



GET YOU IN SHAPE

GAME PLAN



BRAD LINDER

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As Featured in:



Real People, Real Results



See more at Stories at www.GetYouInShape.com



A Personal Welcome from Brad Linder *Your Best Body Begins Here!*

Hello,

The next few pages are the key to everything!

It is not about the perfect exercise program or the best nutrition program. It's about what's going on in your head and you having a CHOICE about everything you do each and every day.

It's important to take some time to go through these next few pages. Take the time to write and fill in all the pages.

I've coached thousands of individuals who are looking to look, feel and perform better. Based on my experience, your goals and your “So That” will keep you motivated and focused throughout the journey. Having a big enough reason will help you make each and every choice you have to helping you reach your desired goals and lifestyle.

Understand that it will take some time to complete the form in this section. We know from experience that if you complete it and make sure you have it where you see it throughout the day that you will look back in a few months or a year and be proud of the results you have achieved.

If you skip this section, you may get results quick by implementing the program but it will most likely not keep you consistent.

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

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

Stay Strong,

Brad Linder, M.S., CPT
Fitness and Nutrition Expert
Co-Author, 3 Steps To Your Best Body
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Step #1 - Your Goals

The first step in starting your journey is to read and complete the next few pages which will provide you a blue print for the next 28 days and beyond. You may want to fill out the entire program. For the most part, your responses are going to reflect your relationship towards your health and your wellness. Understand that improving the way you look, feel and perform will undoubtedly lead you to a better version of YOU. Achieving personal goals as it relates to your health and wellness will support you in virtually every area of your life. Many people just start on a program and miss out on the best tool they can use to help them achieve results.

MOTVIATION. We call this your “SO THAT” and it’s the #1 tool we use to help our clients improve and make better choices.

Goals - What specifically do you want to accomplish with your health and fitness over the next 28 Days? What specifically do you want to accomplish with your health and fitness over the next 3 months? What specifically do you want to accomplish with your health and fitness over the next 6 months?

Then I love to ask this question when talking with someone who is ready to get in shape:

"If we are having this conversation again a year from today, after that one year, what would have had to have happen for you to feel like this previous year has been a REAL SUCCESS relative to your health and fitness? What are some of your results that would have had to have happened? What for you would be a SUCCESS? How much weight have you lost? How many sizes have you lost? How do you feel? How have things changed for you? Describe how it feels to get dressed in the morning. **BE SPECIFIC!**"

Goal Setting Basics: Write down how many pounds you want to lose, inches you want to shed, dress/pant sizes you want to lose. Write down 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 Nutrition 101 Section). It is important to make small, short-term goals and larger long-term goals. A goal to lose 1-2 pounds a week would be a healthy start for 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 more. Remember, you did not get to where you are overnight, so it will take some time to 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 these goals. It is important to make your goals are visible for you to see daily. Put them on the dresser in your room, on your bathroom mirror, or in your car. This will help you resist doubt or frustration as your journey continues and maybe some of the fire has faded.

The more you focus on your target the less likely you are to steer away from them.

Examples: “Go from 221 to 165”. “Go from a size 12/14 to 6/8”. “Be consistent with workout routine and workout at least 5 times a week”. “Have more energy”. “Get healthy and get off blood pressure medicine”.

My Personal Goals

Name: _____ Date: _____

What are **three specific goals** you would like to achieve in the next 28 days as it relates to your health and fitness?

1) _____

2) _____

3) _____

What 3 things would make the next 12 months a SUCCESS as it relates to your health and fitness? Identify **three specific goals** you want to have accomplished within the next 12 months. What date will you achieve them by?

1) _____ Date: _____

2) _____ Date: _____

3) _____ Date: _____

What are **three specific goals** you would like to achieve long term? This is looking down the road 3, 5 or even 10 years from now. List these accomplishments or goals as they relate to your health and fitness in the future? What date will you achieve them by?

1) _____ Date: _____

2) _____ Date: _____

3) _____ Date: _____

Step #2 Identify Your “SO THAT”

Our choices dictate our habits. Our habits, good or bad, come from a series of choices that we make. Your “So That” is really your reason why you want to change your current circumstances. Having clearly defined “So That’s” help you become more focused and more intentional because the *daily choices* you make are based on your “So That”. The focus should be on making one healthy choice “So That” ...you finish the sentence... Your first healthy choice will lead to another one tomorrow. Each good decision will build upon the previous one. This inevitably leads to making more good decisions vs. bad decisions as it relates to your health and fitness.

Your “So That” is the #1 KEY to succeeding both in your short term and in your long term goals. Here is an example; If your “So That” is to *have more energy to be able play with kids and be more present to them when getting home from work*, then each choice you make throughout the day should be “So That” you *have energy to play with kids and be more present to them when getting home from work*. Making the choice to drink water throughout the day because your body needs water to function each day. The choice to exercise because working out will help you have more energy throughout the day. The choice to eat 5-6 smaller meals and snacks throughout the day because eating this way will help increase your energy levels. The choice to eat healthy or unhealthy. They all are choices. If you choose not to eat healthy you are disregarding your “So That”. Harshly put, you choose an unhealthy calorie laden lunch even though it will zap your energy and you will NOT *have more energy to be able play with kids and be more present to them when getting home from work*. That should put some perspective to what I am getting at with your “So That.” Your “So That” should be big and powerful enough to make choices crystal clear, no questions, no tough decision.

Here are some other examples of So That’s:

Healthy – *So That* as I get older I can lead and maintain a healthy lifestyle in order to be around for my kids and grandkids.

Lose Weight – *So That* I feel better about myself and can fit into the stash of beautiful clothes collecting dust in the back of my closet.

Energy – *So That* I get off the couch when I get home and take a walk or do some exercise.

Use your first three goals from Step #1 above to complete your “So That” sentences.

Goal 1. So That _____

Goal 2. So That _____

Goal 3. So That _____

Step 3: Start Your Engines!

Identifying Your Obstacles:

What are some of the things that have gotten in your way or have been holding you back from achieving your health and wellness goals? Take a few minutes and list ALL the things that have gotten in the way of you focusing on yourself, your health and you being the BEST VERSION OF YOU!

What ONE thing will I do for EACH short term goal in the next 28 Days?

Write out just ONE action that you will complete towards EACH goal in the NEXT 28 Days. This is the FIRST STEP. Break the action down into a smaller step until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of one. (ex. 1 extra glass of water each day, walk for 10 minutes during lunch break, pack lunch 2x week).

GOAL 1 Action _____ by _____

GOAL 2 Action _____ by _____

GOAL 3 Action _____ by _____

Who's on my TEAM? (Help & support: Friends, Family, Workout Buddies, Co-Workers, etc.)

Name: _____

How can they help? _____

Name: _____

How can they help? _____

Name: _____

How can they help? _____

Step 4: On-Target Checks

If you were to score yourself from 1 to 10 on how likely it is that you will achieve your goals, what would it be? ____ / 10

***When your score is an 8 or more – Congratulations, you have a plan!

***If your score is LESS than an 8, ask yourself what obstacles will get in your way from achieving your goals. List them out and then create a plan on how to overcome those obstacles!

I am committed to achieving these goals

Signed: _____ Date: _____

One Page Goals, Action Plans & “So That”

Name _____

Short Term Goal #1 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #2 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #3 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #1 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #2 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #3 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Your #1 Big Hairy Audacious Goal _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Your So That: example: I want to lose weight SO THAT I can feel better about myself, like who I see in the mirror and decrease my chances of health problems as I get older.

So That .. _____

So That .. _____

So That .. _____

Creating a Vision Board

Your brain will work tirelessly to achieve the statements you give your subconscious mind. And when those statements are the affirmations and images of your goals, you are destined to achieve them! Creating a vision board is probably one of the most valuable visualization tools available to you. This powerful implementation can serve as your image of the future - a tangible representation of where you are going. It represents your dreams, your goals, and your ideal life.

Because your mind responds strongly to visual stimulation-by representing your goals with pictures and images-you will actually strengthen and stimulate your emotions...and your emotions are the vibrational energy that activates the Law of Attraction. The saying “A picture is worth a thousand words”, certainly holds true here.

If you have already defined your goals and “So That”, it’s time to illustrate them visually.

How to create a vision board that depicts the future you wish to create.

You will want to get a poster board and find pictures that represent or symbolize the experiences, feelings, and results you want to achieve in your life, and place them on your board. Have fun with the process! Use photographs, magazine cutouts, google images of amazing places you’d like to visit or experiences you’d like to have--whatever inspires you. Be creative. Include not only pictures, but it could be powerful and inspiring quotes, really anything that speaks to you.

Understand you can do this in other areas of your life such as business, finances, family, relationships, personal growth, spirituality, etc. For the 28 “Follow The Darn Instructions” program, though, just focus on the goals and “So That” that you have written on the One Page Goals, Action Plans & So That page.

Consider including a before picture of yourself on your board or an older picture of yourself in an outfit you’d like to get back into. Remember to post your “So That’s,” affirmations, inspirational words, quotations, and thoughts here. Choose words and images that inspire you and make you feel good.

Keep it neat, and be selective about what you place on your vision board. It's a good idea to avoid creating a cluttered or chaotic board... you don't want to attract chaos into your life.

Put the poster up in your room so you will look at it when you get up in the morning and before going to sleep. Make smaller copies of your vision board to put in your office, living room, refrigerator, cabinets, family room, and anywhere else you can see it throughout the day. The key is that this will be something you see many times throughout the day so that your goals and “So That” become so ingrained in you that making healthy choices becomes easy!

CREATE YOUR VISION BOARD: DATE COMPLETED BY _____

Step 5: Regularly Assess the Program and Update Your Plan Accordingly

Before Pictures

Pictures say 1,000 words so we understand how important it is to have a few good before pictures that you can use as motivation throughout your journey.

Tips for Before and After Photos

Appropriate Clothing

- Be prepared to wear the same type of clothing in the “before” and “after” photos.
- The more you show, the better you will be able to see the changes over time. No one enjoys taking a before picture, but your after picture is only as good as your before picture, so make sure enough is showing that you will be able to easily see the transformation. (Maybe a shirt that is a little too small, so you can see how much better it fits in the after picture).
- Wear light colored tops if you choose to wear a shirt.
- Try not to cover your legs with long shorts or dark yoga pants.
- You may want to show these pictures off later on, so be sure whatever you choose is appropriate and you would feel comfortable sharing.

Photos Tips

- Professional photos aren’t necessary, but remember that the only way you can see your changes is with good, clear photos.
- Take pictures against a plain (solid) background and include your entire body, from head to shins to fill the photograph with yourself. Be the same distance from the camera each time.
- Stand with your arms at your sides in both the “before” and “after” photos.
- Try to fill the photograph with yourself. If you’re too far away, it may be hard to see your results.
- Have the date you started and finished (or midpoint) in the top left corner of the picture.
- Take pictures in 3 positions, facing forward, to the right and from the back.
- Good lighting is always helpful.



Starting Weight & Measurements

Weight and measurements are taken Day #1, #14 and #28. In order to be consistent, follow this simple guide to know what and how to measure. After day 28, we recommend every two weeks after that to help keep you motivated and accountable. This will also help you make any changes that may need to take place based on your results.

Weight:

Same time of day each weigh in date.

Measurements:

Chest – straight across the back right across the nipple line

Waist – Stick to your bellybutton line. It may not be the thinnest part, but will allow you to remain consistent.

Hips - Feet together and wrap around the widest part of the hips.

Biceps – The midpoint between shoulder and elbow

Upper Thighs – Close to the top of the leg. Include the inner thigh and be sure tape measure is straight across.

Neck: Looking straight ahead, measure right around the neck.

	Day #1 Date:	Day #14 Date:	Day #28 Date:
Chest			
Waist			
Hips			
Biceps			
Upper Thighs			
Neck			
Weight			

Keep a simple Excel spreadsheet so that you can always find it on your computer or write it down and take a picture with your phone. By day #28 you will not want to have misplaced your first day measurements!

Try not to hop on the scale too often. Weight can fluctuate and can sometimes be discouraging. A watched pot never boils so refrain from weighing too often. Be cognizant of how your clothes are fitting and your overall sense of feeling better.

Starting Fitness Test

As with getting weighed and measured frequently as you start, we are also going to track your fitness results as you start on The 28 Day “Follow The Darn Instructions”. No matter what fitness level you are at right now, this will help by giving you a starting point along with added motivation as you progress because you can see some tangible results.

There are many types of testing to measure fitness levels. We have just picked four to begin with. You will need a stopwatch for the fitness test and measure out a mile.

Fitness Test

1. Pillar Bridge – Hold for time. See the Core page or [go here](#) for how to perform this exercise. Start the timer when you start and when you can’t hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.

2. Air Squats – How many repetitions you perform in 90 seconds. See the Leg Page or [go here to see how](#) to learn how to perform Air Squats. As you see in the video link, your goal is to go as far down as you can with your hips. It’s fine if you are not at the fitness level that you can bring your hips below your knees. Just go as low as you can. Start the timer for 90 seconds and count your reps. When 90 seconds is over, record the total number of reps completed.

3. Pushups - How many repetitions you perform in 90 seconds. See the Chest Page or [go here to see how](#) to perform a pushup. Start the timer when you start and when you can’t hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.

4. Mile – You will walk, jog or run at your own fitness level for a mile. The key is that you get a baseline time for your mile so you can track your progress over time. You will also need to measure out a mile with an app on your phone or go to a local track and complete four laps. Start your stopwatch when you start and stop it when you complete the mile. Record it by putting your mile time on the sheet below. You can also use an App to track it.

Example Fitness Test

Date	Day #1 Jan 1	Day #14 Jan 14	Day #28 Jan 28
Pillar Bridge (time)	33 Sec	54 Sec	85 Sec
AirSquats (reps)	15	22	35
Pushups (reps)	8	14	25
Mile (time)	16:24	14:15	13:45

Date	Day #1 _____	Day #14 _____	Day #28 _____
Pillar Bridge (time)			
Air Squats (reps)			
Pushups (reps)			
Mile (time)			

Success Stories



"First of all, my results are because of the Get You in Shape program. I lost 10% of my body weight in the first 6 months of starting GYIS. I am continuing to lose weight-25 pounds and counting.

I've lost over 12 inches so far.

I am at my lowest weight for 10 years. A decade!! Since before I got pregnant with my second child, who is now 9!"

Leigh W.

"I have lost 32 pounds in 3.5 months and 25.5 inches in the same amount of time. I wake up at 5:30 am now and have plenty of energy all day. I feel and look great thanks to Get You In Shape."

Joe G.



"I lost 20 pounds during the first few months of the program. I have continued after and have now lost a total of 40 pounds and 180 inches! AND IT'S STAYING OFF! This program has literally CHANGED MY LIFE!"

Sharon K.

“Follow The Darn Instructions” Nutrition Introduction

I hope you have been able to write down your goals, have some strong ‘SO That’s’ and have a vision board. That is what is going to be the driving force behind each and every CHOICE you make from this point forward.

The nutrition section of The GYIS “Follow The Darn Instructions” program is the next big piece of the program. Have you heard that nutrition is 70%-80% of your results? If not, make sure you make note that this section is key in your initial results and your long-term results.

I’ve been able to help coach thousands of people throughout the years and NUTRITION by far is the key to sustaining the healthy lifestyle one truly desires. Although I know the importance of exercising and fitness, getting your nutrition dialed in will allow the journey to be more of a process than another “diet” or another “program you are trying.

The information in The GYIS “Follow The Darn Instructions” Nutrition 101 section has all the basic tools that can help you look, feel and perform better. It has also been tried and tested throughout the years. We have done the work for you to design a nutrition program that will not only help you with short term results but will allow you to stick to the plan over time creating the healthy lifestyle you need in order to sustain or maintain your results.

It’s designed in a way to give you simple step-by-step “follow the darn instructions” and simple tips that you can start following today.

Most of the success stories we have come from people who have stayed the course and stayed consistent in following the tips in this section.

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

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

Brad Linder, M.S., CPT
Fitness and Nutrition Expert
Co-Author, 3 Steps To Your Best Body
Brad@GetYouInShape.com

6 Components of a Complete Program

This section of The 28 Day “Follow The Darn Instructions” is to provide you with the knowledge that it takes a *complete program* to provide you with the results and the lifestyle you are looking for.

Do any of the following questions sound familiar to you?

“I don’t need to workout to lose weight, I can just change my nutrition.”

“I don’t need to change my eating habits or exercise. I’ll just take nutritional supplements.”

“I don’t need to change my food choices or nutrition. I just need to workout to lose weight.”

“I don’t need supplements as I can get results with only diet and exercise.”

You can probably achieve short-term results with following one of the four ways listed above. Focusing on just one of these will not lead to lasting results. This program is called The 28 Day “Follow The Darn Instructions”. It’s not called a 28 Day Intense Transformation Program for a reason. I’m sure you would not be reading this if you have already tried the EXTREME programs because they are just that, extreme. They are designed for quick results with fast, but not long-term sustainability or lifestyle changeability.

The end goal of The 28 Day “Follow The Darn Instructions” is to give you the tools, education and motivation to get you started for 28 days then continue on with the healthy lifestyle habits you created beyond the 28 Days.

The choices that you start making throughout the 28 days will develop into your new habits, which will then become your new healthy lifestyle.

You must realize that in order to create the lifestyle you desire, you have to practice and engage in a complete program. This eventually ends up becoming your balanced lifestyle.

A comprehensive health & fitness program MUST include each of these 6 components to achieve both short-term and long-term success!

1. **Nutrition**- the foundation of all health and wellness
2. **Supplementation**- to fill in the voids in your nutritional program
Nutrition + Supplementation = 70% of your RESULTS
3. **Resistance Training**- increase lean muscle mass and metabolism
4. **Cardiovascular Exercise**- optimize fat loss
5. **Flexibility**- to prevent injury, promote recovery
6. **Coaching**- knowledge, support, and accountability

Nutrition 101

I have been helping people with health, fitness, and nutrition since 1998. Over the years, I have tried many things to help clients get off to the best start. It has taken research, personal journeys, and hundreds of clients to come up with The 28 Day “Follow The Darn Instructions” 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 in the healthiest way.

The 28 Day “Follow The Darn Instructions” Nutrition 101 is really for everyone looking to achieve FAT LOSS. We have found that people have the BEST success following these three areas.

- 1. Nutrition** – Putting the right amount of nourishment in your mouth day in and day out to help with results, energy, and health.
- 2. Using a Journal** - Tracking EVERYTHING you put in your mouth with MyFitnessPal.
- 3. Supplementation** – Filling in the voids and ensuring your body is getting the quality nutrition it needs on a daily basis to live 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 with years of WORK!

If you are looking for the best possible **RESULTS** and the **QUICKEST FAT LOSS**, the first three tips in the following pages are KEY. It will be the easiest and safest way to get the best results possible in the least amount of time.

The 28 Day “Follow The Darn Instructions” is designed to be pretty simple and straight forward. You just have to “follow the darn instructions” and be sure to stay consistent.

In the end, it’s really up to you how fast you want to achieve the goals you have set forth. We have done the hard part and researched many other programs and plans out there to come up with The 28 Day “Follow The Darn Instructions”. Although, this is not rocket science, we feel that it’s all laid out in a step by step plan that can help anyone who is trying to look, feel, and perform better.

We know you will have some questions and need help along the way. As simple as this program is, it does take some time and commitment to make it work. That is why it’s important to do the groundwork and know your “So That” which will help you make every single choice throughout the day. This is the difference maker and will help with motivation, accountability, encouragement and inspiration as you go through this journey.

Just plug yourself into this proven system and you will certainly see the RESULTS you have been looking for.

Nutrition 101 Tip #1 - The Plan

Eat 5-6 times. Focus on eating every 2 ½ to 3 hours throughout the day to help with cravings, portion control and raising your metabolism. 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, vegetables, high-fiber complex carbs*, and healthy fats. Portion sizes should be equivalent to a “deck of cards”-for protein and two fist-sized servings for vegetables.

Meal/Snack	Choices for Eating Well
#1	Healthy breakfast or Meal replacement shake
#2	Snack
#3	Healthy lunch or Meal replacement shake
#4	Snack
#5	Healthy dinner
#6	Snack (optional)
What to drink?	Water!!!

Protein	Vegetables	Carbs & Grains	Healthy Fats	Snacks
<p>Serving Size: Females: 3 oz (1 deck of cards) Males: 4-5 oz (1½ decks)</p> <p>Choose From: *White fish Salmon Tuna Chicken Turkey breast Eggs (2-4 whites + 1 yolk) Lean ground beef Ground turkey Haddock Buffalo Lean Ham Wild-game meat Lean Ground Meat</p> <p>Cooking Methods: Broil Bake Steam</p> <p>Notes: 1) Avoid skin 2) Avoid breaded meat 3) Rinse canned tuna or chicken</p> <p>*recommended</p>	<p>Serving Size: 1½ cups</p> <p>Choose From: *Asparagus *Broccoli Green salad Green beans Peppers Spinach Onions Tomatoes, Salsa Eggplant Cucumbers Cauliflower Mushrooms Peppers Brussel Sprouts Zucchini</p> <p>Cooking Methods: Eat raw Steam Bake</p> <p>Notes: 1) Do not fry in oil</p> <p>*recommended</p>	<p>Serving Size: ½ cup</p> <p>Choose From: *Sweet potato *Yams Squash Oatmeal Barley Beans Strawberries Melon Apple 100% whole wheat or whole grain bread Brown rice High Fiber Cereal</p> <p>Cooking Methods: Eat raw Steam Bake Do not fry in oil</p> <p>Notes: If you are trying to cut body fat, tone up or get quick results, we recommend cutting this area from your nutrition.</p>	<p>Serving Size: Varies Oils – 1 tbsp or less</p> <p>Choose From: Avocado Olives and olive oil Flax seed oil Canola Oil Sunflower oil Low Sodium nuts Cold- water fish Sunflower seeds Pumpkin Seeds</p> <p>Notes: Nuts are rich in calories. If you're trying to lose weight, only eat 4 ounces/day.</p> <p>*recommended</p>	<p>Serving Size: Small portions; each snack should have some protein</p> <p>Choose From: Nuts & fruit (1/4 c. raw, unsalted nuts, almonds, walnuts) *Grapefruit Strawberries Peaches Blueberries Plums **Yogurt (low fat, no added sugar, 8-12 g protein, 15-20 g carbs) Nutritional bar (read label carefully for calories, protein, carbs, & healthful ingredients) Apple w/natural peanut butter Whole wheat bread w/natural nut butter</p> <p>AdvoCare Meal Replacement Shakes. Recommended as a breakfast or post-workout. Perfect for adding in a convenient, yet healthy quick nutrition into your day.</p> <p>Notes: These are just a few examples of snacks. Just make sure that each snack includes some protein. ** Although this is a suggested snack, cutting dairy is one tip we recommend for FAT LOSS</p> <p>*recommended</p>

Nutrition 101: Tip #1 The Plan (continued)

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. If you are coming from a lot of eating habits that you are trying to change, know that this will be a process. Some items will be easier to eliminate than others. Begin with a food habit that will be the easiest to change. Success begets success. Once you realize how good you feel making one change, you will more likely have success with the changes that initially seemed like they would be more difficult to make. Look at the list below and identify a current habit that you have that would be the easiest for you to change.

- 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.
- 5) **Alcohol:** If you are trying cut body fat, any form of alcohol should be cut out or avoided
- 6) **High Calorie Non-Nutritive Drinks:** Soda, sugar based energy drinks, fancy coffee drinks, sweet teas and juices. We highly recommend you look at the ingredients and nutrition label. You might be very surprised at the contents of these beverages. We primarily recommend water (there are many fruits you can add to water to help with the taste if you are not a water fan). Later, in Tip #3, we will discuss a healthy alternative for energy and caffeine needs.
- 7) **Miscellaneous:** Any nut butter that does not require stirring has some added ingredient in it and should be avoided. Always look at the ingredients! Microwave popcorn, canned foods, frozen prepared foods are very heavy in sodium. Stay away. Condiments such as ketchup, creamy dressings, barbecue sauce and margarine should also be avoided.

Although this list might leave you thinking you will never be able to eat or drink again, stay POSITIVE! Remember you are starting with one of these habits to change and learning about how to change the others in the process. 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!

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

We also recommend making sure you are following The 28 Day “Follow The Darn Instructions” Nutrition 101 Tip #3 and are taking a high quality multi-vitamin and Omega 3 to help fill in your nutritional gaps.

Nutrition 101: 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? I would hope so. This one tip can lead to lasting results.

According to a study from Kaiser Permanente’s Center for Health Research, keeping a food diary can **double** a person’s weight loss. These findings were the result of one of the largest and longest running weight loss maintenance trials ever conducted in 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.”*

Following this one 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.

With hundreds of apps and websites on the market, we have had the best results with MyFitnessPal (www.MyFitnessPal.com) and only recommend this to our clients. It’s simply the easiest and most effective tool that we have found for tracking. It is user friendly and has thousands upon thousands of foods and drinks already in its database. There is even a section where you can input a recipe and it will calculate the nutritional information per serving. Not only that, but you can add friends to your journal to help keep you accountable. If you know your friend can see what you are eating, you might grab that apple instead of the bag of chips. It is so simple...but it works! Even knowing that you would have to log that bag of chips and what that would look like compared to the apple could be enough to sway your decision.

Here are the Top 10 Benefits of Using MyFitnessPal:

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 (or little!) you really eat!
5. Shows how committed you are in getting results.
6. Allows you to track your progress.
7. You can get help and accountability from a friend.
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 and not just your belly, to make food choices.

NOTE: If you are looking to get results, MyFitnessPal is a tool you must use.

[CLICK HERE FOR STEP BY STEP DIRECTIONS TO MYFITNESSPAL](#)

Nutrition 101: Tip #3 **Add Supplements**

Why Supplements? 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 an 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. 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.

Get You In Shape has done the research to find a great nutrition company that provides safe and effective nutritional products to help our clients reach their goals. **AdvoCare** is the nutrition company that we rely on to help provide solutions when it comes to safe and effective supplements. We have a few different options that we recommend and our top 4 recommendations ([click here](#)) are on the following page along with how to order. You can learn more at **GYISNutrition.com** or just contact us and we can help you get started.

Get You In Shape recommends at the very least finding a high quality multi-vitamin and Essential Fatty Acid (EFAs). We recommend and suggest **AdvoCare Coreplex** and **AdvoCare OmegaPlex**.

GET YOU IN SHAPE COM

Top 4 Lifestyle Supplement Options

To order, go to
www.CoppellAdvocare.com
 or call
214-235-2112

These suggestions were compiled by Advocare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.

OPTION #1



Metabolic Nutrition System (MNS)

- Daily Core Nutrition
- Daily Essential Fatty Acids (EFAs)
- Daily Probiotic
- Daily Energy Production
- Daily Appetite Control

#1 Price Per Day = PC/\$2.52 40%/\$1.88

OPTION #2



(Includes option #1 + Spark)

ENERGY + APPETITE CONTROL = RESULTS!

SPARK

- Enhances mental energy & focus*
- Provides support for long-lasting energy*
- Over 20 vitamins, minerals and nutrients*
- Sugar-free*

#2 Price Per Day = PC/\$3.82 40%/\$2.87

OPTION #3

(Includes option #2 + Shake)



MEAL REPLACEMENT SHAKE

- 210-220 calories
- Balanced meal for optimal nutrition and weight management
- 24 grams of easy-to-digest protein
- High in dietary fiber (5-6 grams)
- 50% of the Daily Value of calcium
- 26 vitamins and minerals
- 1:1 ratio of proteins to carbohydrate

#3 Price Per Day = PC/\$6.40 40%/\$4.80

OPTION #4

(Includes option #3 + Catalyst & ThermoPlus)



CATALYST

- Helps maintain muscle mass during exercise and weight management*
- Helps support post-exercise muscle repair and recovery*
- Aids in preserving muscle and energy levels during times of calorie restriction*
- Contains branched-chain amino acids and L-glutamine, L-arginine, betaine, and taurine

THERMOPLUS

- Innovative weight-loss enhancer*
- Supports the body's ability to convert fat into energy*
- Promotes a healthy metabolism*
- Helps suppress appetite*

#4 Price Per Day = PC/\$8.20 40%/\$6.16

PC = Preferred Customer is \$19.95/year
 *This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nutrition 101: Tip #4 Fail To Plan...Plan To Fail

You have probably heard the term “fail to plan...plan to fail” before, but it is especially true when it comes to staying on track with your nutrition and exercise program.

As it relates to exercise, go through your calendar and schedule time in your week for each of your workouts. Treat it just like you would treat an important business meeting, doctor’s appointment or hair appointment. Over time, it will become a part of your daily habits, but it will need to be an appointment on your schedule until it’s a habit.

As with our suggested nutrition plan, we recommend eating 3 smaller meals and 2-3 snacks throughout the day. Eating frequently can help you manage your hunger so you make good choices and avoid bingeing on high-calorie foods. The theory is, at least from a psychological perspective, eating every few hours helps control cravings and feelings of deprivation when you’re trying to lose weight -- you know your next meal isn’t too far away. Physically, when you have a small meal every three hours, you feel more satisfied.

Understanding the benefits and importance of eating smaller meals and snacks throughout the day, planning ahead is going to be KEY.

We recommend designating one day or two days out of the week to buy and prepare your meals and snacks for the week. Most of the time this is on the weekends, but it’s up to you when you plan. The point is that you take the time to do this tip as it will help make your nutrition choices easier over time. Mainly because you have already thought it out and prepared for it.

Some helpful hints as you go to the store and get your food for the week; as a general rule when shopping, try to stick to the outer edge of the store. The healthier, fresher options are usually along the outside isles of the store. The foods on the inside of the store, generally, are processed foods made to stay on the shelves for long periods of time. Get foods from the lean protein list, vegetables, fruit, whole grains, and other healthy foods for meals and snacks. You will then need to take some time to cook some of the foods that need to be cooked. An example would be buying two pounds of chicken and cooking all of it. Once they are cooked you only need to heat them up in the microwave to eat.

Planning each small meal and snack for each week and having them ready will keep your body fueled and your metabolism going all day long. Your body will be one burning fire that will keep you feeling good and energized throughout the day because it’s getting nourishment in throughout the day. Planning out your nutrition and being prepared will help you stay ahead of the game.

Another great benefit of preparing your meals and snacks is that because you are buying everything yourself, you will end up saving a lot of money each and every month. Being prepared means you don’t have to spend money on convenience by eating out all the time at fast food places, restaurants, convenience stores, and cafés.

Nutrition 101: Tip #5 **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 word 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 bingeing, 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 every day.

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.

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 oatmeal 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.

Nutrition 101: Tip #6 Water is Essential

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 a 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.

Nutrition 101: Tip #7 Slowly Chew Your Food

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.

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.

Understanding Nutrition: Protein

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 in helping you get in shape.

We need protein for:

- Growth (builds the framework of the body including muscles, organs, bones and connective tissues).
- Producing enzymes that help 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. Because of this, we recommend trying to get some sort of lean protein with every meal and snack. Focus on getting 30% of your daily calories from proteins.

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, bison, 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 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.

Understanding Nutrition: Carbohydrates

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 food 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. Focus on getting 40% of your daily calories from carbohydrates. 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. Some 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 and high-fructose corn syrup.

Understanding Nutrition: Fats

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 called 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 health 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, and extra virgin olive oil.

Bad fats:

Ice cream (regular, full-fat), margarine, whole milk, whole milk chesses, lard, fried foods, fast foods, chips, cookies, and anything that says “partially hydrogenated” on the label.

Understanding Nutrition: 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 them, 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're 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.

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. Avoid anything with added sugars like high fructose corn syrup or honey.

NOTE: if you are trying to CUT BODY FAT we recommend only having lean proteins, vegetables, fruits, and good fats. Just remember to follow Nutrition 101 Tip #3 and take a high quality multi-vitamin and Omega 3 to help fill in your nutritional gaps if you are choosing to cut out whole foods and grains from your nutrition program.

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 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 28 Day “Follow The Darn Instructions”?

In a word, no. Alcohol is like liquid fat. It will not help your health and 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 you are looking for quick FAT LOSS. But if you must, limit yourself to 1-2 drinks on the weekend only.

How should I view eating during the day that will help me in this journey?

Always know that breakfast is KING, lunch is QUEEN, and dinner is PRINCE. If you go into each day with that mind set, your body will change. The majority of the average American’s daily calories come after 7:00pm at night. Eating a well-balanced, healthy breakfast will help boost your metabolism early in the morning and also fill in some of those gaps that your body needs each and every day. If you are like most people who do not have time to cook a well-balanced breakfast, we recommend the **Adovcare Meal Replacement Shakes**. They are packed with exactly the right protein, carbs, fats and nutrients that the scientists say you would need in a “meal”. If you think in terms of KING, QUEEN, and PRINCE, hopefully your dinner will decrease in size, which will help shrink your stomach.

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 a 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 healthy nutrition 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 of time. 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 your 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 you're 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 meal replacement shakes are always a great option because they're 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'

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 you have balanced mini-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 thick chocolate milkshake. 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 dessert option is to make home-made popsicles with a healthy sports drink. Make your own popsicle plastic kits. They cost just a couple bucks at your local kitchen store and are great when you're 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 pco 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.

Success Stories



“I've lost over 30 lbs. from my heaviest and removed inches where I needed to while gaining inches where desired... increased lean muscle mass and reduced body fat.

GYIS gave me the program, nutritional and supplemental guidance, and motivation to reach these results. Thank you!”

Zach E.



“I have lost about 21 lbs. since the beginning of January (so roughly in 4.5 months) and 17 inches! My clothes feel better. I can breathe!”

Vilma I.



“I feel that I owe a huge part of the success of me reaching my fitness goals to “Get you in Shape”. Without them I would never been sitting here confident enough to be writing about how good I feel after losing 50 lbs. and becoming fit and confident enough to do triathlons. Thank you, Brad, Cynthia and all the amazing trainers at “Get you in Shape”.”

Lotta M.

“Follow The Darn Instructions” Fitness Introduction

With Your Goal Setting, So That and Nutrition down, the next sure-fire way to a skinnier waistline is good old-fashioned exercise.

Our approach to exercise is to get you started getting in the habit of doing both resistance training along with some cardio workouts. In most circumstances, most of the people starting our program do not have a consistent exercise routine. In the end, though, exercise is something that we all need to do and have as part of a healthy lifestyle. That is why we have a starting test so that you just start at your own fitness level wherever that may be.

I always tell people that we will need to still be exercising when we are 80 so you might as well start today.

Having helped hundreds of people over the years get started, I have come to realize that most people are very intimidated by the thought of going to the gym to workout. This is our typical client, which is why we made the fitness programming in The GYIS “Follow The Darn Instructions” program to where you can do it at your house or any place.

The other key point I like to make about the fitness section is to make it a journey. I want you to think of your exercise program as a marathon and not just a 28 Day TRANSFORMATION. That being said, we want you to make a point to start doing something on a consistent basis.

So no matter what fitness level you are at, exercising is something you will need to get started with in order for you to achieve both short term and long term success in your health and fitness.

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,

Brad Linder, M.S., CPT
Fitness and Nutrition Expert
Co-Author, 3 Steps To Your Best Body

Exercise Tips *The “Other” part of Weight Loss*

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

Before going “*at it*” whether it’s resistance (strength) or cardio (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 leave 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 with one of two types of exercise – cardio (aerobic) or resistance 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 at the end of this section so you can see what I mean.

The goal of **Resistance (strength) training** is to build lean muscle for a toned, lean look on the outside and the more lean muscle you have, the more calories your body burns (on the inside) on a daily basis. This means that while you’re watching T.V. or even sleeping, you’re burning calories faster than you normally would.

Cardio (aerobic) exercise is any exercise that gets your heart pumping. This is excellent for your heart and circulatory system. Cardio is also a big calorie burner... Walking, running, jump-rope, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

It’s important to focus on getting a blend of both resistance training and cardio workouts into your weekly exercise routine.

Tip: It may benefit you to find a local personal trainer to help you get started or even a group personal training program. It may be more beneficial to have a professional help you get started at your own fitness level. Learning how to properly do exercises will help get the most out of each repetition and will help to minimize the risk of getting injured.

Want some off-day cardio programming? **[You can click here to read](#)** about Interval Training for cardio, why science recommends it and get a list of programmed workouts you can use to help with your workouts.

Fitness Test

As with getting weighed and measured frequently as you start, we are also going to track your fitness results as you start on The 28 Day “Follow The Darn Instructions”. No matter what fitness level you are at right now, this will help by giving you a starting point along with added motivation as you progress because you can see some tangible results.

There are many types of testing to measure fitness levels. We have just picked four to begin with. You will need a stopwatch for the fitness test and measure out a mile.

Fitness Test

1. Pillar Bridge – Hold for time. See the Core page or [go here](#) for how to perform this exercise. Start the timer when you start and when you can’t hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.

2. Air Squats – How many repetitions you perform in 90 seconds. See the Leg Page or [go here to see how](#) to learn how to perform Air Squats. As you see in the video link, your goal is to go as far down as you can with your hips. It’s fine if you are not at the fitness level that you can bring your hips below your knees. Just go as low as you can. Start the timer for 90 seconds and count your reps. When 90 seconds is over, record the total number of reps completed.

3. Pushups - How many repetitions you perform in 90 seconds. See the Chest Page or [go here to see how](#) to perform a pushup. Start the timer when you start and when you can’t hold any longer, you stop the timer and record the time. Note: If you perform the first test on your knees you will perform the remaining tests on your knees. Just make a note of it on your testing sheet.

4. Mile – You will walk, jog or run at your own fitness level for a mile. The key is that you get a baseline time for your mile so you can track your progress over time. You will also need to measure out a mile with an app on your phone or go to a local track and complete four laps. Start your stopwatch when you start and stop it when you complete the mile. Record it by putting your mile time on the sheet below. You can also use an App to track it.

Example Fitness Test

Date	Day #1 Jan 1	Day #14 Jan 14	Day #28 Jan 28
Pillar Bridge (time)	30 Sec	60 Sec	90 Sec
AirSquats (reps)	15	28	39
Pushups (reps)	8	14	25
Mile (time)	16:24	14:15	13:45

Date	Day #1	Day #14	Day #28
Pillar Bridge (time)			
AirSquats (reps)			
Pushups (reps)			
Mile (time)			

Abdominal

Strength Training Area #1

It’s hard to find trainers that agree on the best way to get tight, toned abs (or a ripped six-pack). I definitely think there is more than one right way, but it makes sense for me to just share with you what has worked for our other 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 in 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 each forward.



Bicycle – Make sure you keep back pressed into the 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. Having nice posture, pulling your shoulders down your back/spine, engaging your abs and keeping your body in the right position, should be something that you are focusing on each exercise.

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/ Push Ups – Hold at top and control yourself going down and up.



Chest Press – You can also perform this in a Glute Bridge.



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 bodies 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.



One-Arm Row – Pull shoulders down and back while pulling your abs in. Focus on the back muscle pulling weight up.



Standing L Row – Same the row except you will pull your arms out like an L concentrating on the muscle in the middle of the back. Focus on keeping your back straight and abs pulled in the entire exercise while keeping your weight in your hips and heels.



Shoulders

Strength Training Area #4

Over the next pages I will show you some simple exercises you can do to build muscle. Again, if your goal is to look muscular, then you want to build upon the resistance by adding weights after a few days to a week.

However, for a lean look, light weights (5 lbs) will work just fine. Make sure to vary your exercises for maximum results. If you do shoulder press in week 1, so 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 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 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 and 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 Tricep Extensions –

Pull hips back, pull shoulders down your back, pull 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 tight, control the weights with your arms and keep your body still (only move forearms up and down).



Lying Tricep Extensions –

Lying on back with legs in the air, press lower back into ground. Bring arms up 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

Strength Training Area #6

Last but not least . . . If you would like to expand your exercise arsenal for faster results, please call 214-603-8287 for 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.



Simple Workout Plan *Let's Put Everything Together*

I do not 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.

	Sample Circuit		Sample Exercises
Monday - 45 minute, upper body strength training	Planks/ Push Ups	Friday - 45 minute upper body strength-training workout	Planks/ Push Ups
	1 Leg Shoulder Press		Stability Ball Push Ups
	Standing 2 Arm Row		Standing 2 Arm Row
	1 Leg Biceps Curls		1 Leg Bicep Curls
	Pillar Bridges		Shoulders Y,T, A
Tuesday - 20-60 minute high-intensity aerobic/ cardio session	Running intervals	Saturday - 20-60 minute high-intensity aerobic/ cardio session	Pillar Bridges
	Side Reaches		Running intervals
	Cycling		Cycling
	Jump Rope		Jump Rope
Wednesday - 45 minute lower body strength-training workout	Bridges	Side Pillar Bridges	Side Reaches
	Side Pillar Bridges		
	Squats	Sunday - Rest!	Stay in bed
	Bicycles		
	Lunges		
Thursday - 20-60 minute high-intensity aerobic/cardio session	Running intervals		
	Side Pillar		
	Side Reaches		

REMEMBER!

Allow an extra 10-15 minutes on top of these times for warming up, cooling down and stretching.



Cardio Blueprint

A Comprehensive Guide to Getting the Most From Your Cardio Program Success Tips

Get You In Shape has put the Cardio Blue Print together to help with some basic cardio workouts. [You can also click here to read](#) about Interval Training for cardio and get a list of programmed workouts you can use to help with your cardio workouts.

Tip 1 The nutrition and resistance training workouts will take priority over cardio sessions. The cardio sessions are meant to supplement a good nutrition and resistance training 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 the “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, increase resistance or decline your rest each session to some 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 20-30 minutes. That includes 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!

	30lbs. or more overweight	10-25lbs. overweight	Less than 10lbs. overweight
Option #1	Stationary Bike or Elliptical	Treadmill	Treadmill or Track
Option #2	Run-in-place/ March in Place	Stationary Bike or Rower	Stationary Bike or Rower
Option #3	Rower or Step Machine	Kickboxing or Boxing	Kickboxing or Plyometrics

Cardio Blueprint

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 second intervals.

Level 1: Beginner			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:90	10
Workout B	:60	:180	5
Workout C	:20	:60	15
Level 2: Novice			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:60	13
Workout B	:60	:120	7
Workout C	:20	:40	20
Level 3: Intermediate			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:30	20
Workout B	:60	:60	10
Workout C	:20	:20	30
Level 4: Advanced			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:30	:15	22*
Workout B	:60	:30	12*
Workout C	:20	:10	32*
Bonus Workout Intervals (for a change of pace)			
Alternate	High Intensity work	Low Intensity Rest	# Rounds
Workout A	:180	:30	6
Workout B	:8	:12	40*
Workout C	:20	:10	32*
*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.

Putting It All Together

We know there are a lot of great programs out there. The key is to start moving and be consistent!

As mentioned in the opening, it may benefit you to find a local fitness gym or program to help you learn HOW TO MOVE so that you get the most out of the exercises and also to help minimize any injuries.

Some of these options would be; personal trainer, group personal training program, group fitness, yoga, and Barre. The 28 Days will not be too hard to do but the goal is that you are still exercising and moving consistently a year from now.

Below is an example of what to do for workouts for 6 weeks. We encourage you to do resistance training three days a week and cardio three days a week to get in six workouts for the week. You can change the days but we have had success with getting in the resistance workouts in Monday, Wednesday and Friday and your cardio sessions on Tuesday, Thursday and Saturday.

Shoot for at least 30 minutes each workout if you are just starting out. Based on how fast you want to achieve your goals; you may want to go for 45-60 minutes each workout.

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.

Sample Program #1 below has the resistance training workouts on Monday, Wednesday and Friday with the cardio workouts on Tuesday, Thursday and Saturday. Know that you can swap resistance training days and cardio training days if you prefer.

Remember that the Cardio Blueprint is just another tool.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 2	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 3	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 4	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 5	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF
Week 6	Resistance	Cardio A	Resistance	Cardio B	Resistance	Cardio C	OFF

Success Stories

"My clothes fit better and I feel stronger– I am actually pinning up about an inch in my work slacks until I can get them altered. I do sleep better and my energy levels are now pretty constant throughout the day."

Karen H.
Market President at Frost Bank, Volunter and Mayor of Coppell, TX.



"I'm down 35 pounds and over 30 inches from when I started. I've gone from a size 14 to a size 6-8- even in jeans!"

Pam M.