



BFit4Life Newsletter

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Welcome to the BFit4Life Newsletter



Hiya All,

Every week I hear excuses in the gym as to why clients have failed to achieve their goals that particular week. The problem with life is that we are all faced with challenges and it is how we face these challenges that dictate our success. Successful people treat these challenges as opportunities to develop and not as excuses for failure. Read in this months issue the first part of Lessons from Legends as I had the opportunity to meet Lou Ferrigno, a.k.a The Incredible Hulk and discover his formula for success and how his disability became the driver for his success.

"If I hadn't lost my hearing, I wouldn't be where I am now. It forced me to maximize my potential. I had to be better than the average person to succeed. That's why I chose bodybuilding. If I became a world champion, if I could win admiration from my peers, I could do anything."

Lou Ferrigno

Lessons from Legends

Philosopher Jim Rohn says that the person you are going to be in five years time will be influenced by three things:

- ★ the books you read
- ★ the people you meet
- ★ the mentors that you have

Today, we are experiencing information overload especially in the health and fitness industry. It becomes important that you arm yourself with a funnel and a laser. A funnel to collect the information and a laser to decipher what is the truth and what is from an information broker. The internet has enabled internet guru's hide behind their pc screen's and make false claims about "athletes" they train even though they have never trained anyone. It is analogous to someone claiming to be great at sex from watching porn all day. This becomes more frustrating and confusing to a person intent on receiving information that can seriously alter their body-shape.

In a series of articles I aim to introduce you to international legends that have achieved international success and acclaim in the health and sporting world. My aim in learning is to follow a Bruce Lee method to fitness and to beg, borrow, and steal what is useful from mentors and to reject which is not to fine-tune my own methods.

The first such legend is two times Mr Universe winner Lou Ferrigno who will be fondly remembered as TV's Incredible Hulk in the late 1970's and early 1980's. As a child I apparently ran out of the room when someone made David Banner a.k.a. the Hulk angry. So, on a recent educational trip to Santa Monica California I got the opportunity to face up my demons and learn from Lou in a personal consultation and training session at his house. Lou has faced tremendous adversity and personal torments to develop one of the biggest physiques on a body-building stage. Born in 1951 in Brooklyn, Lou's first challenge in life was being handicapped with over 80% hearing loss. This resulted in taunts of "deaf mute" and tin ear all under the watchful eye of an abusive domineering father. Lou used these rocks that people threw at him to build a wall of granite muscle around him. The challenges he faced and the personal power he developed through body-building make him the man he is today.



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Lessons from Legends - continued

Lou's biggest competitor in the Mr Olympia competitions was Arnold Schwarzenegar. He made a comeback at age 40 after a 17 year absence as a father of 3 finishing a creditable 10th in the Mr Olympia competition in the best shape of his life. He showed that age should not be factor in your training as fitness will add years to your life and life to your years.

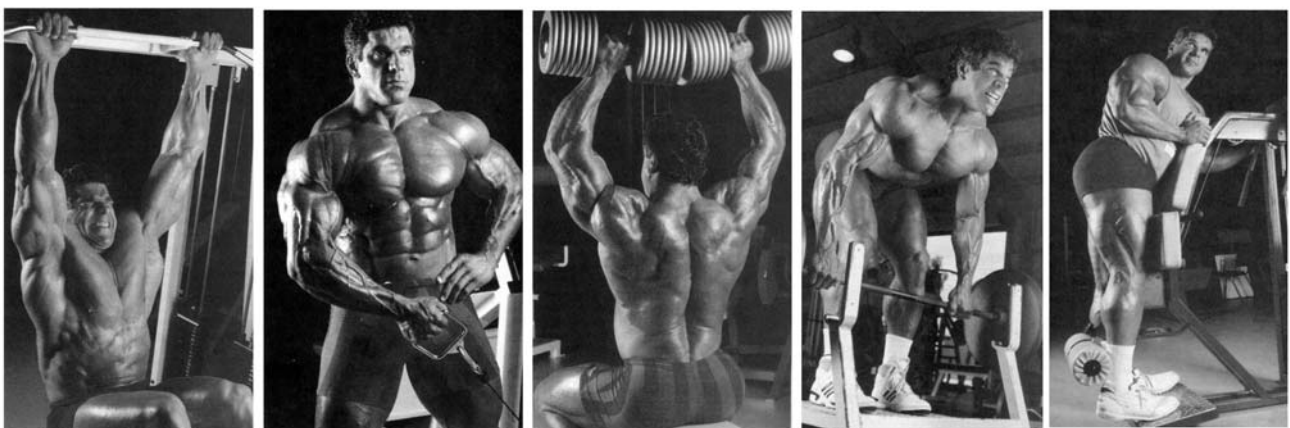
So Lou has some tips for someone intent on making a lifestyle change to their body-shape. You should find something that you love doing and initially aim to complete three training sessions a week. In weight training beginners are best at sticking to whole body training working all the major muscle three times spread out throughout the week. When you begin training, most of the progressions in training are neuro-logical. When you are doing a bicep curl you may be only be able to use 20% of the muscle available in the arms. As you repeat your repetitions you are aiming to increase the co-ordination between your brain and your muscles and as you increase the co-ordination from 20-30% to 40% etc you will lift heavier weights and change your body-shape. This is called a mind-muscle connection and it is when you can feel your muscles work on every repetition. If you can't feel your muscle working it is not working and so it will not change your body-shape.



As you progress you can increase the number of workouts and alternate between an upper body and lower body workouts. This enables you to work certain body parts harder with multiple sets and repetitions. The repetitions vary depending on your training goal but repetitions of 10-12 can help build muscle and provide a hormonal response to change your body-shape. Changing body-shapes is not done by training but also with nutrition. Lou asks every client to fill out a food diary for a minimum for three days. This provides accountability for the client for all the calories that pass their lips. He is a big advocate of protein at every meal to balance your blood sugar and he recommends boiled eggs, turkey slices or cottage cheese to kill sweet cravings at night-time. Since everyone's heritage and background is different he recommends that you eat a cheat meal on a Sunday with some food that you liked and were fed as a kid as it will increase your compliance on your training program.

Lou's secret to success is consistency in three things, diet, training, and rest. Success leaves clues so if you want to overcome your obstacles in achieving your health learn from people who walk the walk and not talk the talk. Health is not a sometime thing but an all time thing and at 57 years of age Lou demonstrates this by training three out of every four days to have a physique that most males half his age would be proud of. These are words of wisdom he has to share and if I were you I would listen, as you wouldn't like him when he's angry!

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Food Diaries- Because Your Waistline Never Lies

There comes a time when a male or female becomes frustrated when their valiant attempts to lose weight are not bearing fruition. Many give up, and blame genetics or their slow metabolism while those hell bent on success seek the advice of a professional and they also take responsibility for themselves. America's top Success coach Jack Canfield lists taking 100 pc responsibilities for your actions as the number one principle in his book the Success Principles. I have yet to meet a client that has ever eaten anything by accident so in order to increase their awareness to their food intake I ask every client I coach to complete a food diary. Food diaries enable a client to be accountable for their actions



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Keeping track of your eating habits keeps you responsible for what you consume. The vast majority of people vastly underestimate the amount of food they actually consume each day but the proof is in the waistline. When you write your food intake down everything is right there in black and white. Hidden habits are uncovered, and nutritional mishaps come to light. Trips to the supermarket on an empty stomach where you sampled the food promotions to "tasting" the kids dinner must all be recorded. Every little misdemeanor is put on file as these entire little bonus calories add up. So, like anything in life it is what we measure we improve.

The clients that actually keep track of what they eat make better progress every time, without fail. I tell them to use the spreadsheet I give them, and if that is not available, write it in a spiral notebook or write it on a napkin with a crayon - it just doesn't matter. So long as it gets written. Filling out a food is no different than if you were to apply for a mortgage you would be asked for details of your credit history and your ability to make regular payments. Your body is no different and by recording your actions you will be able to see if your body will be in the black this year or in the red. Your food diary is your balance sheet and it will display your profit and loss accounts for the trading period.



This approach is one of the simplest things you can do for fat loss and it was recently endorsed by the Kaiser Permanente study. In this study, 1700 participants tracked their progress as they embarked on a weight loss journey. This moderate weight loss plan involved both exercise and a healthy diet.

It turns out that the dieters who kept a daily food diary of every single thing they ate lost TWICE as much weight as those who did not.

"If I was walking through the kitchen and wanted to grab a cookie or a brownie, I would think twice because I knew I had to write it down."

Now the fact that loggers lost more weight does not surprise me in the least. But losing double what the others dieters did is simply astounding.

"It had a very big impact," one study participant noted. "If I was walking through the kitchen and wanted to grab a cookie or a brownie, I would think twice because I knew I had to write it down."

Keeping track of what you eat is one of the easiest secrets to fat loss success I can think of. If it makes you think twice about what you are consuming than it is worth it. The diary should consist of the foods you eat, the times and also details of your fluid intake. These details will enlighten you to your eating habits and why you are not making progress in your body-shape. Areas to look out for are long gaps in your meals. This will explain why your body is going into fat storing mode and an addiction to caffeine to waken you up is often the catalyst for people to make a lifestyle change.

When you analyse your food diary you may notice that the portion sizes need to be altered. You can reduce your portion sizes or you may realise that you need to increase your quantities of proteins and vegetables or eliminate your intake of processed foods especially those containing white flour such as bread, cereals and pastas. Making long-term lifestyle changes is what your goal should be.

The food diary will give a coach an idea of the speed he may make changes to your diet. If the food diary is in dire need of repair the client and I may decide on a step by step approach. Inch by inch it's a cinch but mile by mile it's a pile so start with simple changes and I recommend that you always start with the breakfast. This change can help stabilise your blood sugar for the day.

The diary should also include details of your sleeping patterns. Bed-time snacks where the body has no time to digest the food or meals ate last thing before sleep is the habits of a sumo wrestler so make sure you eat every 3-4 hours.

You have to understand that you have the key to uncovering road-blocks to fat loss in your hands. You can either take the time to write out your diary or you can make excuses and say you remember it but oral food diaries are not worth the paper they are printed on. If you cannot understand where your problems lay you need to reach out for someone a coach or trainer who can help you. When you have to present your food diary for inspection to a peer you will be less likely to be caught with your hand in the cookie jar and you may just achieve the results that your training deserves.