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WELLNESS PACKET

*“If you make it hard on yourself, health and fitness is going to be easy.
If you make it easy on yourself, health and fitness is going to be hard.
The choice is yours.” --- Jeff Monroe*

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MY MODEL BODY® Wellness Packet
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MY MODEL BODY® WELLNESS PACKET

1-What should be the very first step in pursuing a successful workout schedule?

The very first step in pursuing a successful workout schedule should be to become informed. The best way to do this is to acquire the most effective nutrition and exercise information available from a certified, Personal Trainer and Nutritional Specialist that has already achieved success within the fitness field. Read all the knowledge and advice given, from beginning to end. This will help you to make educated decisions regarding your future eating habits and workout routines.

When all is said and done, I've found that the more credible nutrition and exercise information you obtain, the greater your chances of getting in shape will be. This is why I feel that I'm the best person to create a well-rounded schedule for you. I know what I'm talking about and I know how to produce real results that will get you where you want to be.

2-What is a great way to get involved in exercise?

A great way to get involved in exercise is to invest in the MY MODEL BODY® Exercise Game, so congratulations! This fitness tool provides useful health and motivational guidance. I personally created the protocol, so I know that it works! This is due to my years of experience as a fitness instructor and nutritional specialist. I have trained people from all walks of life for over twenty years. I am 100% confident this wellness packet and exercise game will help accomplish your goals within the fitness field.

I'm fired up that so many have already made the decision to become dedicated to exercising with my game. I am grateful and very humbled by its success. A lot of people have been proactive by taking action. I'm excited to know a lot more people will be taking steps toward accomplishing their body image goals once they finish reading this packet. It's about getting back to the basics. There is no need to over-think health and fitness. Keep it simple. Adhere to my program by exercising at the same time of day and by following the detailed workout calendar provided. These tips will make the entire process enjoyable while using great time management skills. In the end, it's all about fitness made fun!

3-Why are your methods for getting people in shape the most cost effective ways available?

My methods for getting people in shape are the most cost effective ways available because I explain how they should proceed in becoming mentally and physically healthy without spending tons of money. There are no expensive home exercise gadgets to buy or gym memberships to sign up for. You are good to go with my portable exercise game. It's about using your bodyweight to build your muscular strength, cardiovascular endurance, and flexibility. I even try to make the learning process fun by educating individuals through my own experience on what really works. I have no doubt that the MY MODEL BODY® Exercise Game is the best resource to becoming fit. I am a motivated and positive thinking trainer that is dedicated to helping thousands of people reach their individual goals.

4-Why is it beneficial for people to be educated from your personal training experience?

It is beneficial for people to be educated from my personal training experience because there is absolutely no need to reinvent the wheel when it comes to looking and feeling healthy. Try to learn from my own mistakes, achievements, and knowledge regarding fitness. Then proceed to copy the actions that helped make me fit. Simple as that! I'm the guy that really does practice what I preach. I talk the talk and walk the walk. Health enthusiasts cannot allow themselves to settle for anything less than what they desire and deserve out of a new workout program. So let's get this party started and begin a new, fun-filled chapter in your life.

5-What should people be asking themselves before they begin any of the MY MODEL BODY® services?

People should be asking themselves the exact reasons why they want to pursue getting in shape. You need to have a clear vision, purpose, and reasoning for wanting to become fit. You can't start pursuing an exercise routine without knowing why you want to do it in the first place. Without clarity, you truly will be lost and won't finish what you began.

I believe it's important to write your diet and exercise ambitions down on paper, in a journal, so that your dreams can instantly turn into obtainable goals. The writing process facilitates accountability to a program. The more pages filled up, the more likely you are to achieve the results desired.

The individual reasons chosen will end up being your main driving force and motivation to achieve health success. Not to mention that the proper actions taken from the reasoning will help the momentum processes build and will not allow you to quit under self-induced stress or pressure. Journals really do create clarity, vision, and personal well-being.

6-What are some good reasons for wanting to pursue a strength training, flexibility, and cardiovascular endurance routine?

There are a lot of good reasons for wanting to pursue a strength training, flexibility, and cardiovascular endurance routine. Some of the benefits derived from such a routine include better bone density, less risk of heart disease, improved endurance, more muscle, lower cholesterol, less risk of injury, enhanced speed of movement, better balance, improved sleep, more energy, stronger tendons, improved coordination, lower body fat, less stress, more strength, improved range of motion, lower blood pressure, more stamina, improved agility, better self-image, enhanced self-confidence, and a more optimistic attitude. These mental accomplishments are due to the release of a chemical called endorphins in the body.

To be honest, I can't think of one good reason why a person wouldn't want to get in shape. Though I'm sure there are people out there who do get lost along the way. Once again, clarity is the key to sticking with it. You need to make sure you have a clear purpose and reasoning for why you want to start a new program. If not, you will likely become bored, unenthusiastic, and confused to why you even began a fitness routine in the first place.

7-Should people make specific fitness goals?

Heck ya, people should definitely make specific fitness goals. Clarity and vision are both essential tools for individuals to possess. "If you can't see success, success can't see you." Goals will allow you to stay focused and motivated while trying to accomplish your workouts. In my opinion, it's also a great idea to make short and long-term game plans. "Failure to plan is a plan to fail." This will bring a sense of real fulfillment once you actually see your vast improvements come to fruition. It will in turn make you inspired and want to continue taking more positive actions to achieve even greater success in the future. "Success breeds success." Never forget that.

Deadlines within game plans are great to have as well. It makes you aware of certain time frames by which you want and need to turn your body image ambitions into reality. Trust me, deadlines work! They provide a specific date so things are not continuously put off. You certainly don't want to procrastinate, because procrastination is the silent killer. You must keep moving forward by taking the proper steps to get closer toward your individual goals. Stay hungry for success on the path to those goals. Though with that said, goals will of course vary from person to person. No two people are exactly alike. We all have different expectations and ambitions, which give us our own levels of health and fitness success.

8-Do people need to have a lot more than just good genetics to physically look great?

Yes, people do need to have a lot more than just good genetics to physically look great. Toned bodies are made, not born. Sure, genetics and gender do have a lot to do with it, but trust me when I say that it's a lot of personal power. A great looking body doesn't occur overnight. You must have the mental toughness to make it happen. Listen, I understand working out on a regular basis can be challenging at times. I get it. That's why you need to be properly trained in order to get the physical results you want.

Discipline is the key to achieving an ideal body image. The bottom line is that you are in full control, which makes you responsible for paving your own path toward strength training, flexibility, and cardiovascular endurance success. Which is precisely why I placed motivational messages on each game card. I want you to believe in yourself and become mentally tougher throughout this process. I also want to help inspire you to achieve far more than you thought was possible. I will motivate you to bring out your best.

9-Do you feel hard work is a factor in becoming physically fit?

Of course! Hard work is a big factor in becoming physically fit. You must work extremely hard if you want to get real results. As a personal trainer and nutritional specialist, I will do whatever it takes to help, but you are the deciding factor. You must dedicate yourself to the MY MODEL BODY® program to make it happen. This consists of healthy eating habits (clean eating with supplementation) and a proper exercise routine (my exercise game). Bottom line, there are countless people that want to get in shape, yet many only want it and that's just not good enough. They don't follow

through with their thoughts nor take the proper actions to make it happen. The advantage ultimately comes down to the ones who are more determined and committed. Winners are strong in the mind. They are willing to make sacrifices to get it done. No excuses, just positive results!

10-How can people ever truly fail when it comes to a workout schedule?

There is only one way people can ever truly fail when it comes to a workout schedule. It is if he or she simply quits. Let's face it, many things in life take time and that's why it is important that you give it your best shot and not give up. Besides, those little road bumps may actually be what help the most when trying to achieve a specific result. With that said, I don't believe in failure. I would basically call that kind of situation a temporary setback while pursuing a desired ambition.

Believing in failure is the best way to ruin any chance at accomplishing a fitness goal. Fear of failure is one of the greatest limitations for most individuals. Many people in society are afraid of the unknown and what might come from it. This is exactly why the key is to embrace a goal, not be scared of it, or what might occur from not achieving it on the first, second, or third try. I don't understand people that speak about how their biggest fear in life is failing, because in reality, there's no such thing as failure. There are only results. Every action we do produces a result. So sure, a certain action may produce an undesirable outcome, but that doesn't constitute in failure. Dedicated and motivated people will just try different actions, which in turn will produce different results. The key is to pay attention and learn from each outcome. This will allow you to gain priceless knowledge from every experience in life.

11-Is a positive belief system important to possess when pursuing a strength training, flexibility, and cardiovascular endurance routine?

Yes indeed, a positive belief system is important to possess. It is golden to have an optimistic attitude, no matter what the circumstances of a particular situation may be. Good thoughts and feelings generate an abundance of power, which in turn empowers ourselves to create no limitations on what we can do or achieve. Believing strongly enough in a goal such as becoming physically fit is half the battle, because having the mental strength to believe it can be done becomes a self-fulfilling prophecy. Endless possibilities!

Remember that we all create our own realities. Our core perceptions on how we think and feel dictate what we actually do and achieve in life. You need to stay focused on the outcomes you ultimately desire. Only zoom in on the fitness results wanted and don't even think about the undesired outcomes. This is why it is so important not to believe in failure, because if failure does not exist, you have nothing to lose and everything to gain. So with that said, why not go for greatness? You should shoot for the stars when it comes to your health and continue looking for excellence. To do and be the best you can in regards to getting in great shape. I call it the best YOU possible.

12-Do you drink alcohol or are you always bouncing around?

Ha, funny! I rarely drink alcohol, so I guess I'm always bouncing around full of energy. It's called a natural high. Alcohol is another form of sugar, not to mention it is a toxin that must be processed through your liver. Alcohol will add a lot of calories to your daily caloric intake along with slowing down your metabolism. So when it comes to eating clean and looking your best, it's ideal to avoid or limit alcohol intake. Realize that your physique reflects you. The body doesn't lie. "You are what you eat."

The key to living a healthy lifestyle is to know right from wrong. Abusing alcohol is deadly. It will take away from any dream one might have. No one should be forced or peer-pressured into drinking or anything else, no matter what the situation may be. Parties can present great temptations in terms of alcohol use. Food can present overwhelming temptations too. People simply need to do what is comfortable to them when in any type of social gathering. Staying honest and true to one's own beliefs, morals, and values are the only way a person will become successful and truly happy.

13-What are some beneficial tips for people to remember regarding proper maintenance of their physical beauty?

There are many beneficial tips for people to remember regarding proper maintenance of their physical beauty. I suggest that they do not smoke, drink excessively, or do drugs. Don't stress out either. I also recommend keeping good eating habits with the proper supplementations. You should eat healthy foods that are made from mostly water like salads, fruits, and vegetables. Be conscious to stay away from saturated fatty foods. Try to keep your healthy fat intake to no more than 30 percent of your daily food consumption. People should stick to a balanced diet focusing on the six

major classes of nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water) to sustain a healthy and active lifestyle.

The proper amount of rest is another great tip for people to remember in maintaining their physical beauty. Try to get at least eight hours of sleep per night. I typically sleep nine hours every night, 10pm-7am. Only during the hours we are in a deep sleep are human growth hormones produced. This is important because growth hormones work directly on cells to stimulate growth. A daily exercise routine is extremely beneficial as well. The combination of a solid cardiovascular endurance workout with strength training, and stretching will help the body and mind perform at its best.

People need to find a variety of activities that are fun while enabling their excess calories and fat to burn off. Aside from performing the MY MODEL BODY® Exercise Game; I like to swim, bike, and run for my cross-training workouts. The mixture of different exercises help my body and mind stay in great shape. These are all beneficial tips for people to remember regarding proper maintenance of their physical beauty. They are also great to keep in mind for when dealing with stress and exhaustion from career obligations.

14-Why is getting the proper amount of sleep important?

The proper amount of sleep is important due to three major functions. One: sleep serves as the energy restoration period (time to recharge) from daytime activities. Two: sleep affords bodily protection at night when sensory capacities are down being regulated. Three: sleep affords the brain that needed time to consolidate important experiences and memories for learning. Overweight and obesity issues are directly correlated to a lack of sleep. It blends right in with more individuals living a sedentary lifestyle combined with over-eating, high calorie diets.

Think about it, when you are up more hours of the day, you eat more. The calories consumed are not always the best caloric dense type either. Not to mention, people usually feel lethargic due to a lack of sleep, which plays right in to individuals living sedentary lifestyles. Overweight and obesity also negatively impacts sleep quality and duration. Aside from obvious weight issues, men and women aged 40-55 tend to sleep less than younger and older age groups. Many men and women even voluntarily limit the amount of sleep they get in order to meet family, work, and social responsibilities. No matter what the category may be, getting the proper

amount of sleep (8-10 hours) is highly beneficial to one's health, especially regarding weight loss goals since chronic sleep restrictions is a risk factor for weight gain and obesity. Restricted sleep is even linked to diabetes, depression, hypertension, cardiovascular disease, and elevated mortality rates. These facts should hopefully be enough to get you to realize how important a good night's rest is. So please, focus on keeping your stress level low, while respecting your mind and body by making sleep a priority.

15-What is a good sleep action plan?

A good sleep action plan is to prior plan! Prepare for a better night's rest throughout the day. I suggest cutting down on caffeine consumption in the late afternoon and evening hours. Do not smoke or use any other products with nicotine before bed, as nicotine keeps many people awake. I strongly encourage people to stop smoking anyways. Drink fewer fluids after dinner to minimize trips to the restroom late night. Don't drink alcohol before bed. A few drinks may help some people fall asleep, but it may disrupt sleeping patterns in the latter part of the night. Avoid bringing food to bed. It's not a good idea to eat late for your metabolism. Limit nap times to a maximum of 30 minutes and try to take the naps earlier in the day. Set a regular time to go to bed and a consistent time to wake up. Keep to this schedule. Sleeping more on weekends or days off to make up for loss sleep is not healthy, as it disrupts normal sleep / wake cycles. Create a noise-free sleeping environment. Be sure to replace a worn-out mattress, along with always having a comfortable pillow and bed sheet. Keep the bedroom dark and cool. I even recommend shutting the shades and investing in a ceiling fan to go along with the air conditioning unit when in warmer climates.

Most importantly, avoid bringing work projects or paperwork to bed. It's best to deal with stressful work issues during the day and be able to decompress and compartmentalize at night, both professionally and personally. The last thing you want is to get a lack of quality sleep due to anxiety from a business project deadline or stressful, late night argument with your significant other. In the end, do whatever actions necessary to sleep better because quality rest will help you live a longer, healthier life.

16-What are some useful facts in regards to nutrition?

There are many useful facts in regards to nutrition. The food groups listed by the USDA are Fruits, Vegetables, Grains, Protein Foods, Dairy, and Oils.

All the food groups just mentioned should be properly balanced. Log on to www.choosemyplate.gov to learn more. There are 4 calories in one gram of carbohydrate, 4 calories in one gram of protein, 7 calories in one gram of alcohol, and 9 calories in one gram of fat. This is why consuming too many simple carbohydrates, fats, and alcohol is unhealthy and helps to explain why it is best to eat foods in their natural state. Nutrient dense foods that have a rainbow of color are great to provide nutrients at a low caloric cost.

In all, nearly 20% of our caloric intake is from what we drink. That means we could forget about 1/5 of our total calories consumed if we only drank water. Water is great for our bodies. More than 65% of the human body is made up of water. People must constantly be replenishing their bodies with water so that dehydration never occurs. A person will fatigue early and lose coordination skills if they are dehydrated. Even the least amount of dehydration slows metabolism and bodily function. If you want to get a quick answer, check your urine color. If it's pale yellow or clear, you are well hydrated and if your urine is deep yellow, you are not. Simple as that!

I can't stress enough on how important water is for you to drink, especially since two-thirds of your body is water. A healthy adult should drink a minimum of 2 to 3 quarts of water per day, 64 / 96 ounces. However, athletes need to drink extra water to cover their daily sweat losses from exercise or warmer climates. Even on a cold winter day your body will use and lose about 2 liters of water. I drink around 190 ounces of water per day and I'm 190 pounds, so the one-ounce of water per pound of scale weight formula works best for me. So please, no more colas or caffeine energy drinks. Do a food and drink audit right away at your home. Go through your pantry and see what you have on your shelves. Throw away or donate any types of sugary drinks or canned food items. Out of site, out of mind.

17-What type of foods should people eat when exercising daily?

The latest information reports that carbohydrates should make up 45-65%, proteins 10-35%, and fats 20-35% of the type of foods people should eat when exercising daily. The reason I say it's the "latest information" is because it seems to change every year with new research and scientific findings. Just a few years back, many believed that 12-20% was a sufficient amount of protein to be consumed for your total caloric intake per day. I never found those low percentages to match up with my body. I've always eaten what feels right for me regardless of what a particular study uncovers.

My energy level and mood play huge roles in how much I eat and how I balance out my nutrients. The amount of daily fiber that should be consumed is debatable these days with never-ending conflicting reports. My gender, age, height weight, activity level, and overall build give me my own ratios. I personally have 50% carbohydrates, 20% proteins and 30% fats for my daily caloric intake. This combination works best for my lifestyle, goals, and body type. When it comes down to it, eat healthy (not starch) complex carbohydrates that are justified with your activity level, because the less active you are; the less carbs you need to consume. Protein relates the same way, meaning the less muscle you have, the less protein you need to consume daily. I feel 20-30% daily protein is great for weight loss. Concentrate on eating lean meats and vegetables, raw nuts and seeds, some fruit, and no salt or sugar. And when I say no salt and sugar, I mean it. The high amounts of salts, colas, and candy will literally make you sick and die.

Keep intake to levels that will support the MY MODEL BODY® Exercise Game, but not body fat. Meals should be small, 300 to 400 calories per meal. A typical healthy diet consists of 1,800 to 2,200 calories per day; depending on your height, weight, gender, build, and activity level. But please remember, no two individuals are the same. We are all very unique human beings. I am only giving general advice to you. Personally, I consume right around 3,200 calories per day. 50% of my total calories from carbohydrates equaling 400 grams / 1,600 calories. 20% of my total calories from protein equaling 160 grams / 640 calories. 30% of my total calories from fat equaling 105 grams / 945 calories. With some quick math, my total caloric intake adds up to exactly 3,185 calories per day. This is way more than the average person should have due to my high levels of activity and muscular development. In the end, there is no black and white answer to how much a human should consume, so be smart about your daily intake levels in regards to your own goals and lifestyle. I even recommend you seek nutritional guidance from a professional dietician or health coach.

The key is to know how nutrients affect your body. Start exchanging some simple carbohydrates for high quality complex carbs, because they are processed slowly and blood sugar levels won't swing out of control throwing off insulin levels. Brown rice, sweet potatoes, yams, and whole grains are foods that provide the body with energy. Proteins such as egg whites, lean meat (chicken, not steak), and fish are foods that provide growth and repair to bodily tissues. Fats give assistance to the body by also providing energy, along with helping break down vitamins.

Most people eat too many foods that contain high amounts of carbohydrates and fat. Sugar is yet another source that can dramatically affect the human body. Less than 100 years ago, Americans typically consumed 15 pounds of sugar per year. Now the average American consumes over 150 pounds annually. As I previously said, sugar (inflammation) is what kills! If nothing else, please stop eating sugar. Consuming high amounts of sugar regularly isn't a good habit to get in, especially with a sedentary lifestyle.

18-What are calorie-dense foods?

Calorie-dense foods (empty calories) are foods that contain little or no nutritional value. People should avoid these types of foods and instead shop for healthy items. I suggest taking time to read the food labels to learn the nutritional contents. I typically eat a cup of oatmeal with berries, flaxseed and one scoop of protein isolate powder in the morning for breakfast, chicken or tuna whole-wheat wrap sandwich or salad with a rainbow of fresh fruits and vegetables in the afternoon for lunch, and 4 to 5 ounces of lean meat, poultry or fish at night for dinner. My evening meal usually has lots of steamed vegetables like asparagus, tomatoes, artichokes and broccoli. I recommend people to eat carbohydrates and protein together. The beneficial combination should be applied in every meal or snack if possible; it's a great partnership. Also, eat on smaller plates and be conscious of portion control. Try eating something healthy every 2 to 3 hours. The key is eating small-sized, water-based meals that keep blood sugars stabilized.

19-How many meals should people typically eat per day?

People should typically eat 6 meals per day. I love having a few healthy snacks in between my 3 major meals throughout the day, totaling 6 meals in all. (Breakfast, snack, lunch, snack, dinner, snack is my eating routine.) I have protein isolate shakes blended with melons and berries. I also have healthy, low calorie protein bars. A banana or hand-full of grapes with some unsalted almonds, cashews, walnuts, or sunflower seeds are great snacks too. I just make sure the nuts and seeds are raw to keep their natural nutritional value. I even enjoy low-fat yogurt and fruit for a dessert snack a few hours before going to bed. I like to be done eating at least 2 to 3 hours before bedtime. Carbohydrates and other excess nutrients not burned off by the end of the day will be broken down into fat by your liver. So yes, the late night drive-through meals are not going to get you to your ideal size and weight.

Aside from eating excess carbohydrates, fats and sugars; consuming too much protein can be physically harmful to you as well. Extra protein must be broken down metabolically and the waste products must be excreted from the body, placing additional strain on your kidneys. So stay away from extreme protein overload meals or having 4 to 5 protein isolate shakes a day. Don't get me wrong; I'm a big believer in consuming a lot of protein, but it's not just about quantity, it's also about quality. Generally speaking, animal protein provides all the essential amino acids in the right ratio for us to make full use of them (only makes sense, since animal tissues are similar to our own tissues). If you're eating animal products (like lean meat, fish, eggs or dairy) every day, then you are good to go! But if you don't eat animal foods, then it's a bit more challenging to get all the protein and essential amino acids that your body needs.

Aside from the animal proteins, I love my low calorie protein bars and protein isolate shakes to get my 20% daily caloric intake. Though I have never gone past my own body weight in grams. I know many people who do, but it's not reality for my lifestyle. I weigh 190 pounds. It would be nearly impossible to consume 190 grams of protein per day, as a true way of life while on my current 3,200-calorie meal plan. I'd be eating fish, eggs, and chicken all day. Let me give an example: A typical 4 ounce piece of chicken breast has 30 grams of protein, which would mean I would need to eat more than 6 pieces of chicken breast per day, every day! I just couldn't do it as a true lifestyle. This is when the protein isolate shakes help to get my levels higher. I can have 3 scoops totaling 60 grams (20 grams in each scoop) of protein in a great tasting shake. In my opinion, a much more realistic approach to making sure I am consuming enough protein per day. But hey, not enough daily protein consumed is dangerous too. Unlike fat and glucose, our body has little capacity to store protein. If we were to stop eating protein, our body would start to break down muscle for its needs within a day or so. The key is to be aware of what you put in your body and how much to ensure nutritional safety and personal well-being.

20-What is protein?

Protein is one of the basic building blocks of the human body, making up about 16% of our total body weight. Protein builds and repairs our tissues. Muscle, hair, skin, and connective tissues are mainly made up of protein. Protein plays a major role in all of the cells and most of the fluids in our bodies. We recycle and use up protein daily, so it's important to replace it.

Proteins are made up of smaller units called amino acids. Our bodies cannot manufacture nine of the amino acids, so it's crucial to include all these amino acids in our diets. Animal proteins such as meat, eggs, and dairy products have all the amino acids. Many plants have some protein too. Muscle tissue is made up of about 75% water and 25% protein. With this fact, protein is important to consume, as well as drinking plenty of water.

Protein plays a big part in weight loss. It has the ability to reduce appetite, boost the metabolic rate, and cause a spontaneous reduction in calorie intake. This is the opposite as with simple carbohydrates that actually make you want to eat more. Simply put, fat people get even fatter. However, protein is where it's at if weight loss is the goal. There have been studies where obese men have increased their protein consumption and over time have reduced their desire for late-night snacking due to feelings of fullness. In another study, women who increased protein intake to 30% of total calories ended up eating 441 fewer calories per day. They also lost 11 pounds in 12 weeks, just by adding more protein to their diet. Those are great statistics to hear. But as I mentioned previously, hitting the 30% protein range is easier said than done if you are totaling over 3,000 calories per day. The basic percentages get skewed since the daily calories are well above the average.

21-How much protein should be consumed daily?

The amount of daily protein needed will depend on your gender, age, height, weight, build, and activity level. The standard method used by many nutritionists to estimate our minimum daily protein requirement is to multiple the body weight in kilograms by .8. Let's take myself as an example: I am 190 pounds. I will divide 190 by 2.2 to get 86 kilograms. I will then take 86 and multiply it by .8 to come up with 69 grams of protein per day. Remember this number is the minimum amount of protein needed. In all honesty, I have never had that low of a daily protein intake before.

There is a lot of evidence showing that people engaging in endurance activities and strength training can consume a lot more daily protein. This kind of research makes sense and fits my lifestyle perfectly. I train year round for obstacle races, triathlons and marathons, as well as play the MY MODEL BODY® Exercise Game. In my case, instead of multiplying my 86 kilograms by .8, I multiply 86 by 1.9 to bring me up to 163 grams of protein per day. This number places me right at 20% for my daily caloric intake. The percentage totals around 650 calories of my 3,200 calorie healthy diet.

22-What are the latest findings in regards to taking supplements?

The latest findings are to be smart because it is not a regulated industry. There are recent studies that have found over supplementation to be harmful. In regards to vitamins and minerals, a balanced diet typically provides an abundance of nutrients to the body. Two possible exceptions are calcium and iron. Even so, extra calcium can easily come from consuming low-fat dairy products or spinach and iron from eating lean meat, poultry, and fish. The reality is that certain supplements are helpful only if you are not receiving your recommended daily requirements from your body.

Unlocking the confusion on vitamins can be challenging, especially with so many companies advertising supplements. There are water-soluble vitamins (B & C) and there are fat-soluble vitamins (A, D, E, K). Realize that these vitamins don't necessarily give you energy. They simply help break down food to speed up the process of providing your body with energy. A person would first need to know your eating habits and what vitamins / minerals you were naturally low in. That person would also need to discuss with you, in detail, how an excess of certain nutrients can negatively affect your body.

I understand that some fitness and health clubs encourage or require their employees to sell nutritional supplements. Even so, I find it unethical for a personal trainer to use his or her position or influence to promote any health product or supplement without being thoroughly educated on the advantages and disadvantages first! It is outside the defined scope of practice for any fitness professional to suggest, prescribe, recommend, sell, or supply nutritional supplements to people. Without possessing the requisite qualifications, recommending supplements can place a person's health at risk and possibly expose the fitness professional to disciplinary action and litigation. So in the end, become educated about supplementation first!

There is a place for supplementation in regards to your healthy eating habits. The key is to gain the knowledge prior to consuming any store bought or online products. If an individual wants to take supplements or get a specific meal plan, I believe he or she should work in close conjunction with a dietitian or medical doctor to provide safe, realistic, and effective nutritional recommendations. I did just that with my physician and with my wife, a certified health coach. Priscila counsels and prepares my meals daily. She even suggested I do a blood test to clearly define my food intolerance levels. So if you have ever felt bloated, had rashes, low energy, or gained a lot of weight, this type of blood test will point out what foods may be causing it.

23-What are some different proteins, carbohydrates, and dairy foods people can choose to eat on a daily basis?

There are many different proteins, carbohydrates, and dairy foods people can choose to eat on a daily basis. Some examples of protein-rich foods include skinless chicken and turkey breasts, lean ground beef and turkey, bison, pork tenderloins, swordfish, salmon, tuna, crab, lobster, shrimp, sea bass, and egg whites. (Consume the egg whites only.) The yolks contain a considerable amount of unnecessary fat. Some examples of carbohydrate-rich foods include brown rice, whole grain wheat bread and pasta, rice noodles, and low-fat oatmeal. These complex carbohydrates are high glycemic, meaning they are ones that produce higher fluctuations in our blood glucose and insulin levels, so ideally they should be consumed in small portions, around 1 cup or 1 hand-full per meal. Remember to keep that combination; proteins should be partnered with complex carbohydrates, some healthy fats, and fiber for optimum physical performance.

Fruits are simple carbohydrates and can be eaten in larger portions since they are considered medium glycemic, around 1 ½ cups or 1 ½ hand-fulls per meal. Some examples are apples, grapes, melons, plums, pears, grapefruit, kiwi, berries, oranges, limes, peaches, pineapples, and tomatoes. (Yes, a tomato is a fruit since it has seeds just like a cucumber, but when it comes to cooking tomatoes and cucumbers, they are considered vegetables.)

Vegetables are definitely a low glycemic carbohydrate so you are more than welcome to fill your plate, around 2 cups or 2 hand-fulls per meal. Pumpkin, artichokes, peas, broccoli, asparagus, carrots, lettuce, cauliflower, green beans, spinach, corn, green peppers, mushrooms, squash, cabbage, sprouts, celery, onions, garlic, and zucchini are all great to consume.

Good dairy products are skim milk, kefir, low-fat cottage cheese, and low-fat yogurt. And let's not forget raw nuts and seeds like having unsalted almonds, cashews, walnuts, and sunflower seeds. Keep it simple. Eat organic foods whenever possible. Eat as many vegetables as you want in a wide variety. Do not eat preservatives, MSG, trans fats, hydrogenated oils, fried foods, high fructose corn syrup, or artificial sweeteners. Stay away from flour, sugar, and refined grains as well. However, I would try to consume 4 or 5 tablespoons of flaxseed per day. It's a great "superfood" supplement. I love mixing it in my low-fat oatmeal and protein isolate shakes. Don't worry about the extra calories consumed from eating flaxseed; it's good for you. "Don't count calories, just make calories count."

24-Why is flaxseed considered a great “superfood” supplement?

Flaxseed is considered a great “superfood” supplement because there are so many nutritional benefits. First of all, a supplement by definition is an ingredient added to complete a thing, make up a deficiency or extend, and or strengthen the whole. Vitamins, minerals, enzymes, supplements, and superfoods all make up for nutritional deficiencies. That’s the beauty of eating clean. It can guarantee weight loss in a healthy way because it is achieved by eating natural foods low in added fats, salts, and sugars. One great aspect of flaxseed is that it has some essential fatty acids like omega-3, which has been proven to regulate appetite and to accelerate fat burning. This is obviously an awesome thing when trying to lose weight.

Flaxseed has 27 identifiable cancer preventative compounds. Many experts recommend it for breast and prostate cancer prevention. It has also been shown to aid in the regulation of blood sugar, lower LDL (bad) cholesterol and blood pressure. People who consume it daily show an increased metabolic rate and are leaner on average than those who don’t. Flaxseed is fantastic for hair, skin, and even constipation. I would start off by taking 1 tablespoon per day and working your way up to 4 or 5 tablespoons per day.

25-What is cholesterol?

Cholesterol is a waxy, fat like substance that is made in the body by the liver. Cholesterol forms part of every cell in the body and serves many vital functions. Our bodies need cholesterol to maintain healthy cell walls, make hormones, make vitamin D, and make bile acids that aid in fat digestion. However, there are times our bodies make more cholesterol than we really need, and this excess cholesterol circulates in the bloodstream. High levels of cholesterol in the blood can clog blood vessels and increase the risk of heart attack and stroke. Our bodies can actually make too much cholesterol when we eat too much saturated fat, like the kind of fat found in animal based foods such as meat and dairy products. In addition to making it, we also get a small percentage of our body’s cholesterol from the foods we eat. Only animal foods such as meat, eggs, and dairy products contain cholesterol. Plant foods like fruit, vegetables and grains do not contain any cholesterol. A prime reasoning for the popularity of plant food based diets.

Cholesterol can be a bit confusing. There are different types and not all cholesterol is harmful. Low-density lipoprotein (LDL) cholesterol is a bad type that is likely to clog blood vessels, increasing your risk of heart attack.

I remember it by pretending the L stands for lousy. On the other hand, high-density lipoprotein (HDL) cholesterol is a good type of cholesterol. I remember it by pretending the H stands for happy. I know, sounds weird but the correlation works for me. In the end, the HDL cholesterol helps clear the LDL cholesterol out of the blood and reduces your risk for heart disease.

More than half of American adults have blood cholesterol levels that are too high, exceeding 220 ml/dl (milligrams per deciliter). This isn't really much of a shock when knowing 2/3 of Americans are overweight and obese. I can't stress enough on how important lowering your cholesterol is through healthy eating habits, supplementation, and daily exercise. So forget about the pills. Most people really can bring down their overall blood cholesterol levels without medication by simply changing the way they eat, drink, and move their bodies by becoming more active.

It is important to mention that even if you already have heart disease, lowering your cholesterol level will significantly reduce your risk of death and disability. So please, take your blood cholesterol level seriously and have it measured at least once every five years. I also recommend having your triglycerides checked. Elevated triglycerides can be due to overweight and obesity as well. It all comes down to prior planning to ward off disease.

26-What are triglycerides?

Triglycerides are a type of fat made in the body that is found in your blood. Your body uses them for energy. You need some triglycerides for good health, but high levels of triglycerides can raise your risk of heart disease and a possible heart attack. People with high triglycerides often have a high total cholesterol level, including a high LDL (bad) level and low HDL (good) level. A normal level for triglycerides is less than 150 and high is anything passed 200. A very high triglyceride level is 500 or higher. At this high level, many people are in poor overall condition and are suffering from obesity, kidney disease, drinking a lot of alcohol, and regularly eating more calories than burned off.

The keys in lowering your triglycerides are to eat clean and change some negative lifestyle habits. Try your best to stay at a healthy weight, quit smoking, limit alcohol consumption, cut back on fats and sugars in your diet, and be more active. These tips will not only help in lowering your triglycerides level, it will also aid in living a longer, healthier life.

27-What are carbohydrates?

Carbohydrates are sugars, starches, and some fiber that provide energy to the body, especially the brain and nervous system. Carbohydrates are classified as simple or complex. The classification depends on the chemical structure of the food, and how quickly the sugar is digested and absorbed. This is where it gets a little confusing for the general public. Some experts like to focus on the chemical structure of the food when categorizing, while others tend to think how quickly the sugar is digested and absorbed is how the carbohydrate should be categorized.

Simple carbohydrates have one (single) or two (double) sugars, while complex carbohydrates have three or more sugars. Examples of single sugars from food include fructose (found in fruit) and galactose (found in milk products). Double sugars include lactose (dairy) and sucrose (table sugar). Simple carbohydrates that contain vitamins and minerals occur naturally in fruits, milk, and vegetables.

So in reality, most fruits are indeed simple carbohydrates due to the chemical break down, although most health professionals tend to categorize them as complex carbohydrates since the sugar is digested and absorbed slowly. Even I go back and forth on the topic. I sometimes call fruits a simple carbohydrate due to the chemical break down. However, other times I will categorize both fruits and vegetables as complex (good) carbohydrates because they provide calories, vitamins, minerals, and fiber.

An enzyme called “amylase” helps break down carbohydrates into glucose (blood sugar) that is used for energy by the body. Carbohydrates are an ideal source of energy because they can be converted more readily into glucose. Even so, a diet too high in carbohydrates can throw off your body’s blood sugar and insulin levels, resulting in fluctuations in energy and mood, which may leave you feeling tired and irritated. This is especially true if the carbohydrates are more refined, making the glucose release faster in your blood. This can cause peaks and drops in your blood sugar level. These types of results are mainly due to refined simple carbohydrates (sugars).

Refined sugars provide calories, but lack vitamins minerals and fiber. Such simple sugars are often called “empty calories” and can lead to weight gain, causing obesity. Some examples of refined simple carbohydrates are chocolate, table sugar, pizza, honey, jams, syrups, cookies, sweets, cakes, pastries, and soft drinks. I can’t stress it enough, sugar is what kills people.

28-What are examples of simple carbohydrates in their natural state?

Examples of simple carbohydrates in their natural state are fruits and vegetables due to their natural sugars. I recommend sticking to the fruits and vegetables in this natural state, because fruit drinks like apple juice and orange juice are way too refined to be consumed. Please don't believe the marketing hype that having these sugary types of canned juices are good for you. I find them just as harmful as soft drinks, especially when drunk on a daily basis. If you really compare canned fruit juices and sodas you will see they are very similar. I find it hard to grasp how a TV commercial featuring such sugary drinks try to spin it as a healthy start to your daily caloric intake.

29-What are complex carbohydrates?

Complex carbohydrates (starches) are another form of carbohydrates. They provide a much slower and more sustained release of energy than simple carbohydrates. This is where, once again, some confusion to where fruits and vegetables truly fit in, since they too provide a slower release of energy. Complex carbohydrates in their natural form contribute to long-term good health and appetite control. Complex carbohydrates as natural starches are found in bananas, beans, brown rice, root vegetables, nuts, potatoes, whole grain cereals, whole grain pastas, yams, oats, and whole grain breads.

Not all complex carbohydrates are good for your overall health. Complex carbohydrates as refined starches are poor eating choices. Some examples are white breads, sugary processed breakfast cereals, white rice, white pasta, and white flour. These are prime examples of what US citizens eat too much of. They are also prime examples of why Americans are fatter and sicker than ever before. Once again, the sugar consumption is what kills people. You need to drastically cut down on the amount of refined white flour products in your diet, such as white bread, pizza, white pasta, and rice as I just mentioned. This is what makes Americans overweight and obese, along with refined simple carbohydrates. Please stay out of those inside grocery store aisles. Many vitamins and minerals are lost due to the refining process. Focus more on natural fruits, vegetables, whole grains, and legumes. So now that you know, take action and change your eating habits today!

30-How many carbohydrates should be consumed daily?

Carbohydrates should make up about half of your daily calories. Start with your daily calorie needs and divide that number in half. For example, a

person who eats approximately 2,000 calories per day should take in about 250 grams of carbohydrates per day. (1 gram of carbohydrates = 4 calories, $250 \times 4 = 1,000$.) These numbers are taking into affect that some type of moderate exercise is being performed for at least 30 minutes a day. I also consume around 50% of my total caloric intake. I eat approximately 400 grams of carbohydrates per day, which totals 1,600 calories out of my 3,200 calorie diet. However, if little to no exercise is being performed daily, the percentage of total carbohydrates consumed should be dramatically reduced. Remember that carbs are an energy source, so if you are not exercising regularly, there's no need for your body and brain to consume high amounts.

The proof is in the pudding. Studies show that low-carb diets reduce your appetite and make you eat fewer calories and lose weight pretty much effortlessly, as long as you manage to keep the carbohydrates down. Just don't forget to make them the right types of carbohydrates. They need to be wholesome, all-natural carbohydrates. Try to select the best carbohydrate-rich foods like fruits, nuts, vegetables, seeds, legumes, and 100% whole grain products. I can't stress enough on how you really need to avoid foods that contain large amounts of refined white flour and sugar. The greasy potatoes chips, cookies, candy, pizza, and soft drinks are very bad. A true killer! You don't want those empty calories since they offer little to no nutritional value. They are the foods that will surely take years off your life.

31-What is fat?

Fat is the substance in food that provides texture and flavor. The foods that contain the largest amounts of fat come from animal products such as meat, dairy, and egg. There are high amounts of fat in nuts and seeds as well. Fat has gotten a bad reputation in my opinion. Of course, on one side it's deserved since there are bad fats that contribute to poor health such as trans fats, but there are actually some fats that are needed for good health. Fat is a nutrient that is essential for normal body function. It supplies energy and makes it possible for other nutrients to do their jobs. So don't be fooled into thinking all fat is bad. Unfortunately, many Americans consume far more bad fats that necessary, which can lead to excess cholesterol and obesity.

Fats and oils are made up of individual molecules called fatty acids. The carbon atoms in the fatty acid molecules are linked by single or double bonds. Fatty acids are either saturated or unsaturated, even monounsaturated fatty acids which have one double bond and polyunsaturated fatty acids have

two or more double bonds. Without getting overly technical, there are all types of fats so be careful you are not eating too many saturated fats like in red meat. Keep red meat intake to twice a week, in small portions, since it has been linked to an increased risk of cardiovascular disease and some cancers. I typically only eat red meat once a month due to the potential pitfalls. Instead, I prefer to stick with lean meats like organic skinless, boneless chicken breasts and fresh fish.

Saturated fat raises LDL cholesterol more than anything else we eat. It is usually solid at room and refrigerator temperatures. Diets high in saturated fats are a major cause of high cholesterol and heart disease. There is no doubt that reducing the amount of saturated fat in your diet is a very effective way to lower LDL.

Unsaturated fats are usually liquid at room temperature and can be found in vegetable oils such as canola oil, corn oil, olive oil, soybean oil, and sunflower oil. Most nuts, olives, avocados, and fatty fish like salmon have unsaturated fats as well. These types of fat do not raise LDL cholesterol levels, but they are high in calories, so they should be used in moderation.

Trans fat increases LDL cholesterol levels. Foods made with hydrogenated vegetable oils, including many hard margarines and shortenings, are the main source of trans fats. These fats are literally a heart stopper. Generally, the more firm they are, the more trans fats they contain.

Food product labels will often list the total amount of fat they contain, including saturated, monounsaturated, polyunsaturated, and trans fat. Although not all fat is a source of cholesterol, all fat is high in calories. This is where moderation comes into play, no extremes when it comes to fat in your diet. No more than 20-35% of your daily calories should come from fat. I average around 30% of my daily caloric intake from fat at 105 grams.

32-What is atherosclerosis?

Atherosclerosis is the narrowing and hardening of the artery walls cause by plaque build-up. This progressive process silently and slowly blocks arteries, putting blood flow at risk. Atherosclerosis is often caused by eating habits high in saturated fats, trans fats, or dietary cholesterol found in meats and eggs. This can cause a rise in LDL (bad) cholesterol. Over time, the bad cholesterol combines with calcium and other substances to form a fatty

lump, known as plaque, inside the artery. Atherosclerosis is most dangerous when it occurs in the arteries that supply blood to the heart and brain, resulting in heart attacks and strokes.

33-Are diets healthy for people to constantly be on?

No, of course not. Diets are not healthy for people to constantly be on. You should actually never be on a so-called diet. Never! Diets generally don't last very long and typically fail in the long run. Statistics show more than 1/3 of North Americans are dieting every day, yet 90% of diets deliver no results. You may lose weight in the beginning but then you gain it all back, and then some. In fact, many people gain two to three pounds more weight back after dieting. These types of negative results can leave a person feeling physically and mentally weak. Even the word "diet" can become somewhat of a bad word. A person can fall into psychological depression due to the fact that they seldom work. Instead of constantly dieting, you should make healthy eating habits and proper supplementation a part of your well-rounded lifestyle. Let me tell you straight up, everything about clean eating is positive and will help build self-confidence and self-esteem. This is a fact. It will also be your ticket to not suffering from chronic pain, irritable bowel syndrome, constipation, hypoglycemia, and moodiness. So make it happen, do a kitchen audit and throw everything that is bad for you away. "Out of site, out of mind." Start fresh and make eating clean a new habit.

34-Is constant dieting related to depression?

Yes, constant dieting is related to depression. As I just mentioned, it is clear that dieting can be stressful on the body as well as on the mind. The facts speak for themselves when talking about the risk of heart disease precursors, increase risk of type 2 diabetes, and social discrimination from being overweight. We are an overweight nation with a serious obesity epidemic.

The harsh statistics make it hit home even more. In North America, 33% of kids are overweight. More than 50% of teenaged girls think they should be on diets. 1% of female adolescents have anorexia. 10% of high school students have an eating disorder. 4% of college-aged women have bulimia. 2/3 of Americans are overweight. 22 million of the world's children under five years of age are overweight or obese. I can go on and on. These statistics are crazy and out of control. More kids than ever are in these categories, with numbers reaching epidemic proportions.

Increasing rates of overweight and obesity pave the way for increasing numbers of fat-related diseases. Many of these avoidable diseases are caused by eating excessive junk food, fewer home cooked meals, more eating out, too much snacking, more driving, less walking, increased time spent on the computer, watching TV, playing video games, and little physical activity. For the first time in history children may not live the long, healthy lives their parents did, thanks to a lack of exercise and bad eating habits. Bottom line is that kids must start changing their habits if they want to have personal well-being. Eating poor foods and living sedentary lifestyles can't continue to be the norm or accepted. Parents need to come to their rescue. Moms and dads must set the bar high and become role models. Children need the opportunity to learn how to eat clean and exercise daily.

35-What is a solid nutritional plan that people can easily follow?

A solid nutritional plan that people can easily follow is one that includes portion control, balance, moderation, and consistency. You should eat your six meals, per day, every 2 to 3 hours. The key is smaller sized servings, just enough to fill and satisfy you without overeating. You should eat a balance of all the different food groups without ever focusing too much on just one nutrient source such as carbohydrates, protein, or fat. You should also eat foods in moderation by not worrying about having a small treat every now and then. No extremes! A few cookies or a scoop of ice cream won't bring any harm to your clean eating habits if only eaten once in awhile. Go ahead and call them cheat meals if you want, though I don't. I never like using any kind of word that sounds negative. To say, "cheat" seems as if I'm doing something wrong. Heck, it's just a cookie or piece of pie. It won't even matter if most other days are clean. I choose to live a healthy lifestyle. I want to stay upbeat and positive by telling myself many things are okay to eat in moderation. So relax, have a dessert every now and then. Enjoy it, but don't let the dessert aspect become an every day ritual.

I suggest eating when you are truly hungry and always drinking plenty of water. Many people eat food throughout the day just because they are sad, mad, bored, or dehydrated. I can't stress enough how important education and awareness is. Everything will work out great if you are conscious of what's going in your body and really come to understand that this is a new lifestyle and not a short-term diet. Trust me, this type of balanced food plan will deliver the essential macro and micronutrients to maintain steady levels of insulin so blood glucose levels don't change dramatically.

In the end, stay consistent with your healthy eating habits. Don't let peer pressure or self-induced stress bring on junk food cravings. You need to eat clean so that you can enjoy the way you look and feel. So remember, portion control, balance, moderation, and consistency are what make up a solid nutritional plan and are what will bring positive results in your future.

36-How can people develop healthy eating habits?

People can develop healthy eating habits by using the major food groups on a daily basis. I recommend eating properly balanced meals with proper supplementation to help avoid inflammation, which is the core reason for many health issues. If time is running short or there isn't enough time to sit down for a well-rounded meal, have a protein supplement bar or protein isolate shake as a meal replacement. No matter what, you need to get the vitamins and minerals necessary to function effectively without overloading. Not overloading is the key, because if you do overload, you will get fat fast. Eating properly is about controlling your blood sugar levels, never wanting to be too high or too low. You don't want dramatic spikes or dips. It's not healthy to eat huge serving amounts of the same types of poor food multiple times per day, especially without having a daily exercise schedule. You need to eat sensibly and only eat when you are hungry. I try sticking to the healthy snacks such as apples, pears, and bananas. I crave these golden snacks all the time. Good eating habits are just as easy to develop as bad ones. And that's why I feel these suggestions can help you develop great habits as well as assisting you to keep good mental and physical stamina while pursuing your goals through the MY MODEL BODY® program.

37-Are cleansing techniques such as fasting and juicing diets recommended for people to incorporate into daily eating habits?

No, cleansing techniques such as fasting and juicing diets are not recommended for people to incorporate into daily eating habits. Fasting for 3 days straight or only juicing for 30 days straight are merely jumpstart ideas that I don't believe in. Nor do I feel multiple colonic appointments or sweating it out for hours at a time in a sauna help much. Losing water weight and lean muscle are much different than losing fat weight. These are all short-term methods that don't lead to long-term success. Remember, no extremes! Shortcuts don't work. If you want to juice regularly along with eating balanced meals, great! But just don't juice alone. There is no reason to do anything out of the normal when developing a solid game plan. The

extremes will get you in trouble with head and stomach aches. While eating water-based foods will get people looking and feeling great. Easy choice! Consuming wholesome foods throughout the day really is the only piece of advice needed when creating proper eating habits.

I hope I'm getting my point across loud and clear. I want to make a difference in people's lives the right way, the healthy way. I have never believed in taking extreme measures to get somewhere. I have made sacrifice and dedication a staple in turning my goals into reality. The hard work pays off in the long run. All those shortcuts people love to talk about just don't work. It's like the analogy used between a turtle and a rabbit. Slowly but surely the turtle will come out as the winner because the confident, steady pace is the best way to get the real results we are after.

38-What is the belief of the MY MODEL BODY® program?

The belief of the MY MODEL BODY® program is to make health and fitness a lifestyle, and not a fad. Eating clean must be the number one priority. People need to look forward to their next meal to achieve long-term success. This is also true with incorporating daily exercise. Studies have repeatedly shown that low-to-moderate-to high intensity exercise is the best prescription for maintaining health, body weight, and fitness. This is due to helping avoid overuse injuries and boredom. It's time to start this new way of life and get those real results I keep talking about.

I like to categorize MY MODEL BODY® exercises as high intensity / low duration activities, but in reality they are everything. I purposely want people to have the option of starting my exercise game at lower intensities, then moving up to moderate and high intensity levels as they progress. You need the steady balance of all three intensity levels to avoid extremes and to not burn out. The trick is to find activities that bring you joy. Swimming, biking, running, and walking are great activities to try and incorporate with the MY MODEL BODY® Exercise Game. Don't be intimidated if I refer to my fitness game as a high intensity / low duration exercise program. I simply categorized the exercises in general terms because no exercise of mine takes longer than 60 seconds to perform. The intensity level used is entirely up to you. It all comes down to your fitness level and how hard you decide to push yourself. In the end, if you enjoy your workouts, you're more likely to want to make time for them week after week. And that's the cool thing about my exercise game; it's also fun to play with friends and family.

39-How can people know the difference between losing water weight and fat weight?

A digital scale is a great way for people to know the difference between losing water weight and fat weight. A body scale is the key resource in not only knowing, but also understanding the body's makeup. It's called a bioelectrical impedance test. This body testing procedure is based on the principle that the conductivity of an electrical impulse is greater through lean tissue than it is through fatty tissue. An electrical current is passed through the body measuring the body's resistance to electrical flow and computes total body fat percentage. I highly recommended people to purchase a body weight, body fat, and water percentage scale. They will then have access to track their progression and review past results in the convenience of their own home.

I like to track my body results daily. I feel the day-to-day routine makes me more aware and accountable for where my body is. I stand on my residential scale every morning before taking a shower. Even so, I have heard others do not like to track their body weight, body fat, and water weight daily. Many people feel they will get addicted to the scale and over-think their weight loss goals. But why over-think it? I think you should just stay accountable and focused on where you currently are and want to be. A body composition scale really is a fantastic tool to implement. I find it to be a key investment in regards to playing the MY MODEL BODY® Exercise Game. I suggest people invest in a digital scale immediately.

40-How can people know what their heart rate is when exercising?

A digital heart rate monitor is an ideal way for people to know what their heart rate is when exercising. A monitor will give quick and accurate data to help track your intensity levels while working out. It will also keep a record of your duration, calories burned, average and maximum heart rate for each workout. It's all about training smarter so you can train harder. I have had my heart rate monitor for years and love it! It's another key investment for when participating in the MY MODEL BODY® Exercise Game.

41-How important is a person's mental strength when developing healthy eating habits?

A person's mental strength is extremely important when developing healthy eating habits. It is an absolute necessity for people to be mentally strong so

that they never form any harmful eating habits. Especially these days, it's just so easy for people to eat badly. There seems to be an unhealthy 24-hour mart or fast-food restaurant on every street corner. These establishments actually cater to making it fast and convenient for individuals to form negative eating habits. This will lead to obesity over time. Adult health consequences of being overweight are very serious, since obesity can lead to premature death due to high blood pressure, heart disease, and elevated triglycerides. Breathing problems, a risk of multiple cancers, and diabetes are there as well. In fact, 80% of people who are overweight have diabetes. The reality in these facts should be enough for you to start eating cleaner. Like I always say, there are no victims when it comes to food choices. Each individual is fully responsible and accountable for the way he or she decides to eat. You can't blame anyone for eating poorly after reading this packet.

The time is now to step it up and make positive change. Get mentally tough. You need to make good choices and be conscious of what you consume at all times. You need to tell yourself that you can eat healthy to avoid inflammation without sacrificing taste or pleasure. (Inflammation is the root to nearly all health issues.) Always remember that inflammation in the body kills. If we can fight inflammation, we will win the battle against obesity. The optimistic attitude and positive daily actions will help you build on your mental toughness. When all is said and done, you will develop wonderful eating habits that will allow yourself to have a healthy, longer, happier life.

42-What are some general types of eating disorders that people should be aware of regarding their own eating habits?

This is a serious and important subject. Anorexia and bulimia are two general types of eating disorders that people should be aware of regarding their own eating habits. An eating disorder is an emotional and physical problem that tends to relate itself through the abuse of food. Either can occur when people develop compulsive personalities about wanting to be skinny. Their common goal of staying thin, no matter what it takes, can cause present and future health problems. People need to be reminded that both are very serious conditions, and if not treated can potentially be deadly.

Anorexia involves long periods of starvation. There are individuals that literally starve themselves, while struggling through terrible hunger pains. Many anorexic people even tend to stop drinking water and only drink sodas throughout the day. This allows their stomachs to be filled up with caffeine,

carbohydrates, and sugar to falsely mask their intense hunger. The self-induced abuse can potentially damage vital organs such as the heart and brain.

Bulimia involves periods of heavy eating, otherwise known as bingeing, followed by self-induced vomiting. This allows them the satisfaction to eat anything they crave and puke it back up soon after. Throwing food up can be damaging to teeth, aside from all the other major health risks. Bulimia can also involve periods of heavy eating, followed by abusing laxatives. Even excessive eating followed by excessive exercise can be a form of bulimia. Some individuals will spend countless hours at the gym daily.

All of these unhealthy tactics are widely used to control obsessive body weight and personal self-image. However, none of these ways are safe or recommended to perform at any time. People with anorexia or bulimia need immediate help. The mental and physical health risks are serious. Earlier the treatment, the better the odds are of having a safe recovery. Please get attention from a certified professional such as a family doctor, psychologist, or psychiatrist if you or anyone you know is or might be suffering from an eating disorder.

43-What is the key to avoiding the development of an eating disorder?

The key to avoiding the development of an eating disorder is to maintain healthy eating habits and some type of exercise routine. Eat properly balanced meals throughout the day. Also, keep a consistent exercise schedule to help manage weight and overall body image. Keep in mind that anorexia and bulimia do not discriminate between genders. Males and females can have eating disorders. Age is not a factor when dealing with anorexia and bulimia either. There are a lot of young children, along with many adults, that are constantly fighting these two eating disorders. I know people that have had bulimia and anorexia in the past. I understand the conditions are serious and need immediate attention. Even so, both can effectively be treated with time and help. The proper education and support group can make all the difference in the world.

I have never had any type of eating disorder, but I am conscious and well aware of them. I know what kinds of food I put in my body and I'm careful about how often I eat throughout the day. I am also on top of how often I exercise. I perform MY MODEL BODY® exercises or at least do something

athletic on a daily basis. It's all about creating a balance between the two. My healthy eating habits and regular exercise routines are a part of my well-being lifestyle. I'm confident those attributes will be with me forever.

44-What are the advantages of exercise for people to consider?

There are many advantages of exercise for people to consider. I like to divide them up into two groups, which include the highs and lows. Your muscle tone, strength, energy, mood, stamina, and self-esteem typically end up higher due to exercise. Your weight, blood pressure, stress, body fat, risk of injury, and risk of heart disease typically end up lower. These examples show that there are many reasons for people to exercise. But still over 25% of Americans live a sedentary lifestyle. Think about it, ¼ of US citizens do nothing to improve their health through daily exercise. I find that fact to be a scary and disappointing reality.

The good news is an active lifestyle will increase metabolic rate. The calculation speaks for itself. One pound of muscle burns approximately 25 more calories than a pound of fat. Of all the tissues in the body, muscle is the most abundant when in shape. Since there is an abundance of muscle tissue and muscle demands more energy, even when not in use, it is muscle tissue that determines metabolic rate. The way you eat, sleep, and exercise are big parts of your life and should be taken seriously. This is when dedication and discipline both become powerful mental tools to embrace. You need to be aware that exercise is extremely important and can only be done if you do it yourself. You really do need to keep focused on having a healthy lifestyle by making exercise a priority.

45-Do people need a personal trainer to get real results?

Yes and no. A personal trainer is responsible for supervising a client's exercise program, but a trainer can only support a client when it comes to his or her nutritional program, unless that trainer is a licensed dietitian or health coach living in your house. Odds are, that is not the case, so you are 100% accountable for your decisions in regards to your eating habits. This is a great thing because by being in control and in charge, you are able to pave your own path toward having your best body. That's why I love famous slogans like, "Just do it" and "Make it happen". The mottos state that people need to take action and be totally responsible for supervising themselves. Make no excuses, exercise and eat the right types of food daily.

I know, I know, it's not always that easy for people to take action and form solid nutritional programs. Many don't know what to do, and many others don't know how to properly manage themselves. This is when it can become a bit challenging for people and is precisely why there are licensed dietitians, health coaches, and certified personal trainers around to help. The right knowledge mixed with some motivational support can create real results. This is why I am so passionate about the MY MODEL BODY® program. I will be with you every step of the way. You need to read this packet to become self-motivated and educated on the fundamentals of exercise and nutrition. It will enable you to start the MY MODEL BODY® Exercise Game with confidence, and allow you to understand that we can all change our lives to achieve exactly what we wish.

I hope you have learned a few new things in regards to nutrition. I can't emphasize enough on how important clean eating habits are mixed with supplementation. More than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and a lack of physical exercise. So with that said, be conscious the next time you go shopping at the grocery store. Focus on the outside isles that have fresh meats, fruits, and vegetables. Avoid the center isles that are mostly full of processed foods and soft drinks. We really can alter our lives in a positive way if we choose to eat better. I can't stress enough on how important healthy eating habits are and how much I care about helping you live happier and longer. I'm hoping that this wellness packet along with the MY MODEL BODY® Exercise Game will be the turning point in your life to make it happen!

46-How much exercise does it take to lose fat weight?

It is a little complicated to explain how much exercise it takes in order to lose fat weight. This is due to the fact that not all calories are created equal. And of course, exercise alone is not the best way to lose weight. For example, a person needs to burn 3,500 calories to lose one pound of fat and since walking a single mile only burns around 100 calories, that individual would need to walk a full 35 miles to lose one pound of fat. Think about it, 35 miles to burn off one pound of fat. That's a lot of exercise to perform just to shed the weight from excessive eating. Another example relates to burning around 500 calories per hour in an average jog. It would take 7 hours of jogging to burn off that 3,500-calorie pound of fat. This is why daily exercise alone is clearly not the best way to lose fat weight.

Healthy eating habits and the proper supplementation need to go along with an exercise routine. Cutting a few calories will make the task of losing weight much easier. It is completely safe for a person to lose up to two pounds (7,000 calories) per week if he or she takes a 1,000 calorie deficit each day. This particular goal of losing two pounds a week can be achieved by having a person exercise off 500 calories a day and cutting back on 500 calories a day with good eating habits. One to two pounds of fat per week is a healthy amount to lose, which totals up to a maximum of eight pounds per month. Of course every person is different so the individual circumstances would depend solely on that person's height, weight, gender, build, health history, and track record to adhering to the game plan.

It's disheartening when I hear about so-called "miracle" weight loss pills that guarantee losing excess pounds fast. These methods are filled with caffeine and leave the consumer dehydrated by using diuretics to shed water weight. With that said, you shouldn't be looking for a quick fix to your unwanted fat. There are no shortcuts. Weight loss requires a lot of hard work, motivation, and strict discipline. No gimmicks, just healthy eating habits, supplementation, and a consistent exercise schedule. The MY MODEL BODY® Exercise Game is the real deal. It's a 20-week progression plan that will get you the results you not only desire, but also deserve.

47-What are some good thoughts for people to keep in mind as they prepare to begin a physical exercise program?

The first thought people should keep in mind as they prepare to begin a physical exercise program is to only think about changing what they can on their bodies and not worry about what they can't. There are too many people out there that are obsessed about the way they look. These individuals are making themselves crazy trying to alter or fix different parts of their bodies, which for the most part they have no control of. They must understand and accept that their genetics, age, gender, race, and hormones will always be factors to consider regarding their physiques.

The next good thought you should think about is organizing a game plan with short and long-term exercise goals. These goals must be SMART goals (Specific, Measurable, Attainable, Relevant, Time-bound) needing to come with deadline dates by which you must successfully accomplish them. You should consider your daily schedule, level of standards, and personal willpower before deciding on the exact deadline dates. You should then

start pursuing your set goals with an excellent attitude and high level of commitment. Remember, the most important and powerful muscle in your body is your brain. Your mind will lead the way to a well-rounded, healthy body transformation. Your optimistic outlook really will be crucial for when trying to stay upbeat and dedicated.

You should keep taking daily steps to ensure success. It is important to continue building on a previous day's exercise routine. This will allow your momentum process to become more and more powerful. These beginning stages are constructing a solid foundation of new habits that will last a lifetime. Good habits equal good results. Bad habits equal bad results. Determine the results you want and review your current habits to see if they are producing your desired results. This type of review process is why you must remain clear and focused when doing these steps.

In time, exercising will not even seem like a workout. The routine will become a positive habit that is fun to be involved with on a regular basis. Trust me when I tell you this. I have witnessed it many of times with my clients. They first come in a little nervous and apprehensive, but soon realize my non-intimidating approach to health and fitness is a blast. You will look forward to having me safely push you to the limits day in and day out. My personal training sessions and this exercise game will become yet another enjoyable part of living a healthy life.

It all starts with you, and having you believe in yourself. You must discover the power of your own thoughts and words. You must create endless possibilities. I don't think of my exercise program as hard work or potential pain. I have consciously made exercising a fun aspect of my life. I look forward to doing my daily routines. The results and rewards from my workouts speak for themselves. I am in great physical shape and have a fantastic outlook on life. My exercise schedule keeps my body and mind in great condition and I'm confident they will do the same for you.

48-What type of exercises should people perform?

People should perform muscular strength and cardiovascular endurance exercises. Stretching should be apart of workouts too. Warm up by performing dynamic stretching cardio drills. These moves establish safe, effective range of motion for preventing injury. Cool down, static stretching will help prevent muscle soreness and improve overall flexibility. The key

is for people to use perfect form while advancing their training. The exercise routine will become more effective and beneficial with time and dedication. With my 20-week progression plan, you will strengthen your bones, connective tissues, and muscles. Not to mention, your stretches will be held longer and farther. This will gradually come as you work your way toward longer durations and repetitions from your bodyweight training. You will begin having better overall health from a larger lung capacity and lower heart rate due to your cardiovascular endurance workouts. Even so, you don't need to separate strength training, stretching, and cardiovascular exercises. Try to blur the distinctions between them. Nature has no regard for this distinction. It also has no regard for excuses. You will soon see that bodyweight strength training, cardiovascular endurance training, and flexibility training from my exercise game are perfect to combine.

49-Why is the MY MODEL BODY® Game a great way to train?

The MY MODEL BODY® Game is a great way to train because the exercises and timing patterns make your body learn new movements and positions. The same old routine is your enemy. It's about tricking your body on a daily basis, never letting your muscles adapt to a certain schedule. It all comes down to muscle confusion and muscle infusion. It's exactly why you should switch off from walking, running, swimming, biking to bodyweight resistance training. That's what makes my program so unique and dynamic. The exercise game fulfills every component to fitness.

My system for training covers all aspects: Cardio - Core - Skills - Stretches. The diversity in movements is a total body workout. You will be able to feel a constant burn in your major and minor muscle groups. It will be the winning combination to your muscular strength, cardiovascular endurance, and flexibility training success. It will also prevent boredom and plateaus while continuing to improve your overall level of fitness.

50-What is the ultimate goal of the MY MODEL BODY® Game?

The ultimate goal of the MY MODEL BODY® Game is to be able to perform all 20 exercises from each category without a single recovery break. It is a very challenging task when you think about it: To take all 20 fitness cards and power through them without resting in between exercises. Wow, I get tired just thinking about it. But remember, the game is a 20-week progression plan, that's 5 full months to gradually build up your strength and

conditioning. I guarantee if you follow the exercise game week after week, you will get in the best shape of your life. You will find your best body!

The short-term goal is to practice and train in as many ways imaginable. It's essential to mix all the elements in as many combinations and timing patterns as possible when doing Quick Play. The focus is on high intensity, low duration workouts using the phosphagen and glycolytic pathways. That's some technical talk for wanting to burn fat, and not muscle fiber.

51-How long are the MY MODEL BODY® Exercise Game workouts?

I never put an exact time frame for how long an exercise routine should take. It is up to the individual to decide when he or she feels a sufficient workout has been completed. However, an hour is enough if the time is used wisely. I spend my 60 minute period flipping MY MODEL BODY® Exercise Game cards. I simply follow the weekly schedule that is already prior planned on the workout calendar. There is even an Advanced Option day where I mix decks and shuffle categories together, randomly selecting one card after another. And there are other days during the Progression Plan where I focus solely on one group of fitness cards such as STRETCHES. A weekly flexibility day is ideal for when I want to re-group and relax my body and mind. When it comes down to it, each group out of the four exercise categories is equally important, which is why I created a weekly schedule and workout calendar for you to follow. The different activities and time limits make exercising fun and exciting! They also get me ready for my two separate exercise tests. There is the weekly Cardiorespiratory Efficiency Test and the monthly Game Time Test. These two tests are an awesome way to keep my mind engaged while pushing my body to the limits.

52-Are the exercises in the MY MODEL BODY® Game intense?

This all depends on how hard you want to push yourself. For me, yes, the exercises in the MY MODEL BODY® Game are intense. Most of the workouts keep my heart rate elevated. There are even a few days during the week that are beyond challenging for me, but the results I achieve are worth it. Remember, the fitness cards are as easy or hard as you want them to be. They are based off time, so it's up to you to push as much as you want to complete the desired amount of repetitions. I love the variety in which the game provides, because let's face it, variety is your friend and routine is your enemy when it comes to a well-rounded exercise program.

An example of a Quick Play routine would be mixing muscular strength training with muscular endurance training cards like CORE – Scuba Diver with CORE – Piston Turn. This active recovery technique allows me to use my time resting one muscle group in my upper and lower abdominals while exercising another in my lower back and hamstrings, throughout the entire workout session. The balance gives the proper attention to high intensity / short duration exercises to keep my muscles burning and heart pounding.

53-What are the main advantages to strength and cardio workouts?

The main advantages are that muscular strength training workouts keep the metabolism high, prevent the loss of muscle, keep the muscles strong, and even help maintain good posture. Full bodyweight resistance training is a great way to burn fat and build muscle such as the SKILLS category of my game. Cardiovascular endurance workouts condition the heart, improve endurance, lower cholesterol, decrease appetite, increase stamina, and reduce blood pressure. I find the best time to exercise to burn fat and build muscle is in the morning hours. With eating a sensible breakfast, your body will have to rely mostly on its stored fat to produce the energy needed.

54-What is a well-rounded physical exercise schedule for people to follow if they want to lift weights?

A well-rounded physical exercise schedule consists of a three-day workout cycle. This particular type of program would be repeated twice a week, leaving the seventh day to rest and recover. It involves beginning on Monday and ending on Wednesday. The second time starts on Thursday and ends on Saturday. Sundays should always be the day people take off to relax. Your body needs the time off. The proper amount of rest and recovery is crucial since it's when the muscles repair, grow, and strengthen. This three-day schedule allows you to easily keep track of your proper workout days. It will also be a great exercise schedule to follow once in the maintenance stage. Just remember that I am telling you a workout program and schedule in general terms. I encourage people to see a family physician or certified personal trainer before beginning any type of exercise routine.

Muscles tend to build and get stronger (hypertrophy) on their off days from a scheduled routine, so it is extremely important for people to rest their body parts sufficiently. However, muscle fibers tend to shrink and get weaker (atrophy) 2 to 3 days after a scheduled workout routine, depending on the

intensity level. This is precisely why a three-day cycle is perfect when lifting weights. This kind of basic schedule will make sure participants are not lifting the same body part too often, or not often enough.

There are always exceptions to a basic, strength training workout schedule. A prime example is when you want to cross-train using the MY MODEL BODY® Exercise Game. I can't express enough on how fun it is using your own bodyweight. There are countless moves to do and would create a totally different exercise schedule, because you would be doing all your body parts simultaneously to achieve maximum muscle activation. The game is an awesome way to get in great shape. You will soon find out.

55-How often should a person see a personal trainer?

Most of my clients see me three days a week. My more advanced clients that are in better overall condition schedule four to five sessions with me per week. I recommend people to start out slow by scheduling three weekly training sessions. Three days a week in the beginning is perfect to allow their muscles and joints the proper amount of rest and recovery time. In the future, the amount of days per week will depend on their conditioning and the levels of intensity used during my 60 minute training sessions. The number of days will also be determined by how fast a person can recover from a particular exercise performed. Lower intensity exercises performed can warrant more sessions per week, since muscle and joint soreness may not be such a factor. Even so, the more in shape and conditioned a person is can also warrant more sessions per week due to their faster recovery times from higher intensities. In the end, it all comes down to each person's unique health status, intensity levels performed, and personal fitness goals.

56-How many days per week should people exercise to improve cardiorespiratory fitness and maintain healthy body fat?

People should exercise at least three days per week with no more than two days between sessions to improve both cardiorespiratory fitness and maintain body fat at near-optimum levels. The American College of Sports Medicine recommends the frequency to be three to five days per week for most aerobic programs. When a person starts an aerobic exercise program, exercising every other day for at least the first eight weeks is appropriate if obese. The ACSM also recommends that those with an average functional capacity should exercise at least three times per week on alternate days.

In general, people who are just beginning weightbearing exercises, should have at least 36 to 48 hours of rest between workouts to prevent overuse injuries and promote adequate bone, connective tissue and joint recovery. However, working out 5 to 6 days per week is great if people are sticking with a variety of aerobic and bodyweight exercises. The best advice I could give people is to simply listen to their bodies while using my fitness game.

57-What is the best way to burn fat quickly and effectively?

The best way to burn fat quickly and effectively is to exercise at higher intensities. For awesome results you should do both aerobic exercise and strength training. The highest calorie-burning activities involve the most intensity. Some of the best are swimming, biking, running, and other high intensity activities such as the MY MODEL BODY® Exercise Game. This is why I love competing in triathlons and training with my fitness cards. I am using all my major muscle groups with different functional movements, while keeping high intensities throughout each and every workout.

You will get maximum results and improve overall fitness when you do high intensity / short duration activities mixed with strength training and stretching. The well-rounded combination of activities will help you burn fat while gaining lean muscle. So remember, the best way to burn fat quickly and effectively is to train at high levels of intensity along with eating clean (healthy meals combined with proper supplementation). Don't buy into others telling you that low to moderate exercise is the best way to burn fat. The statement is indeed true to a point, but very misleading since fat percentages to carbohydrate percentages will change throughout your workout. It comes down to your total calories burned, and that's why higher intensity workouts are best when using effective time management skills.

While lower intensity workouts are great for building endurance (60-70% of max heart rate), they aren't always the best choice if your goal is to burn fat. Sure, the body does burn a higher percentage of calories from fat in the fat burning zone or at lower intensities in the short term of 30 minutes or so. However, at higher intensities (70-95% of your maximum heart rate), you burn a greater number of overall calories, especially after the 30-minute mark, which is what matters when it comes to losing weight. It all comes down to burning the most calories. This isn't to say that low intensity exercise doesn't have its place. It will just take you longer to burn the same amount of calories at a lower intensity level. In fact, lower intensity

endurance workouts should definitely be apart of a complete fitness program along with shorter, high intensity workouts to maintain a great fitness level. The change of pace and routine interval training are wonderful ways to burn calories and build endurance. I can't emphasize enough on how important it is to trick your body by doing new, creative exercises. Your mind and body will get tired of the same activity if you don't change it up. Not to mention, you will start to burn fewer calories because your body has adapted to the same movements. This is precisely why my exercise game is the key to success. I have incorporated eighty different functional movements.

58-What levels of intensity should people be exercising at to have the most success with getting into great shape?

Most people will need to reach intensity levels up to 85-95% to have the most success with getting into great shape. The ultimate goal is to be able to maintain those high percentage levels of intensity for an extended time. The formula is in black and white. The people who get in amazing shape are the exact same people who get in amazing condition. Makes sense right?

The American College of Sports Medicine recommends an intensity range of 60-95% of maximum heart rate or 50-85% of heart rate reserve, which represents the working heart range between rest and maximum heart rate within all activity occurs. The highest percentages mentioned are the goal for cardiorespiratory training benefits. The ACSM states that lower intensity training, such as 50-60% is advised for beginners wanting to train smarter, not harder in the lower cardiorespiratory fitness levels. (The body picks fat as fuel for the working muscles at this level.) Though exercise intensities as high as 75-85% of heart rate reserve may be more appropriate for those who are apparently healthy and in the higher fitness classifications. When it comes down to it, it's about looking for that balance between burning fat and fitness by going above your anaerobic threshold. For your convenience, there is a page titled INTENSITY LEVELS inside the Game Overview booklet that is dedicated to educating you on this important subject.

59-How does a person determine his or her HR workout percentage?

There are two common ways a person can determine his or her HR workout percentage. The first is the maximum heart rate method, minus your age by 220 and then multiple that number by the percentage desired. For example, if a guy is 45 years old, $(220 - 45 = 175)$. Then $175 \times .85 = 148$.

This 45-year-old man would reach 85% of his predicted maximum heart rate when his heart rate reached 148 beats per minute. Please use caution when doing this formula of “220 – age”. This method is based on a formula and not everyone fits into the average. It has a variability of plus or minus 10 to 12 beats per minute. In addition, women typically have a higher heart rate response than men to the same work output. Research has also shown that individuals older than 65 may have higher max heart rates than predicted.

The second way is the heart rate reserve method, known as the “Karvonen formula”. It is similar to the percentage of maximal heart rate method, except resting heart rate is factored in. For example, if that same 45 year old male has a resting heart rate of 70 beats per minute, the formula is as follows: 220 minus age, minus resting heart rate, times the desired intensity level of 85%, plus resting heart rate. This 45-year-old man would reach 85% of his predicted heart rate reserve when his heart rate reached 159 beats per minute, $(220 - 45 = 175 - 70 = 105)$. Then $105 \times .85 = 89 + 70 = 159$.

As you can see, this exercise heart rate reserve of 159 is 11 beats per minute higher than the straight percentage of maximum heart rate method of 148 illustrated previously. This is why it's so important to be careful when using either method to predict percentages of intensity levels rather than from an actual functional capacity test. Still, both methods are the most popular for determining exercise heart rate percentage levels.

60-How many major muscle groups can be effectively trained?

There are ten major muscle groups that can be effectively trained. These major groups consist of the chest, shoulders, triceps, back, biceps, glutes, quadriceps, hamstrings, calves, and abdominals. You can workout these muscles effectively and many other minor muscle groups when training with the MY MODEL BODY® Exercise Game. The repetitions completed and test scores will be significantly different depending on your capabilities.

Listen to your body. I can't emphasize it enough on how important it is to take it slow in the beginning. You should take each day separately and not get too far ahead of yourself. Let your body determine how your workouts are going, really listen and obey what your body is telling you. I believe if you take my advice, you will enjoy your time exercising with my fitness game. You will get a kick out of beating your previous test scores and love the results achieved from your hard work.

61-What is the MY MODEL BODY® program based on?

The MY MODEL BODY® program is based on knowing we all have different body image goals. The key is life is to be the best you possible, not comparing yourself with anyone or striving for a body that is not realistic. No intimidation, just a solid program that gets real results. Everyone is tired of hearing false statements regarding how fast you can get skinny and ripped. It's just not true. Besides, many people don't have those goals or aspirations. They simply want to be healthy and happy in their own skin.

I have seen practically every trend regarding fitness. After years of training so many different body types and personalities, I want people to get their best possible bodies, for them and only them. The goal is to change the way Americans think about exercise and nutrition. The mission is to positively affect the 230 million overweight and obese people in this country, giving them the opportunity to feel proud of their own model body. In the end, true beauty is in the health of our mind and body.

62-What is a model body?

I believe that we all have our own model body. It's a body that empowers us when we look and feel our best. Being the best version of ourselves will allow us to unlock our full potential and ultimately help us to succeed beyond what we thought was possible. The Game Overview booklet that is included provides everything you need in order to reach your personal goals. All 80 exercises are explained with multiple photos on four posters. There are even Demonstration Videos on my website www.mymodelbody.com in case you have questions on proper form or want clarity on other aspects of the program.

63-Are you the creator of the MY MODEL BODY® program?

Yes, I am the creator of the MY MODEL BODY® program. I have been a professional model and personal trainer for over 20 years. I've worked for the biggest apparel companies in the world and continue to be a certified fitness instructor and nutritional specialist. I use my years of experience to train men and women that want to look and feel their best. I give them the education along with the tools and techniques required to reach their individual goals. Achieving health and fitness success by guiding them to find their own model body. This is exactly why I am so excited for you to have started my exercise game. It's your turn to get the results you deserve.

I feel that I'm a very passionate guy. I want everyone to enjoy their time training with my exercise game. Which is why I created this inspiring, non-intimidating way to workout. My tag line speaks for its self: FIND IT. KEEP IT. LOVE IT. Take action and challenge yourself to look and feel healthy. Be happy with who you are, respect yourself, and be proud for maintaining your best body. To me, it's all about empowerment through confidence. The confidence gained embodies strength, both mental and physical, so get ready to embrace it.

64-Where did the concept for the MY MODEL BODY® Exercise Game originate from?

Wow, that is a great question. I spent years after college traveling the globe as an international model. I practically lived out of my suitcase flying from country to country for photo shoots and runway shows. However, with a lack of consistent resources to stay in shape, I started to notice my interest and motivation to workout fade. I would begin making excuses for not exercising due to my busy career, instead of just making it happen! That is when I decided to create my own fitness game. An exercise routine that allowed me to maintain my model body, no matter how demanding my work schedule became. It's a full body workout that is efficient and effective, which can be done anywhere at any time. Most importantly, it is a fun way to stay lean and toned due to the different functional movements incorporated with specific time limits.

The MY MODEL BODY® Exercise Game promotes positivity and celebrates diversity. It is the exact workout routine I perform weekly. It is also the exact protocol I teach in my group fitness classes, personal training sessions, and corporate wellness seminars. If you are interested in joining me, please go online to my official website www.jeffmonroe.com to learn more. Participants from all walks of life have improved their overall health, showing proof that this bodyweight routine works! The game is for a variety of ages and either gender. Any fitness level can play and advance with little to no risk of injury. The combination of exercises mixed with motivational messages will be sure to keep you entertained and inspired. And like I've already mentioned, the proven formula will help you get in the best shape of your life while using great time management skills. Best of all, you already have it. So now is the time to get through this tough WEEK ONE of the program to continue the momentum process.

65-What are MY MODEL BODY® exercises?

MY MODEL BODY® exercises are a variety of functional movements. There are 80 different exercises that have been turned into a fun and rewarding exercise game. The program consists of 3 inch by 4 ¼ inch cue cards with motivational messages. The game can be played individually or with others. It's a 20-week progression plan that will continue to challenge your conditioning and athletic ability no matter what your age, gender, height, weight, or physical capabilities may be.

The cue cards are broken up into four categories: cardio, core, skills, and stretches. There are 20 different exercises in each group ranging in time from 15, 30, 45, and 60 seconds. In total, 80 different exercises and motivational messages that will help advance your fitness level and keep you inspired. Aside from the four categories of exercise cards, the MY MODEL BODY® Exercise Game will provide you with a Game Overview booklet. This comprehensive booklet comes with step-by-step instructions and four posters demonstrating proper form. The booklet also includes two separate physical training tests. Both weekly and monthly tests will be sure to challenge your mind and body. There are many more pages inside the Game Overview booklet that will help educate you and allow you to keep track of your progress throughout the program. I'm excited just thinking about the results you will achieve from my program.

66-What makes the MY MODEL BODY® Exercise Game unique?

The MY MODEL BODY® Exercise Game is the first ever exercise game of its kind that allows participants to play and earn points based off their test performance. It's human nature to want to improve and compete, so you constantly want to do better every time you play. The goal is to earn more points to beat your previous high score. People love to see progress and want to achieve even greater success in the future. Participants become motivated and look forward to playing week after week to watch their grades improve. These unique factors are what separate this exercise game from anything else currently on the market.

CARDIO: Combining aerobic and anaerobic activities to push your body to the limit in a fun, safe, and effective way. These high intensity interval-training methods not only strengthen the heart, they will also burn maximum calories to reduce body fat for peak endurance and fitness performance.

CORE: Consisting of your upper and lower abdominal muscles, along with your side oblique, and lower back muscles. The core is where your power comes from, so it is important to keep all aspects strong with great mobility. This will lead to an increase in muscular strength and endurance due to overload.

SKILLS: Performing functional movements are vital for maintaining a healthy life, whether it is for a common daily activity or specific sport. The 10 general skills are cardiovascular endurance, stamina, strength, flexibility, speed, power, coordination, agility, balance, and accuracy.

STRETCHES: Incorporating a well-balanced flexibility program is essential. Each workout should have stretching elements included. The movements will help prepare gradual metabolic adaptation, decrease risk of injury, prevent muscle soreness, and increase range of motion.

67-Is the MY MODEL BODY® Exercise Game user friendly?

Yes, the MY MODEL BODY® Exercise Game is user friendly by taking all the guesswork out of exercise. Each card has a specific exercise to perform with a time limit, so the hard part of thinking what to do and for how long is already done for you. It's about using your own bodyweight to help build your muscular strength, cardiovascular endurance, and flexibility. There is absolutely nothing else you need to buy. No bulky exercise machines or expensive gadgets, just the game and a clock to keep time. For your convenience, I have developed the MY MODEL BODY® Timer application for Apple mobile devices which you can download for free at the App store. I even created the same timing application for Androids that can also be downloaded for free at Google Play.

I wanted to make this exercise game simple. I also wanted it to be affordable so that practically everyone could purchase and take part in staying mentally and physically fit. A beginner could start with shuffling **CARDIO** exercise cards, while an experienced athlete could flip multiple categories of game cards without taking rest breaks in between. There is no movement too hard or too easy, especially during the Advanced Option day when you combine categories together and don't know what to expect next. That's the beauty and simplicity of my game. Whether you are alone or in a large group, the cards will allow you, your friends, and family to have a new workout daily.

68-Where can the MY MODEL BODY® Exercise Game be played?

The MY MODEL BODY® Exercise Game can be played countless times, year after year, anywhere! The fitness cards give you the convenience to exercise practically anywhere at anytime. This type of flexibility will create a permanent lifestyle change, because there is no room for making excuses anymore. It's time to make the magic happen. You can have fun playing with your family at home, your classmates after school, your spouse on vacation, your training partner at a gym, your best friend at a park, or alone in a hotel room when traveling for work. Are you following me? No matter where you are or whom you are with, my exercise game will become a part of your life. Let me go one step further. I think the MY MODEL BODY® program will not only make positive change in your future, but will ultimately affect those around you. That's how much I believe in this game. The concept of "fitness made fun" becomes addicting for all that play.

69-What is the philosophy of the MY MODEL BODY® Exercise Game?

The philosophy of the MY MODEL BODY® Exercise Game is about tricking your body. When it comes to exercise, variety is your friend and routine is your enemy. The key is to use as many muscle fibers as possible, never letting your body get use to or adapt to any one type of movement or duration. The different physical positions and timing patterns will help keep your workouts fresh while giving you great health benefits. Cardiovascular endurance, strength training, and stretching exercises in a controlled environment will allow you to look and feel your best. And that is what it's all about, focusing on you to be the best you can be.

MY MODEL BODY® was created to inform people that this about the individual and not about comparing or being in competition with one another, just challenging yourself to look and feel your best. To me, looking sexy is simply about being secure and confident. Self-esteem embodies beautiful and speaks volumes, no matter what your genetics or background may be. So there is only one question: What is YOUR model body? If you know, it's time to get it back. If you don't know, my 20-week progression plan is going to help you FIND IT. KEEP IT. LOVE IT.

There is so much to gain from making the commitment to start my program. Lower heart rates, better endurance, less fat, improved flexibility, stronger tendons, and more defined muscles are a few of the benefits that come with this game. I have been on my exercise schedule for years now. The

different workout days and variety of exercises have been very successful for me. I continue to have fun and have an easy time managing my career. I am confident that you will also love it as long as you stay dedicated to the workout calendar and make the most out of each routine.

70-Is the MY MODEL BODY® Exercise Game safe to perform?

Yes, the MY MODEL BODY® Exercise Game is extremely safe to perform. It is also one that will ensure wonderful results. The game will even allow people a mixture of high impact, low impact, to no impact workouts. Just remember to always perform the exercises with perfect form. Nice and smooth throughout a full range of motion. There will always be modifications to the exercises, so please watch the Demonstration Videos on the MY MODEL BODY® website. As a matter of fact, I feel it's mandatory to watch every video to truly grasp what this game is all about.

You must be conscious of your body at all times to avoid injury. You should never continue to perform an exercise if you start experiencing light-headedness, dizziness, nausea or pain. Stop immediately and go seek medical attention if such symptoms continue for any extended period of time. Only start back up on the schedule and routines once a physician has given you a clean bill of health. I can't say it enough, safety first!

71-What is the best way to avoid injury when exercising?

The best way to avoid injury when exercising is to start out slowly. You need to let your major and minor muscle groups gradually develop and get in shape. Doing too much, too quickly is one of the fastest ways to end up off an exercise routine. By playing it smart and safe on my program, it's a great way to give sore muscles enough time to heal and become stronger.

With injury, you might have to implement the R.I.C.E. formula to help the recovery process take place. R.I.C.E. stands for Rest, Ice, Compression and Elevation. It is the most common and effective way to help heal most aching muscles, tendons, and ligaments. The body is like a machine, so it must be kept running smoothly. Never start back up on an exercise program until you feel 100% again, because the proper amount of rest and recovery is just as important as the time dedicated to training hard.

I want to make it perfectly clear that I am a certified personal trainer, and not a licensed doctor or dietitian. All my suggestions and recommendations throughout this packet are to be taken in general terms. I do not have the authority to give specific medical or nutritional advice of any kind. This relates to not only medical conditions, illness and injuries, but to alternative medicine including vitamins, remedies, supplements, and diet plans. People seeking such advice should first look for assistance from their physicians.

72-What are some beneficial ways to approach goal setting?

There are some really beneficial ways to approach goal setting. First, you need to get clear on exactly what your individual goals are. You also need to know precisely why you want to achieve them, because like I always say, clarity is the key when trying to fulfill any ambition. You even need to develop a game plan for the particular goals in mind, and place short and long-term deadlines to help accomplish the different phases.

I am laying the foundation down for you. Your thoughts are the driving force. You need to create empowering beliefs that will insure your success. You need to constantly focus on the rewards, not just the risks involved. You need to be informed with credible and reliable information. You need to take action by making educated decisions from the knowledge gained. You need to stay flexible in your thinking and actions, by being able to change if positive results are not being produced. And most importantly, you need to stay determined during this entire goal setting process.

In the end, perseverance and an optimistic attitude will allow yourself to continue trying new ways until you eventually produce the rewards desired. Trust me, you will accomplish your fitness goals if you continue to stay upbeat and believe in yourself. I know you will get there. And I also know the MY MODEL BODY® Exercise Game will get you there faster than anything else on the market. The 80 different exercises and motivational messages are just what you need to make it happen!

73-What is the best way for people to ruin their chances at achieving any of their fitness goals?

The best way for people to ruin their chances at achieving any of their fitness goals is to procrastinate. No doubt, procrastination is the silent killer and ultimate poison for goals. It will prevent you from accomplishing what

you want to do. The lack of positive action is never a good thing. The stress and anxiety that stems from procrastination can make any situation more challenging than it ever was in the beginning. Procrastination is actually the main reason why so many people don't achieve true success in regards to exercise and nutrition. It really is challenging for me to witness individuals who do not follow through with what they know they can do. The habit of putting a task off is an awful habit to continue. Everyone must be proactive and commit to making it happen sooner than later.

74-Can trying to get in shape be frustrating?

Yes, trying to get in shape can be frustrating. There are instances when a person feels like he or she is doing everything right, yet the desired results are not being achieved. This situation can occur many times throughout the weight loss process. However, frustration isn't necessarily a bad emotion. It is actually a good feeling to have at times. Think about it. When I feel frustrated it means that I know my goals can and will be accomplished, but it's just not happening in the time frame I initially set up. The deadline I originally agreed to has passed, which intensified the emotion, almost to the point of failure. Even so, I am only feeling the emotion of frustration and not disappointment. There is a big difference between the two emotions. Rather than quitting and giving up hope, my mind is telling me that I can still do it. I just need to give my goals more time and effort. Let's be real, there are always going to be temporary setbacks along the way, so realize that fact ahead of time to help minimize any negative emotions such as depression, disappointment, or guilt.

There are many different emotions that people will face when trying to get in shape. Frustration will simply be the one emotion that kicks in when you are not getting what you want, when you want it. My best advice is to not set a specific deadline that isn't realistically obtainable. You will be setting yourself up for undesirable outcomes. The right way to deal with frustration is to believe in yourself by having a positive attitude, patience, dedication, and a high level of self-determination. Just put your game face and tell yourself, "I can do this." And that's what this program is all about, physical and mental toughness. Simply put, my exercise game is helping to define what a "model body" really is. It's about guidance and encouragement to get your best body. A body that empowers you when looking and feeling unstoppable! Because when you feel physically strong, you are mentally strong as well.

75-What is the best advice you can give regarding a workout plan?

The best advice I can give regarding a workout plan is to have fun! Try utilizing all 10 general physical skills (cardiovascular endurance, stamina, strength, flexibility, speed, power, coordination, agility, balance, and accuracy). Learning to play a new sport is a good example. Sports and playing my exercise game with others are great ways for you to meet new people. The competition will help keep the excitement in your workouts.

You can never forget about the main reasons why you began training in the first place. While showing off your newly ripped stomach, back and arms isn't necessarily a bad reason, I sure hope there are many other quality explanations for wanting to get in great shape. Like living a long, healthy life or having the opportunity to try new things which require being physically fit. Exercising gives the freedom and flexibility to do many activities such as traveling the world, trying out different activities, starting new relationships, and retaking your independence. These types of experiences are wonderful realities about being in shape.

76-Do you know that many people could have saved money if they had just invested in the MY MODEL BODY® program before deciding to pay for all those diet pill gimmicks?

Yes, I do know that many people could have saved money if they had just invested in my program first. I don't believe in miracle weight loss pills, nor should anyone else. It's a multi-billion dollar business yet more and more people are becoming obese. So go figure?!?! The proof is in the pudding. There are no shortcuts. I believe in hard work to obtain real results, simple as that. Even so, nothing is a complete waste of time. We learn a lot from our negative experiences. The lessons learned will actually help us more in the long run by making us better, stronger, and wiser people.

It's now time for you to take any bad memory or situation and turn it into a positive experience by using all the knowledge and advice gained from this packet. Take what I have given and start investing in your future. You must begin applying the information to help turn your nutrition and exercise goals into reality. I know you can do it and I hope that I can be a part of it by being your MY MODEL BODY® Personal Trainer. Think of me when you read the motivational messages on the bottom of every fitness card. I'm always going to be with you in spirit while exercising. I wish you the best of luck and sincerely look forward to having you share your real results.

77-Who do you attribute your success to in the fitness field?

I attribute my success in the fitness field to my family and friends, as well as to the clients I have had throughout my career. I would not be where I am today without the love, support, and guidance from them all. Last but not least, I attribute a great deal of my success to myself. I was always able to keep a powerful belief, even when times were tough. Fully believing in myself no matter what types of situations were presented. Actually, those challenging times are what have made me stronger, wiser, and even more determined to succeed in life. Just like the famous quote states by J. Willard Marriott, “Good timber does not grow with ease; the stronger the wind, the stronger the trees.”

I am totally accountable for where I am these days. I’ve been able to pave my own path by being a leader and taking full responsibility for my actions. Never trying to make excuses or blame anyone for my temporary setbacks. I understand that there are no victims. We all seem to make many critical decisions that alter our futures and ultimately change our destinies forever! I feel very fortunate to have my beautiful wife and children on my team.

78-Do you have any final thoughts regarding this wellness packet?

Yes, of course I do. I can give you a hundred thoughts, a thousand thoughts. Ha, but let me end with a few. I’m sure you thought these questions and answers were merely going to be about health and fitness. However, now that you have finished reading this packet, I hope you are pleasantly surprised that it covered much more than just wellness. Many aspects can easily be translated to other fields of interest. I hope it has allowed you to learn about the fitness industry while being enlightened on other relevant topics, such as what success is and what it takes to truly achieve it.

The make or break steps, from initially writing your dreams down on paper, to making a detailed game plan with deadlines, to visualizing your ambitions coming true, to being flexible in your approach by having the willingness to try new things, to staying optimistic and motivated while turning goals into reality, and to living life with passion every step of the way. They are all important ingredients when creating the formula for achieving success. The great thing about these steps is that the exact same actions can be applied to anything else in life. I want you to really take that in. The same actions can be applied to anything, not just health and fitness. You now have the formula for success, so go out and make the most of every opportunity.

79-Do you always try to be this educational and motivational?

Funny! I certainly try my hardest to always educate and motivate people. Which is why this packet is much more than simply a guide on wellness. It is a roadmap on life and transcends to how I feel we should live our lives in order to create awesome outcomes. None of the success factors I previously mentioned are a secret. Everything I have stated, regarding the proper step-by-step actions to take has been said many times before, yet ironically very few of the steps are actually followed on a consistent basis. Heck, I'd be curious to know how many people have been able to stay committed and read this entire packet. Only those who have will gain success in fitness.

Remember that there are no shortcuts. It's about hard work and dedication. The people who are not reading this right now already quit on themselves. They just didn't have what it takes. Please take this wellness packet to heart. I want you to follow through with your well-being aspirations. The right actions will help you achieve new highs. Limitless opportunities! This is why I believe the key in life is to let nothing stop you and nothing will, because failure is not an option and success is not an accident.

80-Why do so many individuals never fulfill their fitness dreams?

I can only blame procrastination for why so many individuals never fulfill their fitness dreams. It is the number one reason why dreams stay dreams, and never develop into obtainable workout goals. The lack of positive action is the tasteless poison that prevents you from accomplishing your deepest desires in life. You don't even know it's happening to you. I even use the analogy that procrastination is that invisible force field that stops you from doing what you want to do in life. This is why you must take immediate action if you want to experience success in health and fitness. Please be proactive by adhering to this 20-week progression plan. The commitment shown will help produce the types of rewards you deserve.

As you can tell, I am your biggest cheerleader. I sincerely want you to create outstanding outcomes. To have everything you want and deserve out of life. But obviously I can't be right next to you every second of the day, so you must be the one to get confident and take charge. You are the one that needs to push yourself to the limit when trying to make things happen. You are the one that needs to pick yourself up when encountering temporary setbacks. You are the one that needs to congratulate yourself when achieving extraordinary results. You, you, you. It's all about you!

Just to be perfectly clear, I'm not saying you can't have help and support, because I will be with you every step of the way as your friend and MY MODEL BODY® coach. But what I am saying is that if you don't do it yourself; it's never going to happen. And if you are not 100% comfortable with what I just said, it's time to change your thinking. Because when you change your thinking, you will change your life. "Whatever you believe, you will achieve." Your mind is in full control. Your thoughts really do become your reality.

There is no question that you need to commit yourself to excellence. You can't afford to let anything come in the way of getting what you want out of life. This is precisely why your drive, desire, dedication, determination, and discipline are vitally important and will be major factors in your ability to achieve true success. Good luck in accomplishing your health and fitness goals and thank you very much for sharing your time with me. What a wonderful journey it has been. I'm excited for the opportunity to train you using the MY MODEL BODY® Exercise Game.

Great job, you did it!

Sincerely, Jeff ☺

“People don’t care how much you know about health and fitness, until they know how much you care about health and fitness.” --- Jeff Monroe

JEFF MONROE
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MY MODEL BODY® CONCLUSION

First thing first, I want to congratulate you on reading the MY MODEL BODY® Wellness Packet. You have just finished taking a major step in turning your fitness goals into reality. As you now know, this packet has helped you learn how to properly start, develop, as well as advance your life within the health and fitness field. You have a huge nutrition and exercise advantage over others that have not yet purchased the program. You should be proud of yourself for taking this step toward making your body image dreams come true. (I'm going to scream with joy right now!) ☺

You have made a key investment for enhancing your current situation in the pursuit of becoming healthier. This is why I am so pleased with you. It shows me that you have discovered the power of your own thoughts and words. You have made the commitment to making positive change. You believe in yourself and are not afraid to try something new in your quest to get in great shape. That kind of willingness and confidence in your thinking is awesome. You have given yourself an endless amount of possibilities. (I'm going to scream with joy again right now!) ☺

However, what you choose to do or not do with this newly gained knowledge is entirely up to you. Learning how to take care of your body and mind is only one part, doing something with what you now know is the next step. This is the most challenging part of working out and is where many fall short, because a lot of people do not follow through with their fitness goals. The reality is that the best nutrition and exercise information in the world is not that powerful, it's only potential power. The real power comes from deciding to "exercise" what you have learned by taking the proper actions. (Let's scream with joy together right now!) ☺

In all seriousness, this newly gained education truly is useless if you don't apply the information effectively. The greatest knowledge and advice in the universe won't help if you don't apply it. Just like we all know and understand that obesity can become deadly over time, yet there continues to be millions of people that choose to eat / drink poorly and live a sedentary lifestyle. They possess the factual information, but do not take the proper actions to make positive change. This example clearly shows that the best knowledge, information and advice means nothing if not applied effectively.

This is why I strongly believe you must take all the tools and techniques recently acquired from the Wellness Packet and immediately do something productive. I suggest you start by filling out the HOMEWORK page I have enclosed for you. Make sure to answer each of the four questions in detail, because magical things really do happen when you write them down on paper. The simple action will help you get the ball rolling. It's then important to keep the momentum process going by taking more actions toward pursuing the health and fitness goals you want to accomplish. Make progress by utilizing the strategy of taking baby steps. Do something every day to move closer toward your body image ambitions. I have no doubt that the positive daily actions will turn into a snowball of success.

“Vision without action is a daydream. Action without vision is a nightmare.”
-Japanese Proverb

Did you get it? Don't just read the quote once, please read it ten times over to truly understand it. You will then grasp it big time. The simplicity of this quote is what makes the words so meaningful and powerful. I have many more famous quotes for you to view on the MY MODEL BODY® website under: Downloads.

Once again, thank you very much for your time and patience as you read through all the nutrition and exercise information I have given. I know there was a lot of material, but you did it. You have already started paving your own path toward health and fitness success. The decisions you now make in the coming days will ultimately determine your health and fitness destiny. This is when your future gets exciting because your opportunities will become unlimited if you show great perseverance and faith by believing in yourself. So please, make the most out of this new relationship with the MY MODEL BODY® Exercise Game. I can't wait to see your real results!

JEFF MONROE
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MY MODEL BODY® HOMEWORK

1-What is the specific fitness **goal** you now want to achieve after reading Jeff Monroe's MY MODEL BODY® Wellness Packet?

2-What are the reasons why you want to make this fitness **goal** a reality?

3-What actions must you take immediately in order to create the momentum necessary for accomplishing this fitness **goal**?

4-What is the deadline by which you must achieve this fitness **goal**?

It is a good idea to place this homework page in your bedroom. Look at it several times a day and visualize your specific fitness goal turn into reality.

Fitness Success

Results. . . . Rewards

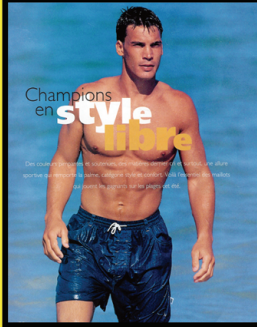
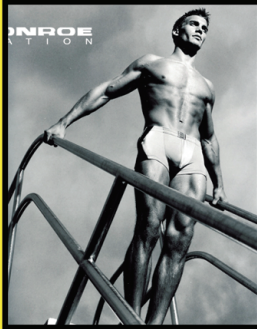
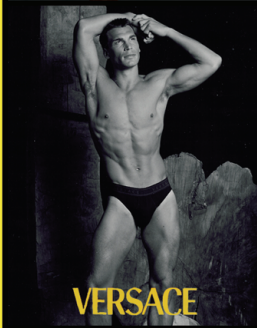
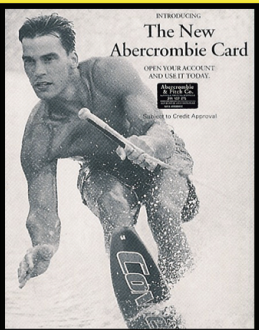
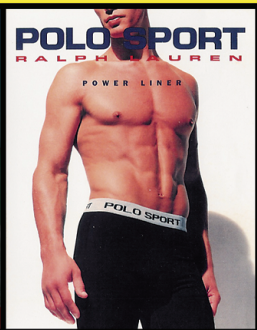
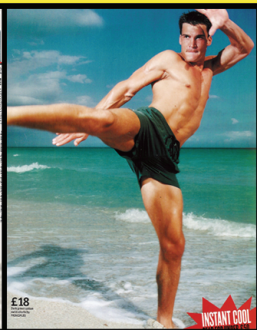
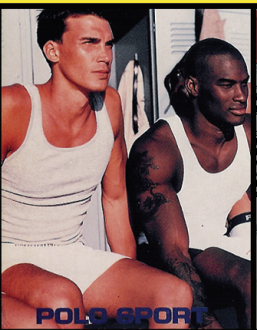
Results. . . . Rewards. . . . Results. . . . Rewards

Results. . . . Rewards. . . . Results. . . . Rewards. . . . Results. . . . Rewards


- * In order to have great results, you need a strategic game plan.
- * In order to accomplish your goals, you need to take the proper actions.
- * In order to obtain and enjoy future success, you need to continue building on your past achievements.
- * In order to live up to your full potential, you need to constantly challenge yourself.

Make it happen, start producing the fitness rewards you desire today!

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"People who say it cannot be done should not interrupt those who are doing it."



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