

10+ Day Fitness and Health Plan – Fitness Tips for Life



Bill Nadraszky

[Fitness Tips for Life](#)

10+ Day Health and Fitness Plan

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Intro - Welcome and thanks for subscribing



Hello and thanks so much for subscribing to this 10+ days of fitness program. This will be a busy 10+ days but I expect it to be exciting and you will learn lots I hope.

This is a very exciting time. I know that there have been many times in the past that I have allowed my fitness to fall back and my eating and exercise just go and when I have gone back and followed the set of rules that I will be teaching to you over these next couple weeks my mind, body and spirit have soared.

All I want you to do now if just think back to some of those times that when you have achieved greatness in some part of your life and reflect at some point today on how your life was changed by those experiences.

So here we are. I know that you probably want to change you life entirely today (who wouldn't want that?) but I have set up this program to take place over 12 days. The idea is that everyday you learn some stuff, reflect on it currently in your life, and then finally see what changes you can make to move forward in positive change in your life.

Although you could do this all at once I would caution you against it as you will be trying to juggle 100 changes at once instead of just methodically make a few changes at a time.

I have tried to give you plenty of space for notes as this is supposed to be a workbook not just a book to read. Go ahead and print it out and then go though the process. You can print it up again next month if you want to make a fresh run through and implement more changes (I personally think that would be a great idea).

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Over the next little while I know that you are going to struggle at some points to keep yourself on track but as long as you keep these emails and allow yourself to make some changes you will have the opportunity at anytime to pick yourself back up and get yourself back on track.

None of the things that I will outline in this series of emails is going to be difficult but overall putting all of these steps together will make a radical difference to how you feel, look, and act everyday.

If you would like to make the most of this information, why not get a buddy to join as well and the two of you can go through this three week process together and support as well as encourage each other to make real and lasting changes to your lives.

Thanks for welcoming me into your inbox

Bill Nadraszky

One more thing. As you probably know I promote a couple of programs, one is the [Fat Loss for Idiots diet](#) which includes an online generator for meals. Also [Burn the Fat Feed the Muscle](#) is a fantastic overall fitness and diet book written by an ex-pro bodybuilder for regular people like us.

Finally if you are looking for workout routines to do at home you can check out [Turbulence Training](#).

All of the above links go to the reviews I have written and you will notice that I have added bonus ebooks that I really like to fill in any holes these products may have.

Day 1 - What is dramatic change?



Usually people do things in half measures. I have in all of my articles talked about the things you can do to make a change and most of them are not particularly hard. Take a look back now at all of the little changes that you have made in the past to get you where you are now. Are you comfortable with each of these changes? Probably. But once all of these changes are instituted you are

looking at a whole new you, a new outlook, a new body, a new way of looking at eating as well as exercise. That is what I will be showing you in this email series.

Some change can be harder...but very important

Most change in life that is really serious and permanent comes from radical changes. When you make a break from the past and change the way that you look at all things in your life you are changing a paradigm and you never need look back. I have been in points in my life in the past where I would look at some kind of exercise or lifestyle change and would kind of chuckle saying "No, I couldn't do that" and six months later I am at that point.

I would like to pop up some role models that you can look at to see what is in fact possible. First let's look at Lance Armstrong, as many of us know Lance Armstrong endured cancer and came back to win the Tour De France seven times. Here are a few things that make Lance Armstrong seem like a normal guy: he has 2 kids, and a failed marriage, part way through his first Tour De France he considered quitting, he came from a trailer park in Texas. Now let's look at what it takes to do what he does. He leads a team of seven riders that protect his position in the race, he rides 3500 KM in 21 days and in the last Tour De France he only won one

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stage but was so close to the lead in every other stage that he was able to easily win overall.

One more person would be Bill Clinton, like him or not Bill Clinton came from a very poor family, a broken home, put himself through university to become a lawyer which should have been tough enough but this gave him a chance to become a politician and to become the governor of Arkansas and finally to beat all the "backwoods" stereotype attitudes from the rest of the country to finally become the US President. Just so we could look at him again as a real person, Bill Clinton committed infidelity within his marriage and is now trying to rise up again as a great international statesman.

Both of these stories teach us that anyone can do great things and that there can be doubt and setbacks to our great changes. The other thing that we see is that most great people are normal people and that we can push ourselves to succeed. The only thing that it takes is to really make a difference in your outlook, attitude and what you think that your limits are.

Work for today

Today and tomorrow try and look at the limitations that you have put in your way. I always fall back on how my bad knee stops me from running but instead I ride my bike everyday. Do you have any "bad knees" that are holding you back? Do you smoke and want to quit? I did and did quit. Do you have a weight problem and have tried every diet and none work? Then think of what DID work from each of those and start thinking about possibilities and not your limitations.

What has held you back in the past?

What do you want to achieve in the next month?

What is going to hold you back this month?

Day 2 - Water - yes we all knew this was coming!

Water is your most important nutrient. Everyone knows that the majority of our body is water. The single most important nutrient in your diet is water. Here are some facts. babies are 70% water, adults are 50-60% water and in breaking your body down, Blood is made up of 83 percent water, bones are 22 percent water, and muscle is 75 percent water. So water is really important. As you exercise and gain weight with muscle you can see that muscle is mostly water.



Most people do not drink much water if any at all. In fact both Weight Watchers and Jenny Craig both have their customers drink between 8 and 10 glasses of water a day and most people that diet find that they lose 2-10 pounds in the first week on their diet, primarily from the water loss.

Hydration is a very interesting thing. If you do not drink enough water your body will retain it to protect itself, once you start to drink a LOT of water you will find that for the first few days you will be running to the bathroom every hour but your body quickly adapts and you regulate quite well. When drinking your water you will also find that your concentration gets better and you are more attentive.

I have also found a very interesting attitude amongst others around me, when they see you increasing the water in your diet they will in a very condescending tone tell you that yes in fact drinking water is good for you. You are going to see this with many of the new habits that you pick up that people will seem to know these things and sometimes feel guilty to see someone else follow through on them when they should be changing as well.

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One thing you will really find is that your energy and concentration will improve by a significant amount as you drink more water on a daily basis. This alone is a great reason to drink more water

What to do today

OK, this is an easy one for you to start with although it does take some remembering. Drink lots of water starting today. Drink it in the morning, drink water after lunch and drink water in the evening...maybe not to late though as you do not want to have to keep getting up at night after going to sleep.

Finally just one thing that I have found is that I kick start my day by drinking about 3 glasses of my water first thing as I am getting ready to leave and before I get on my bike to start my day.

How much water do you drink now?

How can you drink more liquids in the morning?

Can you ditch the coffee, soda and tea in the morning?

Day 3 - Goal Setting, Really?



Goal setting is an important piece of any changes that you make in your life. Whenever you get started making changes in any way I am sure that you have found that the giddiness that you feel at the beginning feels like it will keep you going as long as it takes. After a while we all know that doubts creep in and before you know it the excitement is replaced by doubt and the things that seemed important now feel like a chore.

Well if we start every new plan by setting goals correctly we will have more than a fighting chance once the excitement fades we will have **A PLAN**. Goal setting is a simple process, you decide what you want, make lists of why you want your goals as well as a list of what could stop you, make a plan decide what you will use as goal posts as you move toward the goal and finally once you reach your goal you celebrate the achievement.

Let's try this out with a weight loss goal:

Goal, to lose 30 pounds

Why, to feel and be more healthy, prove to myself I can do anything

What could stop me, people offering food, bad weather for workouts, tiredness

Plan, to do cardio 3 days a week and weights 2 days a week, to cut the size of my meals, to cut out all sugar except for once a day, get lots of sleep to rest from the changes and workouts

Goal posts, lose 2 pounds per week, 30 pounds should be lost in 15 weeks, adjust diet and exercise as needed

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Celebrate, after finishing this weight loss get a family picture taken with me in new clothes

This goal setting system is almost fool proof, the only thing that you should add if you can is a partner and someone that you can talk to about your progress, a spouse maybe or a personal trainer if it is a exercise goal. Now go forward and make some goals! One more thing that I learned from listening to Tony Robbins is that when you do make a goal don't leave the site of a goal without taking an action towards its attainment.

There is a concept called SMART goals that I want to quickly outline so that from now on in your life any wish can really be converted to a goal. A smart goal is Specific, measureable, acceptable, realistic and has a time attached to it.

Specific: Provide enough detail so that there is no indecision as to what exactly you should be doing when the time comes to do it. A goal of: "Study biology" is poor. Should you be reading your text? If so, what pages? Or should you be looking over your lecture notes? A much better goal would be: "Read pp. 12 - 35 in biology text, write questions in the margin of text, and practice answering those questions after reading."

Measurable: Your goal should be such that when you are through you have some tangible evidence of completion. It feels good to see something there in front of you indicating a job well done. Equally important, you will be able to prove to yourself that you were successful and your time wasn't wasted. The end result of a goal such as "Read Chapter 3" cannot be reliably assessed. Did you fully understand the words when you looked at the pages? A much better goal would be: "Read Chapter 3 and then write a summary from memory." The summary would indicate that you in fact did read the chapter and would allow you to evaluate your degree of understanding. Producing tangible evidence requires ACTIVE studying on your part, which research clearly suggests will produce superior learning and retention.

Acceptable: Your goal should be set by you rather than by someone else. You know best your strengths and weaknesses, and can use this information to maximize your chances of success.

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Realistic: Don't plan to do things if you are unlikely to follow through. Better to plan only a few things and be successful rather than many things and be unsuccessful. Success breeds success! Start small, with what you can do, experience the joys of meeting your goal, and only then gradually increase the amount of work that you ask of yourself. Setting goals in which every minute in the day is accounted for is unrealistic; unplanned events will crop up and wreak havoc with your schedule. Give yourself some flexibility.

Time frame: Say when you plan to work at your goal, e.g., between 4:00 - 5:00 p.m. Anything that will take you more than two hours to complete, break into smaller, more manageable chunks.

What to do today

Today and tomorrow I want you to think hard about why you subscribed to these emails. Did you want to lose weight? How much weight? Did you want to get stronger? How much stronger? Is there unhealthy parts of your life that you need to make changes to?

Make a list of these and follow the rules above for setting SMART goals and get your doubts out of the way and figure out what you really want.

What are your biggest goals this week, month and this year?

What will hold you back from your goals?

Have you written down SMART goals on 3x5 cards?

Day 4 - Fats carbs and protein

I hate to do this all in one place but I would like to show you the important building blocks to a good diet do that you can go out and make good decisions about what you eat on a daily basis. so here it goes!



Fats

Fats are always looked at as a negative in a diet...well in almost all diets anyway, as Atkins tends to think that they are OK. The reason that most people try to avoid fats is that

they tend to be less of a priority for your body to metabolize; the body would rather metabolize the carbohydrates and then Fat or Protein. Another issue with fat is the number of calories per gram, a gram of fat has 9 calories as opposed to Protein and carbohydrates which have 4 calories per gram. So your body is going to more than likely store any extra fat taken in as, well, fat.

So you should watch out for the fat in most cases. Still it is important to take in some fats, you body can not exist without any fats and in fact stores vitamins A, D, E and K in fat. These vitamins are needed to maintain good health. One thing to be aware of is that these vitamins because they are stored in fat can build up and be toxic...how toxic? Well I have not heard of anyone getting sick from them but without them you would surely get sick.

Research has shown, because that people who consume a high-sugar diet tend to consume lower amounts of fat and vice versa. If you think about this it means that your mind will look at a sugary or a fatty food in the same way and will crave both in the same way.

Most people's questions about fats are what kind they can eat to be eating healthy. There are three types of fat that comes from food, Saturated Fats, Polyunsaturated Fats, and Monounsaturated Fats. All three are found in foods

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that come from animals or plants, but the amount varies. As a rule, more saturated fat is found in animal than vegetable foods, where more polyunsaturated and monounsaturated fats are found in vegetables than animal foods. Cholesterol is also found in foods from animals.

Saturated fat is mainly found in foods of animal origin, but some vegetables also have large amounts. These are called saturated vegetable fats and are often found in processed bakery goods and nondairy milk or cream substitutes. These are: Beef, Brazil Nuts, Butter, Cheese, Chocolate, Coconut, Coconut Oil, and Lard

As a rule of thumb when shopping, saturated fats are solid at room temperature. When you have a lot of saturated fat in your diet, your liver responds by making more cholesterol. This raises your blood cholesterol level. It is the most harmful type of fat you can eat.

Polyunsaturated fats come mainly from plants. They are liquid at room temperature. Eating polyunsaturated fat can reduce blood cholesterol levels. Examples are Almonds, Corn Oil, Cottonseed Oil, Filberts, Fish, Margarine, Mayonnaise, and Pecans

Monounsaturated fats are mainly found in foods that come from plants. They are liquid at room temperature and can reduce blood cholesterol levels, but less than polyunsaturated fats do. They can, however, raise HDL cholesterol (the "good" kind of cholesterol) levels. Examples are Avocado, Canola Oil, Cashews, Olives, Olive Oil, Peanuts, and Peanut Butter.

Trans fats are what make vegetable margarines have a butter-like texture, and prolong the shelf life of packaged foods. The effects of trans fats are still not known, but it is believed that they, like saturated fats, cause blood cholesterol levels to increase. As we have learned over the last couple years trans fats can not be metabolized by our body so they are poisonous and very unhealthy

Carbohydrates

Carbohydrates you will find are our main energy source although most people rely far too much on simple carbohydrates such as sugar, candy and soda pop and less on more complete and nutritious better carbohydrates such as fruits and

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vegetables. Once you start spacing out your meals and relying on these kinds of carbohydrates you are going to find that you have better energy and are fuller between meals as well as actually being healthier.

There are essentially three types of diets these days. There is the Atkins diet which stresses low to zero carbs. There is the low fat diet which stresses no fats and there is a vegetarian diet which stresses low fat and low protein but allows higher carbohydrates. Today I would like to demystify the need for carbs. And then in the future we can deal with fats and protein as well as what diet is best.

Carbohydrates are the main component of grains, rice, fruits and vegetables. You essentially need carbohydrates for energy and fibre. When your body is looking for a source of energy it tends to use the simplest form available. The very simplest form of energy is glucose and although this is pure table sugar its next closest form is found in fruits as sucrose. These carbohydrates are called simple carbs because they are easy for your body to break down into energy. If your body can not find one of these sources of sugar for energy it will move down the food chain and try one of the next most easily available carbs next would be grain based or what we look at as "white" carbohydrates such as bread, potatoes, or rice. (Chocolate bars although not an official food group are closer to sugar than veggies or other carbs). Your body will use any of the complex carbs as well as vegetables for fuel before moving to fats or proteins.

Now that we can see where our carbs sit in the energy chain it is a good idea to see what happens when we eat one and what happens to our energy from them. When you eat a sugar it immediately increases your blood sugar otherwise known as your insulin level. When you blood sugar spikes from sugar, chocolate, or pop you will get a bit of a euphoric feeling from this extra unneeded energy but because it is quick pickup it is also a quick drop for energy and thus you will get a sugar crash 30-45 minutes after the initial energy peak, this is very bad and bad for your body. If on the other hand you only had potatoes or bread or rice for your carbs you would have no nice spikes but no crashes either and would feel after a couple days on a very more even keel, you would feel like you energy is pretty good all the time but never to low or to high. This is the key that we are looking for.

Protein

Protein is one of the basic building blocks of the body so it is an essential part of your diet and can influence your strength but probably not your energy. Your muscles are built with protein and in fact protein is made up of Amino Acids. Amino acids are the building blocks of protein and 9 are essential, they cannot be created and must be eaten meaning the other 11 amino acids can be created by our body.

Many times we here that you need to eat steak for energy but in actual fact as we learned earlier carbohydrates are the body's favored energy source. I always think of muscles as being made out of protein but really muscles are mostly water and protein so if you think about how people tend to diet they will cut out things like steak and carbohydrates so the body is not getting as much protein and carbohydrates as it needs to burn for energy so it will tend to burn protein and fat in equal parts to get energy. This is great for losing weight and good for losing fat but it is really bad to lose muscle. One of the ways to stop your body from burning muscle for energy is to do a fair amount of exercise, especially weight training to increase your muscle mass on a consistent basis.

So what kind of foods contain protein and how much do we need? Full proteins are found in steak chicken and fish and non-full proteins (those without all of the essential amino acids) are contained in lentils, beans, corn, peanuts. A can of Tuna has 20-25 grams of protein and if you look around you can probably get about 80 grams of protein a day comfortably.

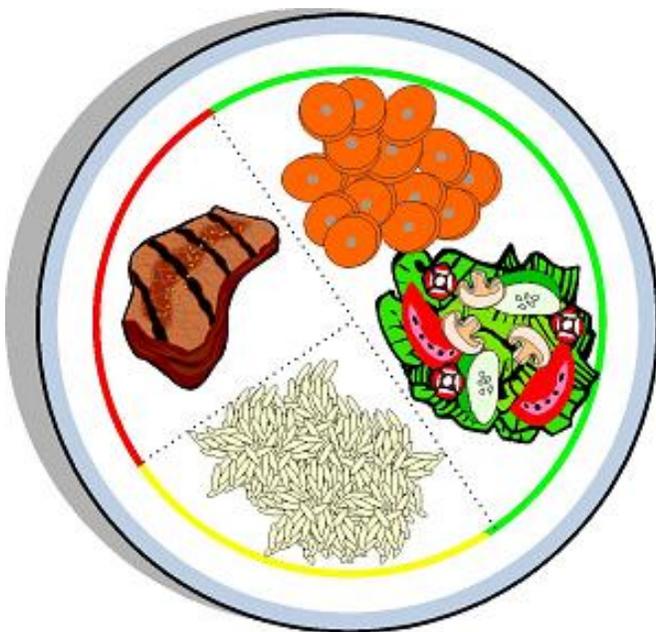
Some bodybuilders will eat 250-500 grams of protein a day but realistically if you have protein in a couple or three of your meals you are doing pretty good. One of the things to think about is that water is needed for your body to break down protein so if you are increasing your protein intake drink more water to help take the load off of your kidneys. Here are a couple links to protein resources My favorite idea for meal types is to make sure that you take in more protein although I am no fan of Atkins. Most peoples diets are high in carbohydrates but very low in protein. I think protein deserves a bit of a better rep than that.

Do you know what is good to eat now?

How can you shop better for food?

How can you cut down on fast food or “unknown” foods?

Day 5 – Understanding How to Eat



So Now that we are really clear what makes up our food we need to look at the big big factor of what and how to eat. This is where lots of people trip themselves up and I am hoping that I will be able to really help you out with a lifelong eating plan that is not a diet but a method of eating that will make sure that you are nourishing your body and not bloating it up.

This way of eating will give you more consistent energy and will help you to

not wasted calories but instead feel refreshed more than ever.

How much should I eat?

Meal sizes and frequency are very important. Over the years people are amazed by how much food I eat at work in a day and part of this can probably be explained by decent genetics but more importantly I make sure that I have a higher metabolism by eating more smaller meals. Most people will eat Breakfast lunch and dinner or even less often as in the case of my parents where the only real meals are breakfast and dinner. I on the other hand eat at 7:30, 10:00 12:00 3:00 5:30 and 8:00. I have been eating six times a day for years. My only large meal is dinner the other feedings are smaller snacks even lunch and breakfast.

There are a few reasons to eat small meals often:

One reason to eat a smaller meal is that your body can not metabolize as much food as the average North American eats so some is wasted and some is stored as fat.

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Secondly, if you go a long time between meals your body stores food as fat to get you between meals when your blood sugar drops.

Thirdly, your blood sugar will fluctuate a lot during the day if you have a big meal then a long break and then another meal and you will feel your energy constantly going up and down.

Fourthly, you can really vary what you eat and enjoy food more when you do not have four or five things to eat at a time.

Here is a sample of what my day will have for food:

7:30 - Bagel and Natural Peanut Butter

10:00 - Apple, protein bar, coke

12:00 - Frozen lunch entrée or leftovers from last night's dinner

3:00 - Banana, chocolate bar and a granola bar

5:30 - Regular dinner, Meat, vegetables and maybe dessert

8:00 - Popcorn or fruit

You will notice that this is not the best diet, I really have some work to do still but the meals are spaced and the sizes are smaller.

One of the most important ways to look at food and meals is that you should eat six meals a day and each of these meals should have about 30 grams of protein and 50 grams of carbohydrates. This kind of meal is important as it will give you the energy you need to get through a great day including a hard workout. With a meal this size as well you should not gain weight and you should not waste any protein, your body can assimilate this much protein every three hours or so.

Vitamins are a little controversial as there are two sides to an argument as to whether our diets in North America have enough nutrients or not.

What is your current breakdown of Protein, Carbs, and Fats?

How can you change your diet starting today?

How do you see yourself eating one month from now?

Day 6 - Breathing? But I do that already



Breathing is as you already know a very important action. All of us tend to breath very shallow and during any kind of exertion we will find that our chest gets sore because of a lack of stretching of our chest breathing deeply.

I remember the first time that I was exposed to the idea of correct breathing and the difference that it could make. Susan Powter, the Stop The Insanity!, fitness lady in the eighties in her book made a big deal about breathing right and when I tried it it did make a big difference to how I felt.

There are many benefits to proper breathing experts say it reduces the effects of stress, a leading cause of physical woes. Slow, deep breathing can lower blood pressure, end heart irregularities, improve poor digestion and decrease anxiety.

True, optimal, deeper breathing fills the lungs with increased vital capacity, facilitates stress reduction, heightens the relaxation response, works as a sort of breath based oxygen therapy and ensures longevity or life extension. Your skin becomes more radiant looking and full of life giving energy, your brain works better, eyes have more sparkle with better vision, your heart function becomes easier and more efficient, and every cell in your body operates better. Shallow breathing works against all this. Shallow breathing needs to be differentiated between "quiet" breathing. Quiet breathing is how you breathe when you are relaxed. Shallow breathing is breathing that is not deep enough to be performing life's "normal" functions

According to Dr. David Sobel and Dr. Robert Ornstein Breathing is a gift of life!

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They say, how often do you notice how you are breathing? Poor breathing habits may lead to anxiety, fatigue, headaches, tension and unhappiness... While good breathing leads to more relaxation, quieting of the mind and less distress. Do you tend to breath from the chest or the diaphragm? The chest breathers tend to take in air slowly with irregular breathing, which may lead to distress and tension... The diaphragm breathers take in air more deeply into the lungs. The breathing is consistent, even which is good news for the body and the mind!

Breathing from the diaphragm is an excellent way to relax! This skill of deep diaphragm breathing may take some time to master, so give yourself an opportunity to practice it and improve your deep breathing and relaxation techniques...

Deep Breathing

Lay down on something comfortable Move your feet about eight inches apart, with your toes turned a little outward. Bend your knees. Observe your body and scan for tension. Place one hand on your chest and the other hand on your abdomen.

Inhale deeply and slowly through your nose into your abdomen and exhale slowly through your nose. The goal is to have your hand rise and fall from the abdomen breathing with the chest only moving a little. When you are comfortable with the nose abdomen breathing, it is time to use your mouth!

When you exhale use your mouth... Gently make a slight smile, and breath out through your mouth. Make a relaxing, quiet whooshing sound as you slowly let the air out.

Breath in and out slowly Continue to take slow and long deep breaths. The breathing will make the abdomen raise and lower... Focus on the feeling and the sound of the breathing. Concentrate on your abdomen moving up and down. And the relaxation you get from every breath.

At the end of breathing, observe your body for any tension. Practice the deep breathing for ten minutes. When you are good at using the breathing technique, you may use it anywhere or at any time.

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This may seem a lot like the breathing that we do for meditation and it is somewhat related. The one thing that is different is that this should be a way of retraining ourselves to breathe better all of the time.

What to do today

Today you should try to use this breathing method for about 5 or 10 minutes three times during the day. After you have done this for a few weeks you will find that you are breathing better all of the time not just when you are doing the breathing exercise.

Do you take time to focus on your breathing?

When can you find time in your day to focus on breathing to decrease stress?

Do you understand how important doing breathing exercises are to increasing focus and energy and reducing stress?

Day 7- Cardio exercise- the huffing and puffing part



Cardio is one of the big three in the game of changing your body, the way I look at it there is diet, cardio and weights. The diet is self explanatory, the cardio is to burn calories before and after the cardio workout and weights are to create more muscle which automatically needs more calories just to maintain.

I will try in the future to add info on individual types of cardio training but for now just want to outline how, when and what kind of exercise counts. Firstly any time that you do 20 minutes or more exercise that does not hurt your muscles I consider it a cardio workout so examples would be biking, walking, running or even sports such as Tennis or Golf or Ballroom dancing. I try to make sure that I do some kind of cardio every day just to get my blood flowing and to get away from other distractions such as TV or computers. Another important thing to try to do is to change up your cardio from day to day just for variety more than anything.

The best time to get a cardio workout is in the morning. I myself ride a bike to work 25 minutes each way in the morning and afternoon and one of the main reasons that I like this is that when you have a workout of any kind in the morning it will raise your metabolism for 12 hours afterward, now most of the calories that you burn would likely be during the workout by I know that I feel better for hours after my ride compared to a non riding day. There are many good resources on the internet including a post where I show you where I find out [how many calories an exercise burns](#). Right now the important part is just to get moving

What to do today

There are many ways to fit this cardio into your day so do it for sure and if the morning does not work, or you want to kick your body into high gear, then a cardio workout in the evening can be a great way to improve your health. Anyway try to make sure that you are doing some kind of cardio exercise three days a week. You will see after my next email that it may get a bit difficult to juggle seven days a week but you need to get some kind of exercise six days a week.

Can you find a way to exercise in the morning? What kind of cardio?

Do you have a buddy to walk or run or bike with?

Can you set a cardio goal to try and get this cardio together on a regular basis?

Day 8- Strength exercise - The grunting part



Strength training will probably be the hardest thing to get started now that you have cardio under your belt. The tough thing about weight training for everyone is that they do not realize how hard they are pushing themselves in the beginning and end up being sore for four or five days afterwards. For the first few workouts just go through the motions and do not push yourself to hard so that your muscles can recover from these initial workouts.

There are many great benefits to doing weight training. The first benefit is that extra muscle mass will burn more calories allow you either to eat more food or lose fat quicker. The second benefit is that you will improve your posture and the way you move on a daily basis as you will get rid of those little aches and pains caused by weak core muscles. And finally you will feel better about yourself because of the changes that YOU are making to your body.

You probably do not have any weights and for the first while you will not need any weights you will **simply use soup cans, pots, or partially filled milk jugs**. The objects that you use to lift is not important, the action that is critical is to get into the habit of doing the weights.

The body can be split into eight muscle groups: shoulders, chest, back, biceps, triceps, Quadriceps, hamstrings and calves. We are going to start with a two day split right off the bat so that the workouts do not take as long and so that you can recover half of your body each day instead of the whole body. On Mondays and Thursdays you will work shoulders, chest, triceps and calves. On Tuesdays and

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Fridays you will work back, biceps, quads and hamstrings. First we will look at the Monday/Thursday weight workout.

Getting Started

Below I have included a sample workout schedule. The idea is that you would do each of these exercises on Monday, Wednesday and Friday and use a moderate amount of weight so that by the end of the workout your muscles are sore but you are not in too much agony the next day from muscle soreness. For the first week or two just go through the motions with light weights with the goal being to feel the muscle stretch and contract.

After the second week make the weight progressively heavier so that you can get through your sets but just barely. Always always be careful not to put yourself in a position where you are trapped. I have seen many people stuck on a bench press with a bar on their chest and having people run over at the gym to take it off....if you are working out at home you may not have a spotting partner so that situation could be dangerous and even deadly. Be Careful always.

Here are the muscle groups and exercises

Shoulders: lateral raises, start with your arms down at your sides and then bring you arms straight up out to the sides up to shoulder level and then bring them back down to your sides again. Use a light weight that will allow you to comfortably do 12 repetitions of this action and do three sets of these twelve repetitions

Chest: Flyes, Lye on the ground on you back and hold your weights up above your face with your arms straightened out, lower your arms without unstraightening them so that your arms end up down on the floor so that your arms and body form a T and then bring your arms back up to the starting position. This is one repetition and with this exercise you should do 3 sets of 10 repetitions.

Triceps: Tricep Extensions. Start with your arm straight up over your head and bend your elbow without releasing your shoulder at all, after you have dropped your hand as far as you can then start bringing your arm back up to where it

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started. This is one repetition and you will want to perform three sets of 10 repetitions.

Calves do not have to be done with weights, all you have to do is stand on the edge of a stair with your heels hanging off and let your heels drop down as far as you can and then pull them up until you are on your tip toes. This is one rep and you will want to do three sets of twelve reps. To make this more difficult you can do this exercise one leg at a time instead of both calves at once, please do not try this for a few weeks as it will really hurt the next day if you over do it.

Back: Bent over Rows, to do a row you hold a light weight in your hand and put your right knee on one chair and your right hand on another chair now with your back straight raise you left hand parallel with your body and slightly back so that the stress is on your upper back muscles. Do three sets of ten repetitions of this with each arm.

Biceps: Curls, You should probably know how to do these but hold both arms down to your sides and curl your arms up towards your shoulders and then back down. Do three sets of 10 repetitions of this exercise.

Quadriceps: Squats, to do squats stand straight up and then lower your body by bending your knees until you are about half way down to the ground and then bring your body back up. Do three sets of 10 repetitions of this exercise.

Hamstrings: Leg Curls, stand straight up holding your arms on the back of a chair and raise you right foot behind you until it is parallel to the ground without moving your upper leg, bring your leg back down and repeat this 10 times on each leg. Do three sets of this exercise.

You now have an exercise to do with each muscle group. As you work these exercises over the next few weeks you may get tired of doing the same exercise every workout. Look around the internet for more different exercises to change up the workout and make it much more interesting.

Is getting a gym membership possible? If not can you rig something up at home?

How can you see the value for yourself to be doing some kind of weight workouts?

What kind of short term weight lifting consistency goals can you set?

Day 9- Stretching



Why Stretch?

Stretching is one of the greatest things to do to stop tightness and make your body feel relaxed. I have always liked to stretch and when I get busy this is usually the first thing to fall off of my schedule, I really regret this when I realize it.

To stretch all you have to do is make sure that your body is warmed up by walking around and swinging your arms and legs around a bit and then pull whatever limb you are

stretching for 30-60 seconds at the tightest but still comfortable level you can. Stretching realistically for me these days takes about 10 minutes and should not really take much longer than 20 if you are doing it correctly. Don't know any stretches? Then check [here](#) and [here](#).

I have found with most people that if you stretch faithfully for a couple of weeks that your flexibility will increase by an often unimagined amount. The other advantages that you will find almost immediately are loss of tightness, improved strength, better rest and sleep, and a nice feeling of comfort in your muscles and joints.

Once you have gotten a good taste of stretching you may want to pursue this a little farther and to do this the best things to look into are Yoga or Pilates, both of these disciplines rely on stretching and a significant improvement in your mind-body connection and I do not believe that anyone I have ever heard of trying them is disappointed in either. Yoga has a thousands of years old history and Pilates of course is today's hot new exercise trend.

What to do today

Find some good stretching exercises, we have always learned some at some point in school or better yet look at the sites that I have referenced in this email. Look and learn and start stretching a couple of times a day. Try to stretch in the morning after a shower when you are warmed up a bit and the same in the late afternoon or evening. Stretching does not need to be some big deal in your day it should just make you feel immediately better for just 5 or 10 minutes of work.

Do you stretch now? Can you find 10 minutes time in the morning or evening?

How flexible are you? Does a lack of flexibility hold you back?

Can you learn a new stretch online everyday? (loaded question, check youtube)

Day 10- Supplements, More Than Food



Vitamins and Supplements

I eat what I think is a full diet of the good food that I need but still am not sure as to whether I eat all the vitamins and minerals necessary to stay healthy and to allow myself to rebuild my body from the environment and my daily exercise so I take some Vitamins.

Here is what I take:

1 multivitamin pill per day in the evening with dinner

1 calcium pill in the evening with dinner

1 omega 3-6-9 in the evening with dinner

This may seem to some as overkill to some and not much to others, but I know that I have always felt better day in and day out when I am remembering to take multivitamins.

There are a few things to look for in a multivitamin that I always look for myself. The first thing is looking for B vitamins; B vitamins are good for combating stress to the body so I find they are important. In a multi you will find that the B vitamins are usually 2-3 milligrams as they are more expensive to produce and most companies minimize their costs by keeping the amount of this essential vitamin down. Look through all of the multi vitamins in the stores nearby for B vitamins in the 40-50 milligram range instead but still be aware of the price that you are paying.

I try also to stay away from the health food and nutrition stores as the vitamins that they sell are a lot more expensive and I am not sure that they are worth it, so I usually just go to the local grocery store or pharmacy and look there.

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Among the other vitamins that I take Calcium I take as I am not sure that I am taking in enough and my wife worries about osteoporosis and who would really want brittle bones anyway. I take the Omega vitamins as they are good for your heart. Also be aware of antioxidants, these are vitamins Beta Carotene (Vitamin A), C, and E are thought to slow down the aging process by removing free radicals from your body.

Although I may be a little aggressive with my vitamin intake compared to some people it seems to me good prevention to at least take a multivitamin once a day and to try to keep up with nutritional info as you see it in the news.

Not everyone cares about taking vitamins, do you?

Whether or not you take vitamins now, how is your diet for essential nutrients?

Day 11- The end of the day - Sleep and rest to heal



Why worry about sleep?

Sleep, rest and relaxation are a very important part of your daily ritual. I know that in the past I have gotten reved up with many projects and before long something has to be let go and it is usually the sleep that I need for a while. Don't do it! As your sleep and rest start dropping you lose focus and can be lured into bad habits, sugar, coffee, and bad food. The worst thing about a lack of rest is that your body will not have a chance to heal from your earlier workouts, this can be very bad as

you not only will feel sore longer but it will also suck your optimism for your new lifestyle.

How much rest is enough? You probably already know this. I need a clock radio to get up as I wake at 5:45 and never feel like I get to bed earlier enough. Try going to be earlier in the evening for a few nights and see when you wake up. In the fall and winter I always tape the TV shows that I watch so that I can get a chance to watch them when it is convenient to me not when it is convenient for the TV networks who would rather have me watching TV all night.

Another tip from pro bodybuilders is have a nap in the afternoon, a nap can be great in cleansing your mind and letting you learn to relax better but you will probably find as I do that it is almost impossible to do except maybe on the weekends.

According to sleep researchers, a night's sleep is divided into five continually shifting stages, defined by types of brain waves that reflect either lighter or

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deeper sleep. Toward morning, there is an increase in rapid eye movement, or REM sleep, when the muscles are relaxed and dreaming occurs, and recent memories may be consolidated in the brain.

The experts say that hitting a snooze alarm over and over again to wake up is not the best way to feel rested. "The restorative value of rest is diminished, especially when the increments are short," said psychologist Edward Stepanski, PhD who has studied sleep fragmentation at the Rush University Medical Center in Chicago.

This on and off again effect of dozing and waking causes shifts in the brain-wave patterns. Sleep-deprived snooze-button addicts are likely to shorten their quota of REM sleep, impairing their mental functioning during the day. (New York Times, October 12, 2004)

Certain therapies, like cognitive behavioral therapy teach people how to recognize and change patterns of thought and behavior to solve their problems. Recently this type of therapy has been shown to be very effective in getting people to fall asleep and conquer insomnia.

What to do starting today

You can probably see from the tone of this information that I am delivering here that you must stop treating sleep and rest as something that takes away from something and instead learn to treat it as your own personal time, something a little more sacred than just something unavoidable that has to be done.

According to leading sleep researchers, there are techniques to combat common sleep problems:

- Keep a regular sleep/wake schedule
- Don't drink or eat caffeine four to six hours before bed and minimize daytime use
- Don't smoke, especially near bedtime or if you awake in the night
- Avoid alcohol and heavy meals before sleep
- Get regular exercise
- Minimize noise, light and excessive hot and cold temperatures where you sleep

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- Develop a regular bed time and go to bed at the same time each night
- Try and wake up without an alarm clock
- Attempt to go to bed earlier every night for certain period; this will ensure that you're getting enough sleep

I hope that things are going well with the program. As always, email me any questions.

How well do you sleep?

Can you integrate a couple of the above ideas and get better sleep tonight?

If you are short of sleep, can you change your lifestyle to sleep better?

Day 12- Just do it



How have you done over the last month?

Now that you have been through this invigorating health program over the last few weeks how do you feel? I know that three weeks is enough time to transform yourself and I am hoping that you have found yourself feeling better than you ever have.

Did you struggle? Did you have setbacks? These problems with implementing new things are natural. One of the best things that you can do for yourself now is to go back through each of the emails that I have sent and see if there is anything that you should be doing a little better. I have tried to lay out the essentials for each of the parts of this plan but of course you can do your own research as well.

Two of the places that I am sure you can learn more than I can possibly lay out in a short fitness series is more information on weightlifting as well as diet.

Your weightlifting always seems to be a dilemma for people. Do you join a gym? Do you get equipment for home? How do you keep the motivation up for doing weights? There are a lot of places to get more information on this either by searching Google or by looking in a bookstore.

For diet all that I have really said is to watch what you eat, eat less carbs and eat more protein. There are many diets that advocate this but the diet industry as my wife says "makes money off the backs of fat people". Organized dieting is something that you can usually research and do on your own. so go and read labels and continue watching how you eat every meal at a time.

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Thanks again for inviting me into your email mailbox. I hope that you have learned a lot over the last three weeks and that your mind, body and spirit have changed because of this. I will occasionally give you more tips but for now I wish you well in health.

Now that you have “finished”, how has your health improved?

What struggles have you encountered over the last couple of weeks?

I urge you to try this process again, is there anything holding you back?

So, what have you thought about this course overall? Did you like it? Did you learn and grow? Sometimes I feel a little distant on the other end of the internet connection so if there is anything that you think I can do to make this a better resource for you then by all means fire away. You can reach me by email at bill@nadraszky.com

If you run into anyone in your travels that you feel may be interested in receiving this information as well please let them know about the website <http://www.fitnessstipsforlife.com> so that they too can receive this information and make a difference in their lives.

One more thing. As you probably know I promote a couple of programs, one is the [Fat Loss for Idiots diet](#) which includes an online generator for meals. Also [Burn the Fat Feed the Muscle](#) is a fantastic overall fitness and diet book written by an ex-pro bodybuilder for regular people like us.

Finally if you are looking for workout routines to do at home you can check out [Turbulence Training](#).

All of the above links go to the reviews I have written and you will notice that I have added bonus ebooks that I really like to fill in any holes these products may have.