hormones that you're working hard to build up.

I recommend eliminating alcohol from your diet if your goal if you are looking to quick FAT LOSS. But if you must, limit yourself to 1-2 drinks on the weekend only. Try going with light beer or wine.

What about eating out?

For those times when you must eat out, don’t be afraid to ask for “special” preparation instructions for your food. A lean piece of fish or chicken, some “dry vegetables” (no added butter or oil) and a baked sweet potato or brown rice. Skip the desert and drink lots of water with lemon. No cocktails.

I’m doing great with the exercise component of my program, but struggling overall with the nutrition component. What do I need to do?

This is common struggle for most when changing their lifestyle around. Ultimately it’s really a matter of planning, organization, and discipline. Most of the struggles I see clients dealing with are not from lack of discipline though. They simply have busy lives and having good food ready-to-go when it’s time to eat is the main source of frustration.

Some solutions that have worked for many in the past are to plan out your meals for the week ahead. If you’re bored with your current options, Get You in Shape offers a service that helps with meal planning and changing your options around. Try to set aside 1 or 2 days of the week where you cook several meals, then get a lot of Tupperware and refrigerate or freeze the meals so they’re ready to grab-and-go when you need them. You'll save a ton of money on eating out, have better quality and tasting food, and most importantly you'll be practicing the habits required to support your goals.

Another option that has worked for many clients of mine that are super busy, and don’t even have the time to cook at all is to replace one or two of your meals each day with our recommended Advocare Meal Replacement Shake. With 220 calories, 24 grams of protein, 1:1 ration of carbs/protein, 26 vitamins and minerals, 50% of your daily calcium needs, and 5-6 grams of fiber, they are very healthy and are also convenient. Replacing a meal with this shake allows you to only focus on you small snacks and 1 or 2 meals making your planning and time a little less.

A final note: when you plan ahead and are organized, it’s MUCH easier to follow through with your program. The discipline part pretty much takes care of itself.
I'm struggling to get all meals in during the day, missing snacks or breakfast. How can I do better with that?

I recommend keeping your snacks and breakfast pretty steady, that way it becomes a routine and a habit. Use the lunch and dinner meals for variety. If your on a running-out-the-door-in-the-morning fast paced schedule, then a quick meal replacement shake in the magic bullet blender (see nutrition resources) takes about 30 seconds to prepare, is complete, and you can drink it in the car on the way to work. Also a great option for kids instead of the sugar cereals and pop tarts.

For snacks, head back to the daily diet for options. Remember that shakes are always a great option because their easy to prepare fast, are complete and in 2 minutes you can drink one down and keep on truckin' with your day.

Many people that are in an office during the day will simply keep an extra blender (magic bullet) at work and it’s the same procedure as in the morning.

If you’re stuck in meetings, on the road, etc., then remember energy and nutrition bars are your next best choice. But be careful, most of the common brands you’ll find in gas stations and convenience stores are so high in sugar and saturated fat that you might as well be eating a candy bar. Try the multi-munch ones I recommend- they’re guaranteed and you’ll like em’

How to I add more protein to my diet?

Getting protein in at breakfast is one of the common challenges people face because protein is not in the typical American breakfast of high carbohydrates and sugar. If you don’t want to use a meal replacement product, and like having oatmeal or some type of grain, then good protein-only sources to include in your breakfast are either a protein powder supplement like Soy protein or some type of meat like turkey sausage or turkey bacon.

I'm doing well most of the time, but have cravings and struggle with a sweet tooth. What can I do?

Most people struggle with cravings because their blood sugar is fluctuating up and down throughout the day. The easiest way to fix this is by making sure to have balanced min-meals throughout the day. Breakfast, snack, lunch, snack, dinner, optional snack if necessary. Make sure to include protein and fiber with each meal. DO NOT EAT carbohydrate type foods by themselves.

Typically, having a good Meal Replacement Shake for your snacks eliminates this problem completely.

If you’re struggling with a sweet tooth after dinner, or in the evenings try some healthy options. Another meal replacement shake with LOTS of ice can substitute for ice-cream and will taste like a super think chocolate milk-shake. Feeding your body this balance of protein and fiber during these times will stabilize your blood sugar and stop most cravings dead in their tracks.

Another great desert option is to make home-made popsicles with a healthy sports drink. Make your own popsicle plastic kits cost just a couple bucks at your local kitchen store, and are great when your looking for a late night fix!
Restaurant Guide

Eating out can be very challenging when trying to stay within your nutrition plan. It is not impossible. With some specific instructions to your server you can have a healthier choice even in a restaurant. Below we’ve compiled some ideas for different types of restaurants.

**Breakfast:** Order an egg white or Egg Beater® omelet. Just say ”no oil or butter” and ask for the chef to use cooking spray. You may add any vegetables that you want into it. Request 1 or ~2 slices of dry whole-wheat toast. Place jam on toast instead of butter. Occasionally the chef automatically puts butter on the toast, if this happens, send it back and restate that you asked for dry toast.

**Chinese:** Order steamed chicken, shrimp or scallops. Remember that you can ask for a mix of shrimp and chicken. Request steamed rice and steamed vegetables. To add flavor if you like spicy food, use the dry chili pepper flakes. You can also use their plum sauce, ginger or lite soy sauce.

**Continental:** Order any grilled fish or chicken breast without butter, oil or sauce. Just ask that it be cooked with seasonings but no fat. Top with diced onions, tomatoes, or steamed spinach. Ask for the vegetable of the day to be steamed without butter.

**Italian:** Order grilled fish like snapper or chicken breast; without butter, oil or sauce, smothered in steamed spinach with garlic and tomato sauce on the side and steamed asparagus or other vegetable. If you do not like garlic, be sure to always tell the waitperson.

**Mexican:** Instead of chips, ask for corn tortillas, dip in the hot sauce and enjoy just like the fried chips. Order fish or chicken breast rolled in Mexican Spices and char-grilled with no fat. Smother the fish or chicken in Pico de Gallo and get some steamed vegetables-on the side. You can also order grilled chicken fajitas without the skin, butter or oil. Place the chicken breast in corn tortillas with onion, Pico de Gallo, or salsa. Actually, grilled shrimp fajitas without butter or oil, wrapped in corn tortillas is a great meal and will contain less fat and calories than the chicken fajitas! Add all the Pico you want.

**Seafood:** Order a low fat fish, rolled in the seasonings the same seasonings they blacken their fish with. Ask for it to be char grilled without butter, oil or fat. Most seafood establishments offer Pico de Gallo which goes great over grilled fish. Ask for a plain baked potato topped with salsa or mustard and steamed veggies. A great choice if you like seafood is ceviche or shrimp cocktail with a baked potato.

**Steak House:** Filet Mignon not only tastes great but has the least amount of fat of all the steaks, but order the petite size. You may also order a grilled lobster tail without the butter, a plain baked potato topped with salsa, catsup or mustard and steamed vegetables like asparagus or broccoli.

**Sushi:** Order the shrimp or cucumber rolls, crab or California rolls made without mayo or fish eggs. Other items that would be a great choice include scallops, snapper, flounder and tuna. Be sure to use the light soy sauce for less sodium.
Exercise Tips

The “Other part of Weight Loss

With nutrition down, the next sure-fire way to a skinnier waistline is good old fashioned exercise. I’ll share a few quick exercises you can get started with right now, and if you want more, don’t hesitate to call myself or one of my staff at 214-603-8287

First... Always, Always, Always Start With A Warm-Up

Before going “at it” whether it’s strength or aerobic training you’re doing, you must always warm up first. Tearing a muscle or stretching something further than it’s meant to go can have you sidelined for at least a few weeks, and that only slows down your progress. It’s just crazy to miss this crucial step out.

The goal of a warm-up is to get your body ready for a workout, I’ll typically start mine by getting the heart beating and the blood pumping with a quick, light jog (no more than 5 minutes). Afterwards I stretch, starting from the upper body and working my way down. Paying more attention to the muscles I am going to be using the most as I train.

The Two Categories Of Exercise You’ll Want To Focus On

After warming up, you’ll start either one of two types of exercise - aerobic or strength training - you’ll need to prioritize depending on what your goals are. Assuming it’s weight loss, a mixture of the two works best. I’ll give you an example workout plan and the end of this session so you can see what I mean, let me give you a few exercise for each first...

Aerobic exercise is excellent for your heart and circulatory system, it’s also a big calorie burner... Walking, running, jump-robe, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

As for strength training, the goal here is to build muscle for a toned, lean look on the outside. But also because on the inside, muscle burns up calories fast. Which means while you’re watching T.V. or even sleeping, you’re burning calories faster than you normally would.

Whatever YOUR goal is, the strength training exercises I am about to share will get you results. If you want to significantly grow your muscle, increase the weight load as you progress. However, to stay toned, work with lighter weights. Consult with a physician before beginning any new exercise and nutrition program.

Get You In Shape already programs the suggested off-day workouts on our Blog. Just scroll over Blog on the website and click on “Workout of the Day”. We will also give you a few tips on programming in the next few pages for you to follow.
Abdominal
Strength Training Area #1

It’s hard to find two trainers that agree on the best way to tight, toned abs (or a ripped six-pack). I definitely think there is more than one right way, but it makes sense for me just to share with you what’s worked for our other 1889 boot camp and personal training clients.

Two crucial, yet almost always neglected areas with abdominal workouts are the lower abdominal muscles and your lateral abdominals (flanks - the fleshy bit in-between your last rib and hips). Fear not, these areas are covered in the exercises below...

**Pillar Bridges**  Focus on keeping shoulders down your back and abs pulled in.

**Side Pillar Bridges**  Focus on your body being in a straight line drawing ir abs throughout the exercise.

**Ab Side Reaches**  Press lower back into ground each time you reach behind you. Focus on abs lifting you off the ground each time you reach for-

**Bicycle**—Make sure you keep back pressed into ground throughout this exercise. Keep legs straight when extending them and use ABS to twist (not neck)
Chest
Strength Training Area #2

It is important to always focus on your form when performing any exercise. Focusing on having nice posture, pulling your shoulders down your back/spine, engaging your abs, and keeping your body in the right position, should be something you are focusing on each exercise. This not only helps with injury prevention but it also helps you get the most out of each exercise.

So although the focus with these exercises is the chest, you will still feel your shoulders, arms and other parts of the upper body benefitting too.

Level 1 –Planks/ Push Ups—Hold at top pulling your shoulders down your back and pulling abs in. When ready, control yourself going down and up.

Level 2
Planks / Pushups—Hold at top and control yourself going down and up.

Stability Ball Press—You can also perform exercise on a bench or the ground if you don't have a ball.
Back

Strength Training Area #3

I’ve never figured out why, but no one ever really thinks to work on their back when exercising. Your spine is pretty important and you absolutely MUST do back exercises with any training program.

Get You in Shape focuses on doing each exercise so that you are also working your core and increasing your body’s stability. Focus on good posture on each exercise. Keeping your shoulders pulled down your back and your abs pulled in.

**Standing 2 Arm Row**—Bend in hips with weight in hips and heels. Make sure your shoulders are pulled down your back and abs are pulled in. Using your back muscles, pull weights up at a controlled pace.

**Stability Ball One-Arm Row** - (If you don’t have a ball just use a chair) - Pull shoulders down back while pulling you abs in. Focus on the back muscle pulling weight up.

**Standing L Row** - Same as the row except you will pull your arms our like an L concentrating on the muscle in the middle of the back. Focus on keeping your back straight and abs pulsed in the entire exercise while keeping your weight in your hips and heels.
Over the next pages I will show you some simple exercise you can do to build muscle. Again, if your goal is to look muscular, then you want to want build upon the resistance by adding weights after a few days to a week.

However for the lean look, light weights (5lbs) will work just fine. Make sure to vary your exercises though for maximum results. If you do shoulder press in week 1, do a dumbbell raise in week 2. This prevents your body from getting used to your exercise regime, and slowing your progress.

**1 Leg Shoulder Press**— Bring one leg off the ground as you bring the weights up past your shoulders. Focus on balancing, controlling the weights, and keeping your abs tight (as if you are about to get hit in the stomach)

**Standing Y**— Pull hips back with arms forming a straight line. Bring arms down and up forming a Y at the top. Keep weight in heels, back straight and abs pulled in the entire exercise.

**Standing T**— Same as Y except bring thumbs up to sky/ceiling forming a T. Squeeze shoulders

**Standing A**— Same as others except you are pulling your arms back keeping palms facing the ground. Make sure you keep your shoulders pulled down your back.

**Shoulder Y, T, and A’s**— Keep shoulders pulled down your back and back straight. Bring arms down in front of your body on each movement. Keep your weight back in your heels/hips while drawing in your abs throughout the exercise. Bring up one leg to make also work more of the hips and glutes.
Arms

Strength Training Area #5

If you are wondering about repetition for these exercises, there is no exact answer. Everyone is different. For an exact answer, you can call 214-603-8287 an arrange a FREE, no strings attached consultation where we can work on an exercise plan, specific for you.

A good rule of thumb however, is to go until you can’t go any longer (not pass out can’t), but can’t lift the dumbbell or whatever with the same vigor as when you started.

**Standing Triceps Extensions** Pull hips back, pull shoulders down your back, draw in stomach. Bring Elbows to your ribcage. Extend forearms back focusing on the back of your arms. Keys: Keep shoulders pulled down your back, draw in abs, keep elbows on ribs

**1 Leg Dumbbell Curl**—On one leg bring weights up and control weights coming down. Keys: Keep good posture, abs tights, control the weights with your arms, and keep your body still (only move forearms up and down)

**Lying Triceps Extensions** Lying on back with legs in the air, press lower back into ground. Bring arm ups with weight in the back of arms (triceps) and extend up to the sky/ceiling. Come down keeping point of elbows pointing at sky/ceiling.
Legs (And Butt)
Strength Training Area #6

Last but not least… If you would like to expand exercise arsenal for faster results, please call 214-603-8287 or a free consult, or take a look at our many training options on www.GetYouInShape.com

Remember, before any workout always warm-up. AND, don’t forget to warm-down too!

Air Squats - You can also add weights and perform w/ weight by sides. Make sure weight stays in your hips and heels throughout the exercise.

Lunges—Focus on keeping your weight in your front hip (not your knee)

Bridges - You can also perform this exercise with one leg pointing up to the sky
Again, I give you exact weights and repetition, so it’s up to you to get to know your body and your limitations. What I will stress is to start off on the easy side and work your way up.

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<tr>
<th>Day</th>
<th>Sample Circuit</th>
<th>Sample Exercises</th>
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<tr>
<td>Monday - 45 minute, upper body strength training</td>
<td>Planks/ Push Ups</td>
<td>Planks/ Push Ups</td>
</tr>
<tr>
<td></td>
<td>1 Leg Shoulder Press</td>
<td>Stability Ball Push Ups</td>
</tr>
<tr>
<td></td>
<td>Standing 2 Arm Row</td>
<td>Standing 2 Arm Row</td>
</tr>
<tr>
<td></td>
<td>1 Leg Biceps Curls</td>
<td>1 Leg Bicep Curls</td>
</tr>
<tr>
<td></td>
<td>Pillar Bridges</td>
<td>Shoulders Y, T, A</td>
</tr>
<tr>
<td>Tuesday - 20-60 minute high-intensity aerobic/ cardio session</td>
<td>Running intervals</td>
<td>Pillar Bridges</td>
</tr>
<tr>
<td>Side Reaches</td>
<td>Cycling</td>
<td>Running intervals</td>
</tr>
<tr>
<td></td>
<td>Jump Rope</td>
<td>Bicycles</td>
</tr>
<tr>
<td>Wednesday - 45 minute lower body strength-training workout</td>
<td>Bridges</td>
<td>Side Reaches</td>
</tr>
<tr>
<td></td>
<td>Side Pillar Bridges</td>
<td>Jump Rope</td>
</tr>
<tr>
<td></td>
<td>Squats</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bicycles</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunges</td>
<td></td>
</tr>
<tr>
<td>Thursday - 20-60 minute high-intensity aerobic/cardio session</td>
<td>Running intervals</td>
<td></td>
</tr>
<tr>
<td>Side Pillar</td>
<td>Cycling</td>
<td></td>
</tr>
<tr>
<td>Side Reaches</td>
<td>Jump Rope</td>
<td></td>
</tr>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**Remember!**

Allow an extra 10 - 15 minutes on top of these times. For warming up, warming down an stretching.
A Comprehensive Guide to Getting the Most From Your Cardio Program

Success Tips

Tip 1 Proper eating habits and your resistance training workouts will take priority over these cardio sessions. These cardio sessions are meant to supplement a good nutrition and workout program.

Tip 2 Beginners should initially begin these sessions on a stationary bike, elliptical or rower.

Tip 3 Show me some intensity! For an intensity wake up call, use kme “Tiger” analogy, If you were to look over your shoulder and see a tiger running straight at you, how fast would you run? Give me that!

Tip 4 You should progress from workout to workout by increasing your intensity. This means to increase your speed, incline resistance or decline your rest each session to so,e degree even if it’s a small amount. For example, if you are running at 9 mph for 60 seconds, then on your next 60 second interval day, you need to be pushing at 9.1 or more.

Tip 5 Your recovery should be just that. Keep your recovery to a walk pace so that you may recover and give MAX intensity during your next interval.

Tip 6 If you are pushing yourself, then you will only need 10-20 minutes. That equates to 20-30 minutes including a 5 minute warm-up and 5 minute cool down. Warm-up consists of mobility exercises or a low intensity of your cardio activity. Cool down consists of stretching or a low intensity of your cardio activity.

The following is only a recommendation based off your current fitness level. Please look for different ways to challenge your body so that you continuously improve. The key here is to use your imagination when it comes to choosing what type of equipment or activity to do.

THE MOST IMPORTANT FACTORS ARE THAT IT IS TOTAL BODY, AND YOU ARE PUSHING YOUR RELATIVE MAX INTENSITY, AND THAT YOU ARE WORKING AND RESTING AT THE APPROPRIATE TIMED INTERVALS.

If you feel comfortable with the same equipment it’s ok not to change as long as you are progressively challenging yourself. If you like to avoid boredom and want to always keep the program fun and new then be sure to alternate between as many options as possible. Remember, this should be fun!

<table>
<thead>
<tr>
<th>30 # or more overweight</th>
<th>10-25 # overweight</th>
<th>Less that 10 # overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option #1</td>
<td>Stationary Bike or Elliptical</td>
<td>Treadmill</td>
</tr>
<tr>
<td>Option #2</td>
<td>Run-in-place/ March in Place</td>
<td>Stationary Bike or Rower</td>
</tr>
<tr>
<td>Option #3</td>
<td>Rower or Step Machine</td>
<td>Kickboxing or Boxing</td>
</tr>
</tbody>
</table>
## Cardio Intervals

Alternate between Workouts A, B, and C within your specific Level. This means you will cycle through them continuously until you are ready to progress to the next level. Progress by increasing your speed, incline, resistance or decrease your rest interval by 5 seconds intervals.

### Level 1: Beginner

<table>
<thead>
<tr>
<th>Alternate</th>
<th>High Intensity work</th>
<th>Low Intensity Rest</th>
<th># Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout A</td>
<td>:30</td>
<td>:90</td>
<td>10</td>
</tr>
<tr>
<td>Workout B</td>
<td>:60</td>
<td>:180</td>
<td>5</td>
</tr>
<tr>
<td>Workout C</td>
<td>:20</td>
<td>:60</td>
<td>15</td>
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</table>

### Level 2: Novice

<table>
<thead>
<tr>
<th>Alternate</th>
<th>High Intensity work</th>
<th>Low Intensity Rest</th>
<th># Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout A</td>
<td>:30</td>
<td>:60</td>
<td>13</td>
</tr>
<tr>
<td>Workout B</td>
<td>:60</td>
<td>:120</td>
<td>7</td>
</tr>
<tr>
<td>Workout C</td>
<td>:20</td>
<td>:40</td>
<td>20</td>
</tr>
</tbody>
</table>

### Level 3: Intermediate

<table>
<thead>
<tr>
<th>Alternate</th>
<th>High Intensity work</th>
<th>Low Intensity Rest</th>
<th># Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout A</td>
<td>:30</td>
<td>:30</td>
<td>20</td>
</tr>
<tr>
<td>Workout B</td>
<td>:60</td>
<td>:60</td>
<td>10</td>
</tr>
<tr>
<td>Workout C</td>
<td>:20</td>
<td>:20</td>
<td>30</td>
</tr>
</tbody>
</table>

### Level 4: Advanced

<table>
<thead>
<tr>
<th>Alternate</th>
<th>High Intensity work</th>
<th>Low Intensity Rest</th>
<th># Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout A</td>
<td>:30</td>
<td>:15</td>
<td>22*</td>
</tr>
<tr>
<td>Workout B</td>
<td>:60</td>
<td>:30</td>
<td>12*</td>
</tr>
<tr>
<td>Workout C</td>
<td>:20</td>
<td>:10</td>
<td>32*</td>
</tr>
</tbody>
</table>

### Bonus Workout Intervals (for a change of pace)

<table>
<thead>
<tr>
<th>Alternate</th>
<th>High Intensity work</th>
<th>Low Intensity Rest</th>
<th># Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout A</td>
<td>:180</td>
<td>:30</td>
<td>6</td>
</tr>
<tr>
<td>Workout B</td>
<td>:8</td>
<td>:12</td>
<td>40*</td>
</tr>
<tr>
<td>Workout C</td>
<td>:20</td>
<td>:10</td>
<td>32*</td>
</tr>
</tbody>
</table>

*Perform 4 rounds followed by 60 seconds of rest until completing all prescribed rounds.

**Perform Workout C in a :60:10, :50:10, :40:10, :30:10, :20:10, :10:10 fashion, resting 60 seconds after completion. Repeat this cycle 7 times to equal 32 total intervals.

- For those who enjoy endurance running, or are already at very low body fat levels looking to burn STUBBORN areas:

Based on Lyle McDonald’s book, The Stubborn Fat Solution. Perform 10 min of Workout B from your appropriate Interval Level, followed by 20– 40 minutes of steady-steady low intensity cardio, and finishing with another 10 min of Workout A from your appropriate Interval Level. So it’s Workout B for 10 min, Steady-Steady for 20-40 min, and Workout A for 10 min. If you are not already at a low level of body fat then spend your time on eating better, performing resistance training & implement our standard interval protocol.
A Comprehensive Guide to Getting the Most From Your Cardio Program

Training Schedule Ideas

These recommendations are based off of the best possible scenario for maximum fat loss and keeping your metabolism elevated. It will also aid in faster recovery from your resistance training workouts and will help you avoid overtraining as long as you are eating, sleeping, drinking enough water, etc. along with following other recovery recommendations. Remember that Get You In Shape’s Cardio Blueprint is just another tool. Get You In Shape already programs the cardio workouts and posts them on our blog each week for our clients to use.

Optimal times for performing cardio are your off-days in between resistance training workouts. If that isn’t an option you can still perform them in the morning or evening on your training days, just aim for 4 hours or more away from your workout time. So if you workout at 6:30 a.m. do not do cardio at 5 a.m. Do it in the evening or at least after 12 noon. If you workout at 6 p.m., do it in the morning. If you have no other option, then complete it immediately after your resistance training workout, but never before.

Sample Program 1 : Three workouts/week with cardio in between

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Workout</td>
<td>Cardio A</td>
<td>Workout</td>
<td>Cardio B</td>
<td>Workout</td>
<td>Cardio C</td>
<td>OFF</td>
</tr>
<tr>
<td>Week 2</td>
<td>Workout</td>
<td>Cardio A</td>
<td>Workout</td>
<td>Cardio B</td>
<td>Workout</td>
<td>Cardio C</td>
<td>OFF</td>
</tr>
</tbody>
</table>
THE STATE OF HEALTH IN AMERICA TODAY

70% OF THOSE WHO DIED TODAY...KILLED THEMSELVES...YOU HAVE A CHOICE TO MAKE!

- Heart disease, stroke, cancer and diabetes are among the most prevalent, costly and preventable of all health problems. 7 out of 10 Americans who die every year, die of a chronic disease, according to the Centers For Disease Control (CDC).
- According to the World Health Organization (WHO), the US is the 37th ranked nation when it comes to health outcomes and health-systems performance.
- Many of the top ranked countries provide complete health care coverage for all citizens— the US only covers people who are lucky enough to have good jobs at the moment.
- 46 million people in the US have no health insurance and face imminent health crisis/death and/or financial ruin if they get sick.

PREVENTION VS. TREATMENT

<table>
<thead>
<tr>
<th>MEDICAL TREATMENT</th>
<th>COST OF PREVENTION</th>
<th>COST OF TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>METABOLIC SYNDROME:</td>
<td>ENGAGING IN AN ACTIVE, FIT LIFESTYLE:</td>
<td>SICK CARE: treating the symptom, not the cause!</td>
</tr>
<tr>
<td>A condition that currently affects 55 million Americans characterized by the combination of two or more of the following health risk factors; hypertension, pre-diabetes/diabetes, obesity, and abnormal lipids (low HDL cholesterol, and/or elevated triglyceride levels). This condition leads to heart disease, stroke, liver and kidney disease, and cancer... and ultimately a premature death.</td>
<td>OPTION A– Home Fitness: FREE!</td>
<td>$351.25+/ month</td>
</tr>
<tr>
<td></td>
<td>OPTION B– Gym Membership: $25-75/month</td>
<td>NOTE:</td>
</tr>
<tr>
<td></td>
<td>OPTION C– Fitness Boot Camp: $159-249/month</td>
<td>• Heart Disease Treatment alone costs $351.25/month!</td>
</tr>
<tr>
<td></td>
<td>OPTION D– Personal Training: $600-1200/month</td>
<td>• Diabetes alone costs $201.17/month!</td>
</tr>
<tr>
<td></td>
<td>You have options! You need to make the right choice for you and your schedule, budget, and personality!</td>
<td>• This does not include the high costs of preventable acute or chronic injuries that occur due to a sedentary lifestyle!</td>
</tr>
</tbody>
</table>