

# **No EXCUSES!**

## ***Workout & Eating Plan***



# IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document. There are a couple of forms that you will need to print out in order to complete, these are noted on the page.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Read the text of the workbook.

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## CREDITS

Written by John Abdo in cooperation with Nightingale-Conant.

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Body fat percentages charts provided by Jack H. Wilmore.

Excerpts from this book have been taken from *Make Your Body a Fat-Burning Machine*, by John Abdo/  
St. Martin’s Press.

Photography by Jim Amentler.

## Disclaimer

Before attempting any exercise or nutrition plan contained herein, please check with a licensed medical authority.

## Conclusion

We’d love to hear from you. Please submit all testimonials and inquires to Nightingale-Conant, 1400 S. Wolf Rd.,  
Bldg. 300, Ste. 103 • Wheeling, IL 60090. Or visit our web site at [www.nightingale.com](http://www.nightingale.com)

# A WELCOME LETTER FROM JOHN ABDO

## Welcome to my Doer team:

Your decision to make yourself a better person inspires me greatly, and I'm certain that with the dramatic improvements you will be obtaining from this program, you'll inspire yourself and others as well. Exercising and eating properly enables your body to live a vital, productive life. Amazingly, dedicating yourself to a few minutes each day will help you become stronger and more energetic. You will have more endurance and shed excess fat easier than ever before. You will become healthier and younger looking. And, on the vain side — or on the outside — you'll look terrific!

I find it amazing that someone like myself (considered average at best at one stage of my life), with determination, faith in God and focus, was able to transform in the way I have. I had my own desperate needs to overcome. I was fifty pounds overweight, had chronic fatigue, was depressed, needed to recover from a lumbar fracture in my back, and struggled for years trying to generate a profit from my business.

But what's so remarkable is that I was able to turn my adversity into victory. I refused to live my life as a failure. And I have to tell you that if I can do it, anybody can. I am so confident that my program will not only work, it will last! My **No Excuses! Workout & Eating Plan** will help you make internal changes that will dramatically improve the inner functions of your body. So when you become healthier on the inside, you automatically look better on the outside.

This is the time of your life that you truly deserve to be at your best. It doesn't matter what your current condition is, or how much neglect you've succumbed to over the years. I was "there" — out of shape and unhealthy. But so were millions of others who have taken the Doer challenge and are now reporting mind-boggling testimonials. It gives me goose bumps every time I hear about their successes.

Until now, many of you have become frustrated in your efforts to lose fat, get healthy, and gain energy. The programs you may have tried in the past disappointed you because they failed to address your health. But now I have provided you with the proper tools and cutting-edge information. Plus, just by the fact that you're reading this indicates you have the desire.

Take this program seriously, but have fun. Understand that each and every day the internal functions of your body will be improving. It is not possible for exercise and nutrition to fail. The only way these two can fail is when people fail them. But you're a Doer, and failure no longer exists in your mindset. You will wipe the slate clean and remove all preconceived notions. You will start this program with eagerness and trust. And day by day, you will improve!

Most importantly, you will start to realize that the results from this program will not be confined to just your body. Every aspect of your life can improve with better health, energy, and more self-confidence. And let us here at Nightingale-Conant hear from you. Please don't keep your results to yourself. Fill us in on your progress, as your testimonial will help convince others who might be living low, or not living at all.

I believe that heroes are people who help those in need. So be a hero to yourself then reach to those who need what you're accomplishing. I have found that giving is greater than receiving, but you must have something to give, so become the best you can be!

I'm eager to have this opportunity to assist you in your life-enhancement process. Let's get going!



John Abdo

## INTRODUCTION

Welcome to *John Abdo's Vital Living From the Inside-Out!* This is an exciting, fun, and easy personal health and fitness development program. John Abdo has created this revolutionary **Workout & Eating Plan** to provide you with simple, short, and effective exercise and nutritional regimens that will aid you in creating the kind of body, mind, and spirit that you want.

In this booklet, John gives you countless tools for improving your well-being. Focusing on three areas of health: fitness, flexibility and nutrition, John provides you with insightful information and an exercise regimen that could dramatically change the way you look and feel. John provides you with a breakdown of his powerful new exercise program, the **No Excuses! Workout**, along with a description of highly effective Muscle and Joint Flexibility Exercises, and valuable information on Nutrition for lean and healthy living. Use this booklet in conjunction with your **Self-Assessment Manual** to create the program that feels right for you.

It is important that you begin this journey with a sense of self-value and respect. Treat yourself with dignity and compassion as you begin to make these transformations in your life. If you struggle at times, don't be discouraged. Simply make note of your actions, or inactions, and move on. As you begin to integrate this total fitness program into your daily lifestyle, you will find yourself "wanting" to make the necessary changes in your life. What can often start out as "should" actions can eventually turn into deep desires as you grow to care for yourself in the best way possible.

To achieve the maximum benefits from this booklet, review the exercises and strategies enclosed on a regular basis, and when possible, keep a log of your actions, feelings, and discoveries. Listen to the audio sessions several times, allowing them to sink into your subconscious. You will find that you make more and more discoveries each time that you listen.

In order to gain the full benefits that this valuable program has to offer, take time out each day to nurture yourself. Do some exercising, stretching, visualizing or meditating, *acting* upon the invaluable insights and strategies that John has provided for you. **Become a "DOER"** in your life and you may discover greater joy and peace of mind than you ever could have imagined.

John suggests that the ideal workout scenario is a combination of aerobic and anaerobic activity. His **No Excuses! Workout Program** very effectively combines these two types of activity, and can be done at your home, or in the office. In fact, these exercises can be done just about anywhere and at any time. This is why John has titled it **No Excuses!**

# JOHN ABDO'S "NO EXCUSES" WORKOUT

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## THE SEVEN MINUTE ROUTINE

*(please refer to the instructional video)*

### Features and Benefits

- No equipment necessary
- Perform anytime/anywhere
- Total body conditioning
- Aerobic: cardiovascular and respiratory stimulator
- Anaerobic: muscle strengthening and body shaping
- Metabolic stimulator and fat reducer
- Nervous system strengthener
- Flexibility improvement
- Coordination enhancement
- Muscular endurance
- Increased mental clarity

### Rules

- Do not eat one hour before workout
- Eat a healthy meal immediately after the session; within 30-60 minutes
- Workout sessions should not exceed 30-45 minutes

# EXERCISE DESCRIPTIONS AND TECHNICAL INSTRUCTIONS

**1. March:** Stand up with your fists clenched and arms bent at the elbows. Begin to simultaneously pump your arms and pump your legs. Imagine you're in an airport and missing a flight. Or maybe at a parade and maintaining the cadence of the marching band. Have fun. March as fast as you can. Pump your arms and legs as fast and as high as you can.



**2. Pushup:** Lie face down and place your hands just outside your chest. Push your body upwards until your arms become straight at the elbows. (Keep your knees on the ground if you cannot conduct a pushup as shown in the photo.)



**3. Squat:** Obtain a shoulder's width foot stance. Maintain an upright back then bend your knees and squat until your thighs become parallel with the floor. Never fall into a squat, and stay close to a chair or table to hold your balance if necessary.



**4. Shadow Box:** Okay, you're not in a street fight, just having fun with cardio-boxing. Pretend that you're punching your way to fitness, right-left-right-left. Rotate your waistline and torso slightly as you pivot while punching. Do not over-reach your arms or snap your elbows, simply punch in alternate fashion.



**5. V-Sits:** Sit at the edge of a chair or bench. Lean rearward, then hold yourself on each side to support your upper body and torso. Slowly lift both knees upward as high as you can, squeezing your abdominals and hips muscles. Slowly return your feet to the floor then repeat.



**6. Leg Raise [Front/Back; Right Leg]:** Stand upright and hold onto a broomstick or chair for balance. Keep your left leg firm and straight, then slowly lift your right foot upward, keeping your right knee rigid. Lift your right foot as high in front of your body as possible, then slowly pivot it behind your body to be lifted backward as well. Swing your leg in a forward/rearward pendulum motion slowly and with control. Switch to your left leg after 30 seconds.



**7. Leg Raise [Front/Back; Left Leg]:** [Same as above, however the left leg is now in use.]





**8. Calf Raise:** Stand upright and hold onto a broomstick or chair for balance. Obtain a shoulder's width foot stance with knees rigid. Simultaneously push the toes of both feet into the floor so your heels rise as high as they can. Pump upward and downward, bending only at your ankles as fast as you feel capable for 30 seconds.



**9. Jumping Jacks:** Everybody has done this movement back in high school P.E. class, but many of us have forgotten them. Conduct short upward jumps while spreading your legs to each side, all while trying to clap your hands over head. Strive to get into a tempo, jumping and pumping away for 30 seconds.



**10. Crunch:** Lay face up with knees bent and both feet flat. Place your hands onto your abdominal muscles, then lift your head and chest upward just a few inches, feeling your abdominal muscles tightening before returning your back to the floor. Continue this until all 30 seconds have expired.



**11. Swim Strokes [Front/Back]:** You're swimming in a race; maybe it's the Olympics. Swim the frontstroke, swim the backstroke. Rotate your arms in wide circles, slightly pivoting your waistline and torso just like you're in the pool and need to swim faster. Swim forward for 15 seconds, then swim backward for another 15 seconds. Always reach as far as you can.



**12. Leg Kicks:** Sit at the edge of a chair or bench. Lean rearward, then hold yourself on each side to support your upper body and torso. Pretend you have a loose pair of shoes on your feet and you simply want to flick them off each foot. Lift your right knee upward, then follow with your right foot and try to kick off your shoe. Return your right foot to the floor and follow with the same action with your left leg/foot. Never snap your legs or knees; extend your feet with control.



**13. Toe Touch/Overhead Reach:** Either standing or sitting, lean forward to reach your fingers toward the floor. Maintain your balance by keeping your feet flat and being conscious of your body position at all times. Return upward after your downward reach while surpassing the starting (standing) position, then reaching upward as high as you can, even raising on your toes if you are standing, to gain as much height as possible.



**14. Crossover Toe Touch:** Stand upright with a wide foot stance and arms spread wide open to each side. Lean forward, twisting your upper body toward your right side and bringing your left hand toward your right knee or right foot. Slowly return upward to your standing position then repeat to the other side of your body so your right hand is lowered toward your left knee or foot.



## ROUTINE SCHEMATIC

Time	Exercises
0:00 – 0:30	March
0:30 – 1:00	Pushup
1:00 – 1:30	Squat
1:30 – 2:00	Shadow Box
2:00 – 2:30	V-Sits
2:30 – 3:00	Leg Raise [Front/Back; Right Leg]
3:00 – 3:30	Leg Raise [Front/Back; Left Leg]
3:30 – 4:00	Calf Raise
4:00 – 4:30	Jumping Jacks
4:30 – 5:00	Crunch
5:00 – 5:30	Swim Strokes [Front/Back]
5:30 – 6:00	Leg Kicks
6:00 – 6:30	Toe Touch/Overhead Reach [Standing or Sitting]
6:30 – 7:00	Crossover Toe Touch
7:00 – 9:00	Rest Period; May Repeat Circuit

## APPLICATION

- Please refer to the videotape for complete instructions.
  - Perform each movement for 30 seconds, then move to the next exercise in a circuit-like fashion. If you cannot make 30 seconds for any exercise, perform as many repetitions as you can within the 30 seconds.
  - Once a full circuit is completed, take a 1-2 minute rest and repeat another circuit if you can.
  - Read the *I'm a Doer Oath for Health* before every workout. (Please refer to inside back cover of the **Self-Assessment Manual**.)
  - Recite affirmations during your sessions; think and say great things about your body.
  - Breathe normally.
  - Drink plenty of water.
  - Listen to music that makes you feel energetic.
  - Don't listen to the news or watch TV.
  - Feel your body, touch it everywhere, and look at it while you're exercising.
  - Perform the Muscle and Joint Flexibility exercises before and after each workout as well as on your off exercise days.
- Beginners                      1 Circuit = 7 Minutes
  - Intermediate                 2 Circuits = 14 Minutes; with one 2 minute break
  - Advanced                      3 Circuits = 21 Minutes; with two 2 minute breaks

## FREQUENCY

- Beginners                      Every other day, or 3-4 times weekly
- Intermediate                 Every other day, or 3-4 times weekly
- Advanced                      Two days in a row and one day off in succession

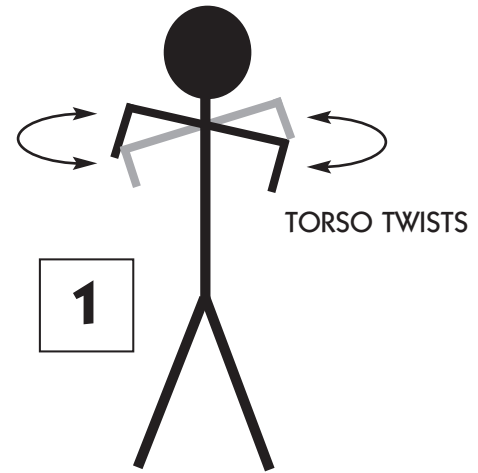
# MUSCLE AND JOINT FLEXIBILITY EXERCISES

## NAMES AND DESCRIPTIONS

Name	Muscles Effected
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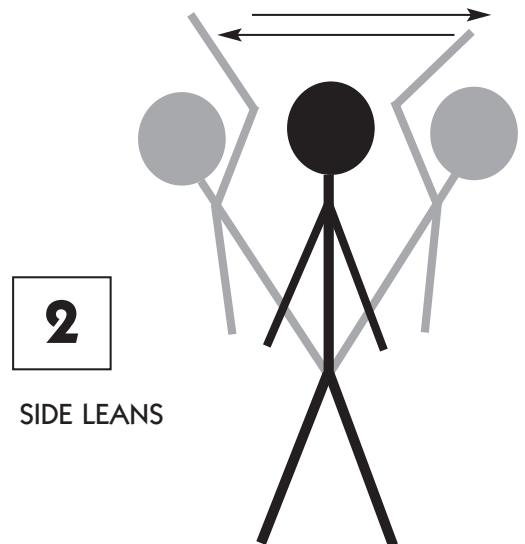
### 1. Torso Twists: Back, Waistline, Hips

**Description:** While standing upright with feet at a shoulder width stance, keep your chest up so your back (spine) obtains a vertical upright position. Lift your arms so they become parallel with the floor and bent at the elbows. Slowly start to rotate to each side until you feel a stretch in your waistline and lower back, then slowly rotate your upper body in a circular fashion to the opposite side. Repeat these torso or body twists 10-20 times. (Perform slow and controlled.)



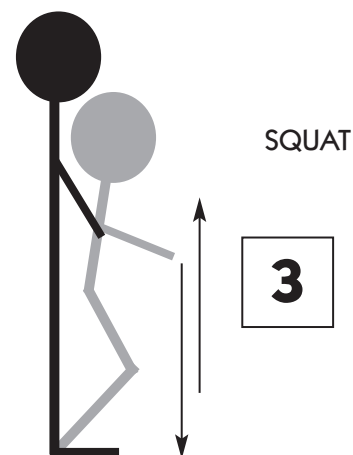
### 2. Side Leans: Back, Obliques, Abdominals, Shoulders, Hips

**Description:** While standing upright with feet at a shoulder's width stance, lift one arm up overhead while keeping the other arm by your side. Lean to the side of the lowered arm to feel a stretching effect, but make sure both feet stay in contact with the floor. After leaning and holding for about 2-3 seconds, slowly reverse to the other side. Repeat this to both sides 3-5 times.



### 3. Squat: Thighs, Hips, Hamstrings, Buttocks, Calves, Knees

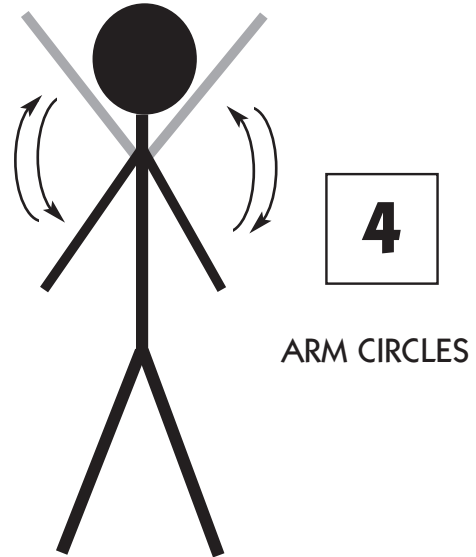
**Description:** While standing upright with feet at shoulder width or slightly wider, grasp onto a firm object. Slowly squat to lower your hips, trying to keep your feet flat onto the ground. Then return upward in a slow but controlled fashion. Repeat 3-5 times. (Do not bounce or fall into the squat.)



Name	Muscles Effected
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**4. Arm Circles: Shoulders, Chest, Back, Arms**

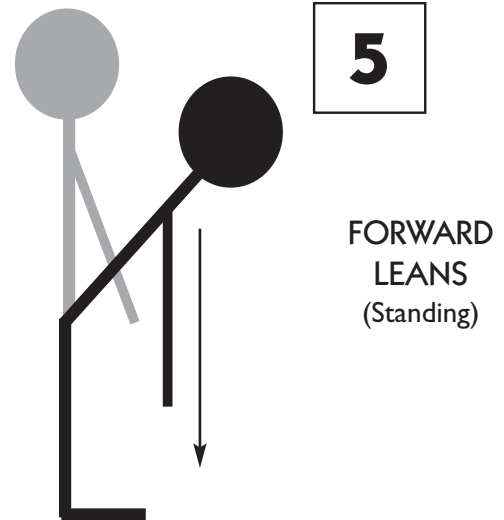
**Description:** While standing, lock the elbows of both arms then slowly start to rotate your arms to make circles with them. Perform 5-10 repetitions with the arms in one direction, then 5-10 repetitions reversing the circles. Perform slow and with control.



**5. Forward Leans**

**[Standing]: Mid-to-Low Back, Hamstrings, Buttocks, Back of Knees, Calves**

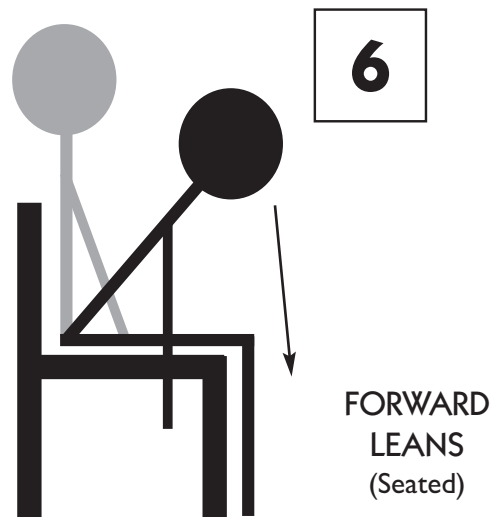
**Description:** While standing upright with feet at a shoulder's width stance, hang your arms in front of your body, then slowly lean forward reaching down with your hands. Lean as far forward as your back muscles will permit. Hold that position for 3-5 seconds before slowly returning to a standing position. Repeat 2-3 times. (Do not bounce.)



**6. Forward Leans**

**[Seated]: Mid-to-Low Back, Buttocks, Hamstrings**

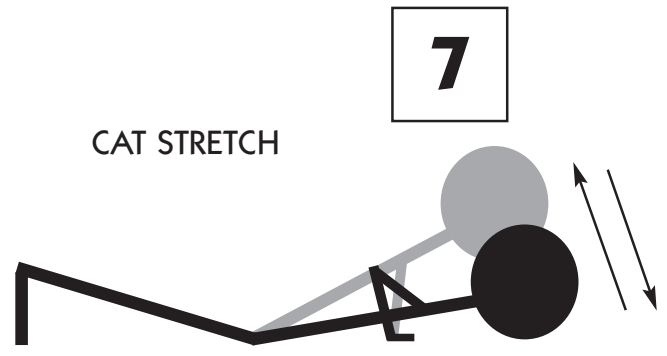
**Description:** While seated upright, place your feet flat on the floor at a shoulder's width stance. Lower your chest toward your knees while reaching with your hands toward the floor. Lean as far forward as your back muscles will permit, then hold that position for 3-5 seconds before slowly returning to your upright position. Repeat 2-3 times. (Do not bounce.)



Name	Muscles Effected
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**7. Cat Stretch:** **Abdominals, Back, Shoulders, Arms**

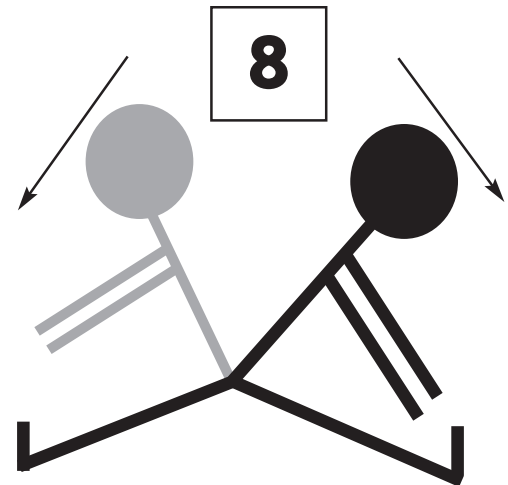
**Description:** While lying on your stomach, place the palms of both hands firmly unto the floor just to the outside of your chest. Keeping your hips and thighs pressed against the floor, push yourself upward using your chest and shoulder muscles to arch your back rearward. Push your chest and back as high as you feel comfortable, then hold for 2-3 seconds before returning to the floor. Repeat this slowly 2-3 more times.



CAT STRETCH

**8. Pendulum:** **Obliques, Back, Abdominals, Buttocks, Hips, Hamstrings, Groin, Calves, Ankles**

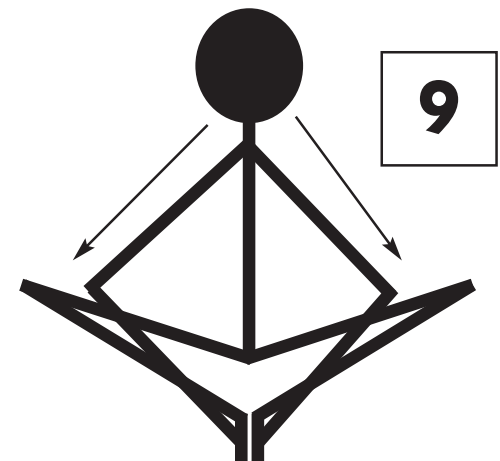
**Description:** While seated on the floor, spread your feet as far apart as you feel comfortable. Lean your torso toward one foot trying to touch the toes of that foot with both hands. Hold this position for 2-5 seconds, then rotate to the other side and try to touch the toes of the opposite foot. Repeat each side 2-3 times slowly with no bouncing.



PENDULUM

**9. Groin Stretch:** **Groin, Hips, Inner Thighs, Knees, Ankles**

**Description:** While seated on the floor, place the bottoms of your feet together, then pull your heels close to your groin. Holding onto your ankles, try to push your knees downward by using your elbows to feel a stretching sensation in the groin and thighs. Push down slowly and hold for 3-5 seconds, then let your knees up. Rest for 3-5 seconds and repeat 2-3 times.

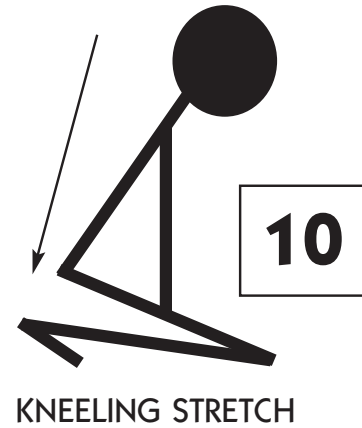


GROIN STRETCH

Name	Muscles Effected
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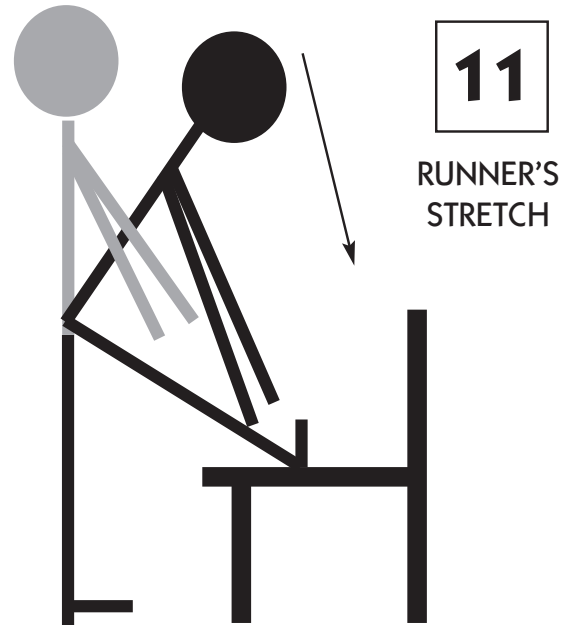
**10. Kneeling Stretch:** **Thighs, Quadriceps, Knees, Ankles**

**Description:** Place a soft mat or pillow onto the floor and kneel on it. By supporting your upper body from descending, slowly sit back onto your calves until you feel a stretching sensation in either the thighs, ankles and/or knees. Hold this position for 2-3 seconds, then push yourself upward. Rest for 2-3 seconds and repeat 2-3 times. Perform slowly with no bouncing.



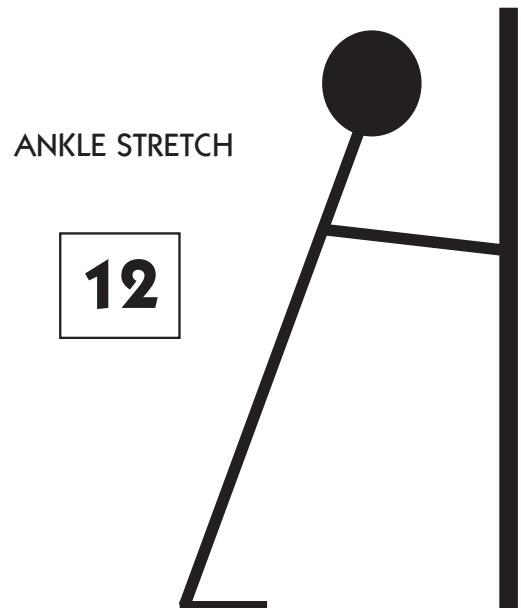
**11. Runner's Stretch:** **Hamstrings, Buttocks, Calves, Knees**

**Description:** While standing upright, place one foot onto an object about 1-2 feet off the ground. Slowly lean into that foot and hold your deepest, comfortable position for 3-5 seconds, then slowly return to your starting position. Switch legs and proceed in the same fashion. Do each leg 2-3 times.



**12. Ankle Stretch:** **Calves, Achilles Tendons, Knees**

**Description:** While standing upright, face a wall approximately 3 feet away. Put both hands firmly onto the wall then lean into it keeping your feet flat onto the floor. You will feel a stretching sensation in your ankles and calves. Hold your deepest comfortable position for 3-5 seconds then return to your upright standing position. Rest for 2-3 seconds and repeat 2-5 times.





# AEROBIC AND ANAEROBIC FUEL CONSUMPTION

## Aerobic Exercise Fuel Consumption

Blood Sugar	Fat	Fat
Workout Period [30-60 Minutes/Typical]		Post-Workout Period [2-12 Hours/Typical]

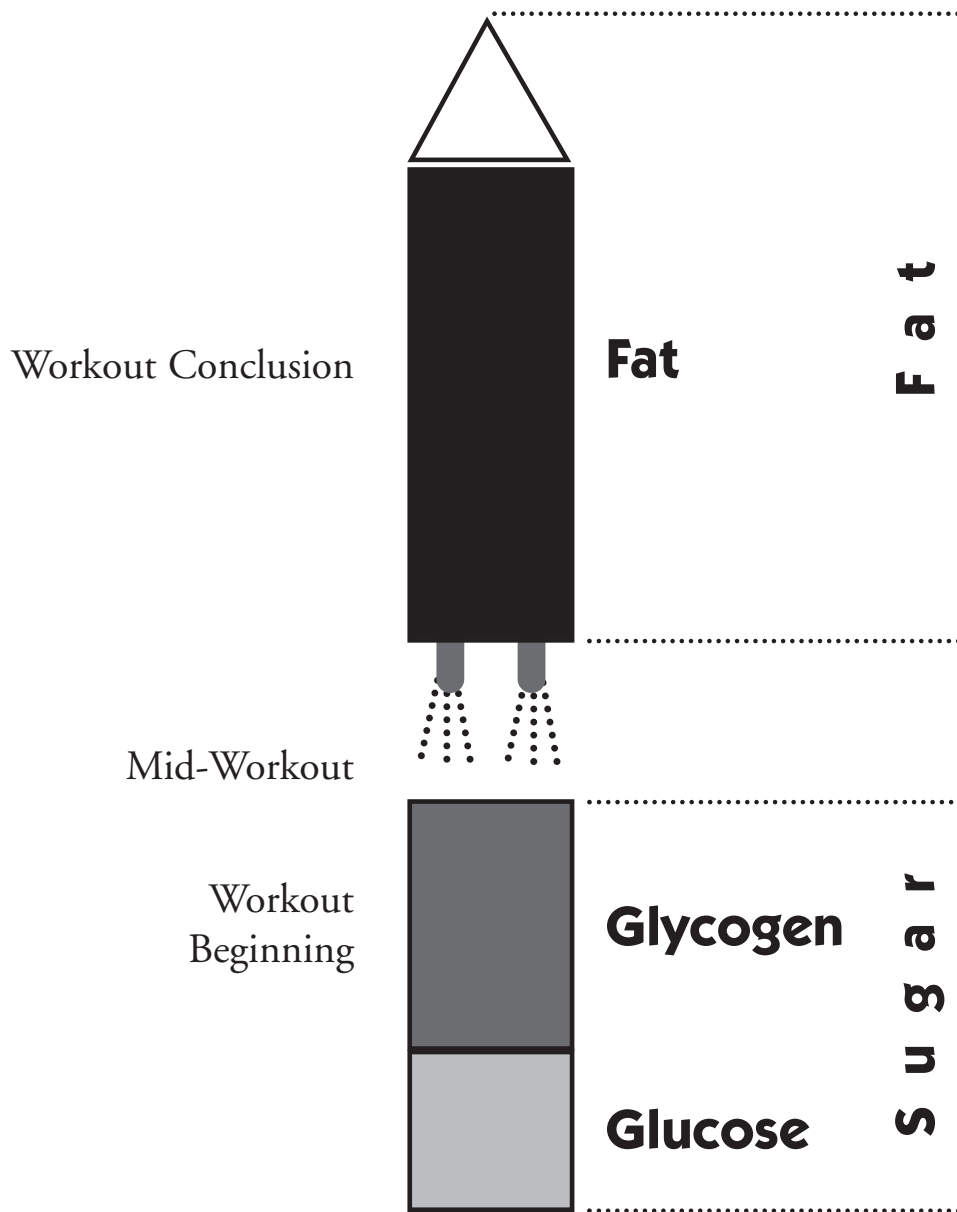
## Anaerobic Exercise Fuel Consumption

Blood Sugar	Fat	Fat
Workout Period [20-45 Minutes/Typical]		Post-Workout Period [1-2 Days/ Typical]

**AEROBIC:** During the first 50%-70% of most aerobic sessions, blood sugar is the primary fuel source. Since aerobic workouts typically do not traumatize muscle tissues, the post-workout metabolism, or fat-burning operations, have fewer caloric demands as compared with anaerobic workouts. To accelerate fat burning during aerobic activity, it is best to perform these workouts on an empty stomach to deplete blood sugar levels sooner, forcing the body to shift to burning fat.

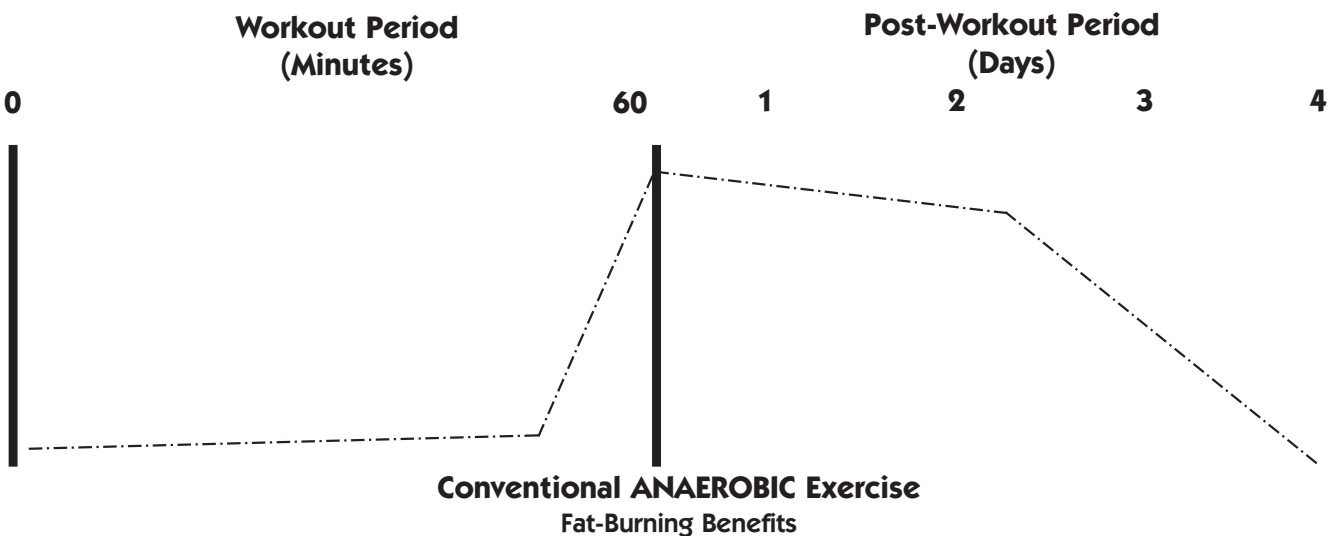
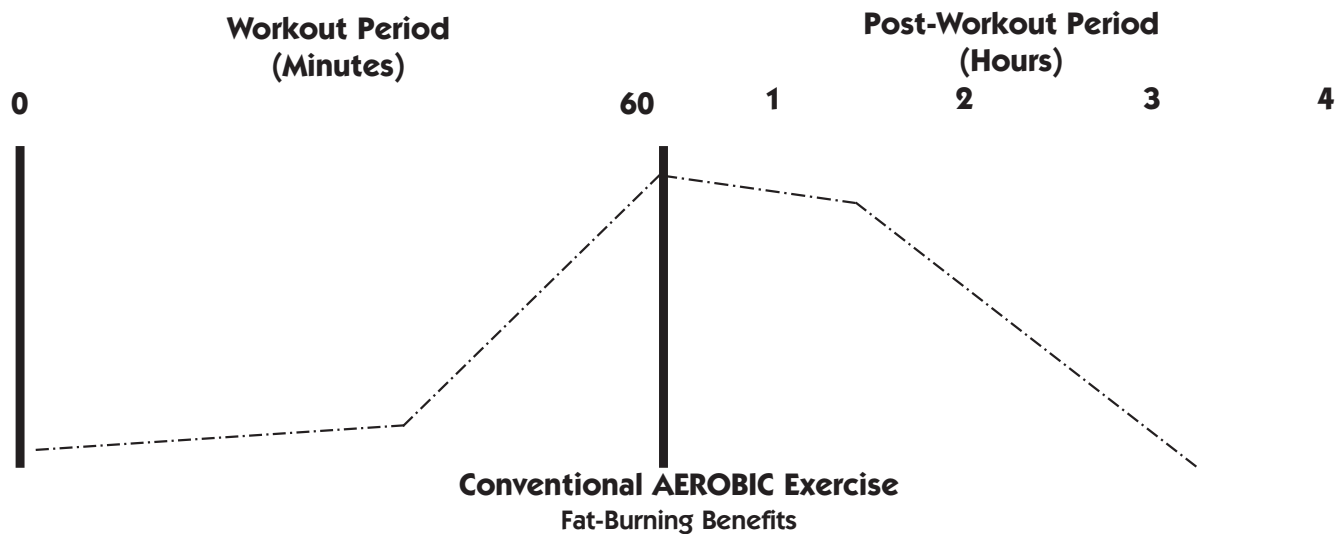
**ANAEROBIC:** During typical anaerobic workouts, sugar, i.e., blood sugar and glycogen, are the primary fuel sources. Fat isn't called into action until later on in an anaerobic session. However, due to the tissue traumatizing effect of anaerobic exercise, the post-workout metabolism has enormous caloric, or fat-burning, demands. Therefore, the goal during these workouts is to focus on developing the muscles; then the body will automatically switch to a fat-burning mode afterward to recuperate its traumatized tissues, also called anabolism!

# PREFERENTIAL AND SEQUENTIAL FUEL SOURCES FOR ACTIVITY



**The Energy Chain:** Typically, at the beginning of every aerobic or anaerobic workout, the fuel the body uses first is blood sugar. When blood sugar depletes, the body will then fuel itself with a secondary fuel source from stored sugar called glycogen. Finally, when most of the sugar is depleted, the body shifts into a fat-burning mode. The goal in losing unwanted fat is to deplete blood sugar and glycogen levels as quickly as possible to force the body into a fat-burning mode sooner. Since anaerobic exercise utilizes mostly sugars for energy, it is best to perform your anaerobics before an aerobic workout. This technique allows you to enter into an aerobic workout depleted of sugar so most, if not all, of your aerobic session is fueled by fat.

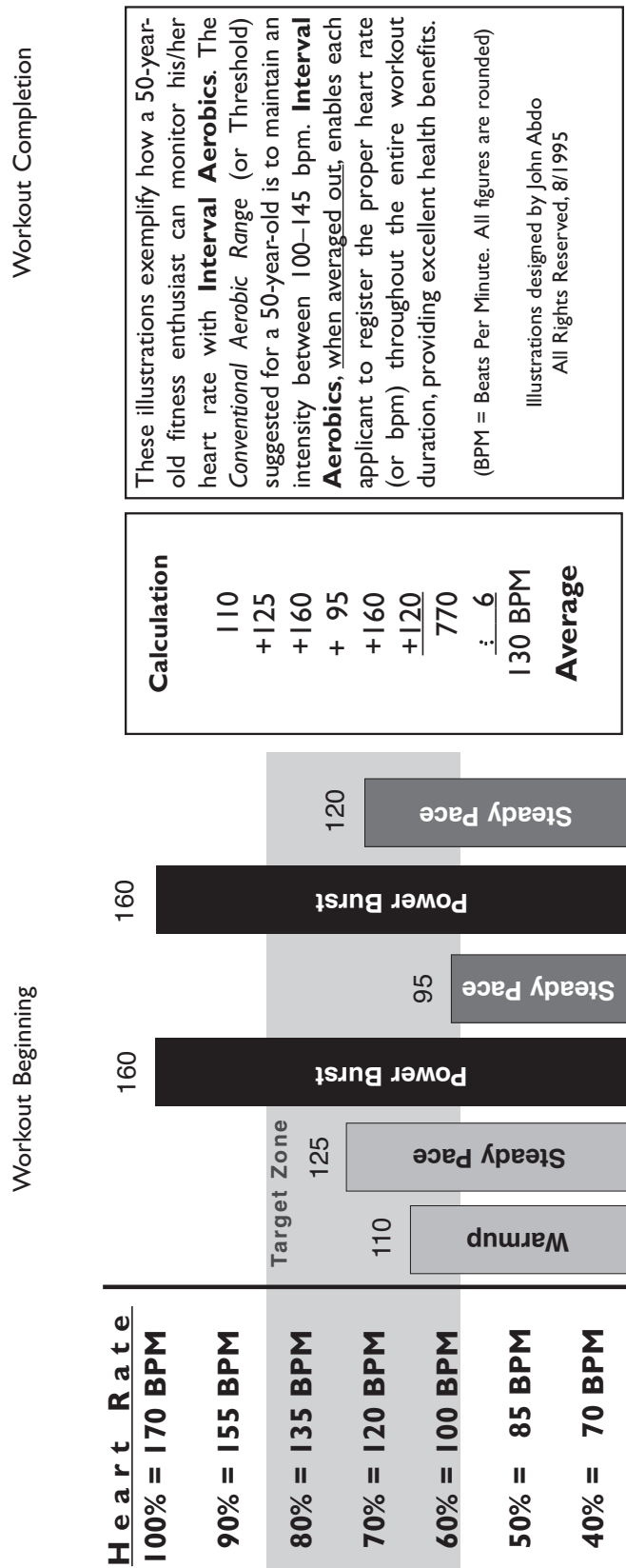
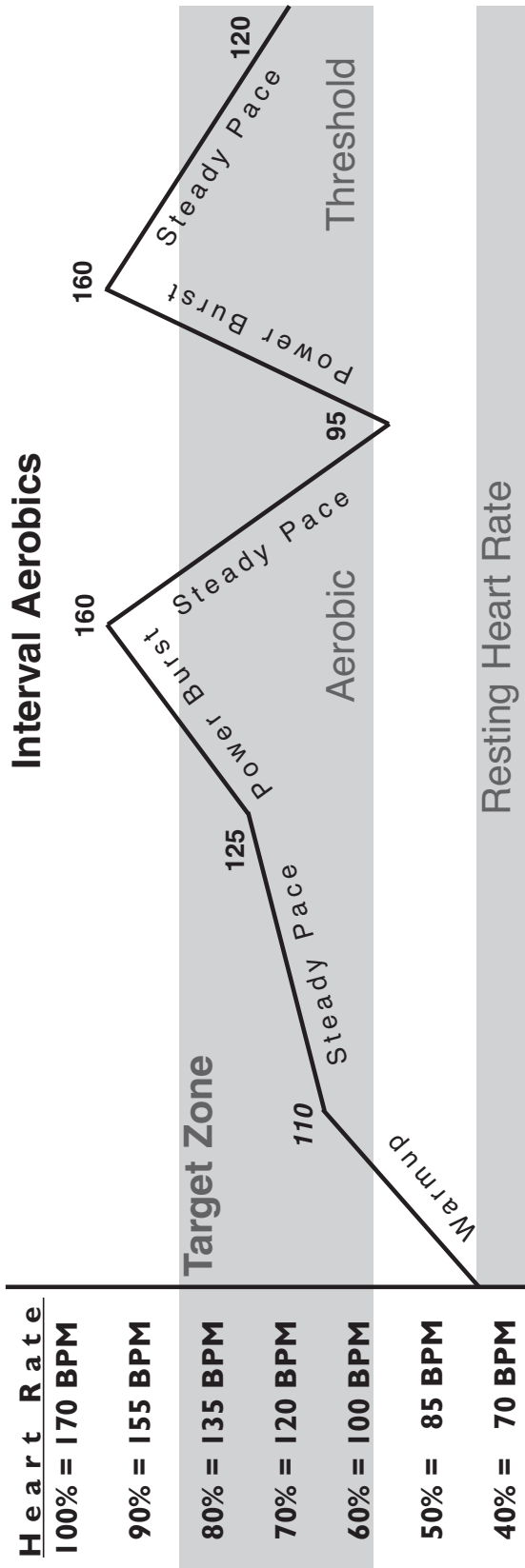
# FAT-BURNING BENEFITS OF EXERCISE



Please note that the post-activity time for **Aerobic Activity** is measured in hours while **Anaerobic Exercise** is measured in days.

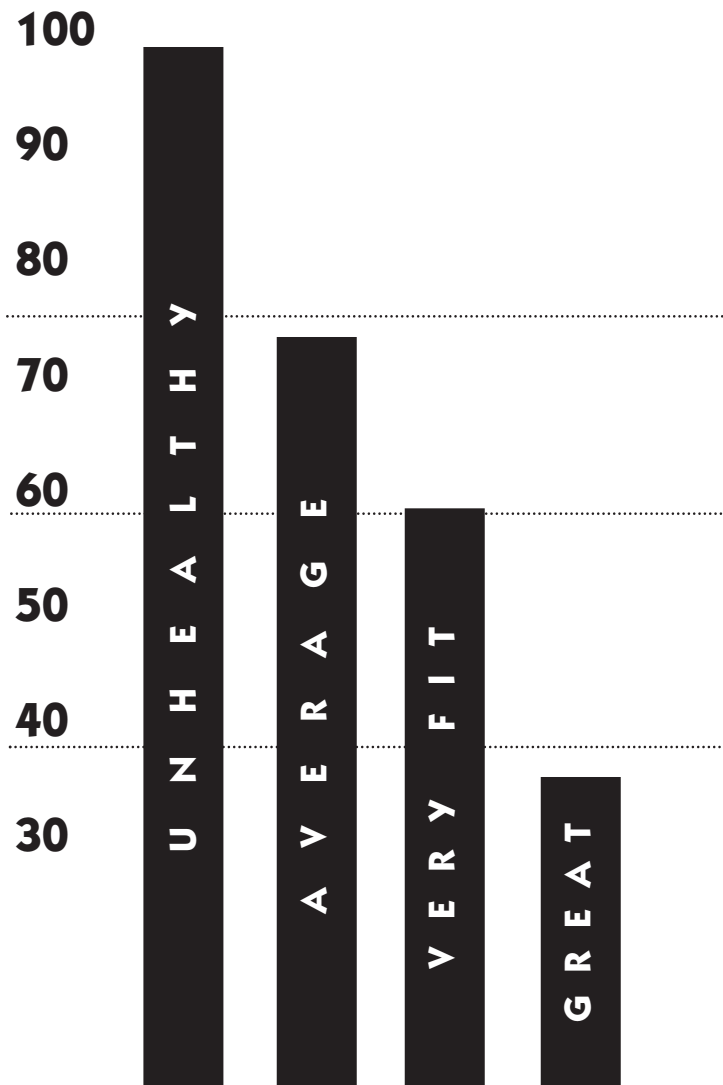
# HEART MONITORING WITH INTERVAL AEROBICS

PLEASE PRINT THIS OUT



# RESTING HEART RATES

## Resting Heart Rate



This graph illustrates resting heart rates [RHR], or heartbeats per minute [BPM]. Locate yours by taking your pulse for one minute. The best time to record RHR is first thing in the morning prior to getting out of bed.

Over 80 BPM	Unhealthy
70 - 80 BPM	Average
50 - 70 BPM	Very Fit
Under 50 BPM	Excellent

# “AVERAGE” HEART, “WELL-CONDITIONED” HEART [COMPARISON]

At rest, an “Average” heart will pump or beat 75 times in one minute. That equates to 4,500 BPHour, 108,000 BPDday, 756,000 BPWeek 39,420,000 BPYear.

At rest, a “Well-Conditioned” heart will pump or beat 60 times in one minute. That equates to 3,600 BPHour, 86,400 BPDday, 604,800 BPWeek, and 31,536,000 BPYear.

On a hourly basis, the “Well-Conditioned” heart will save 900 beats; on a daily basis it saves 21,600 beats; for the week it saves 151,200 beats; and for the entire year the “Well-Conditioned” heart will save nearly 8 million beats!

This is just another reason why exercise is healthy. Just imagine the stress people remove from their hearts when they save nearly 8 million heart beats each year. Try flexing your biceps 8 million times and you’ll notice the wear and tear to those muscles.

## Here’s the Math:

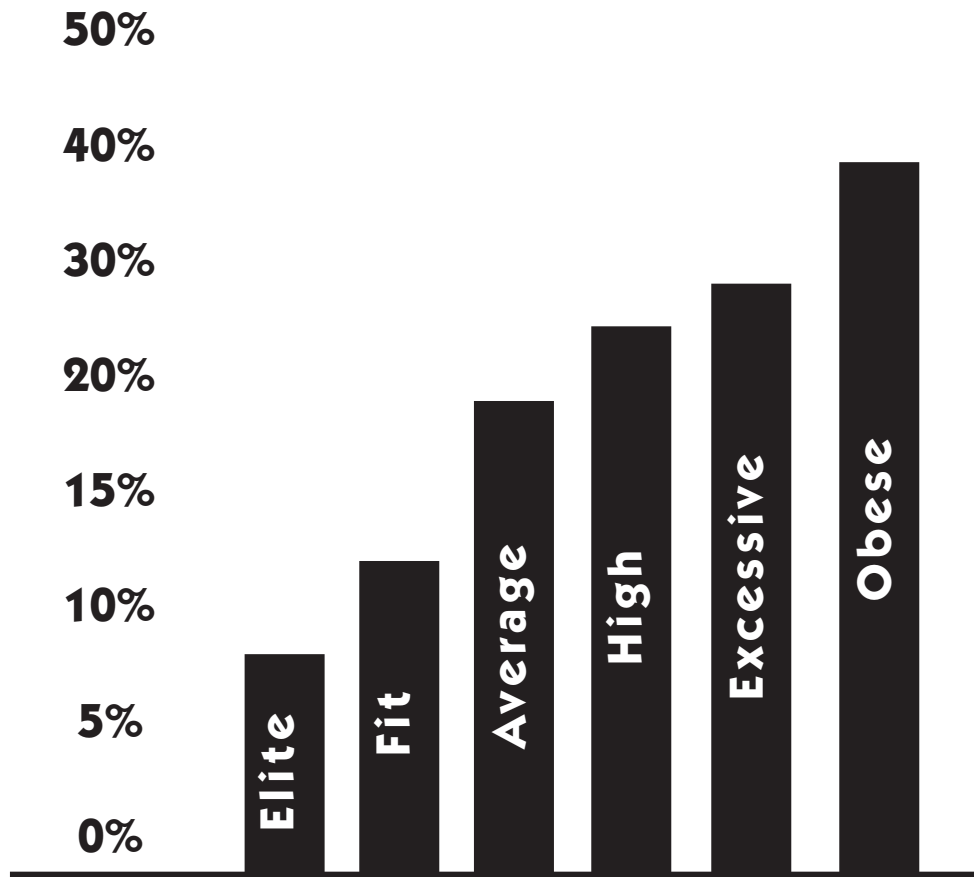
### Heart Beats of 75 Beat Per Minute

4,500	Hour
108,000	Day
756,000	Week
39,420,000	Year

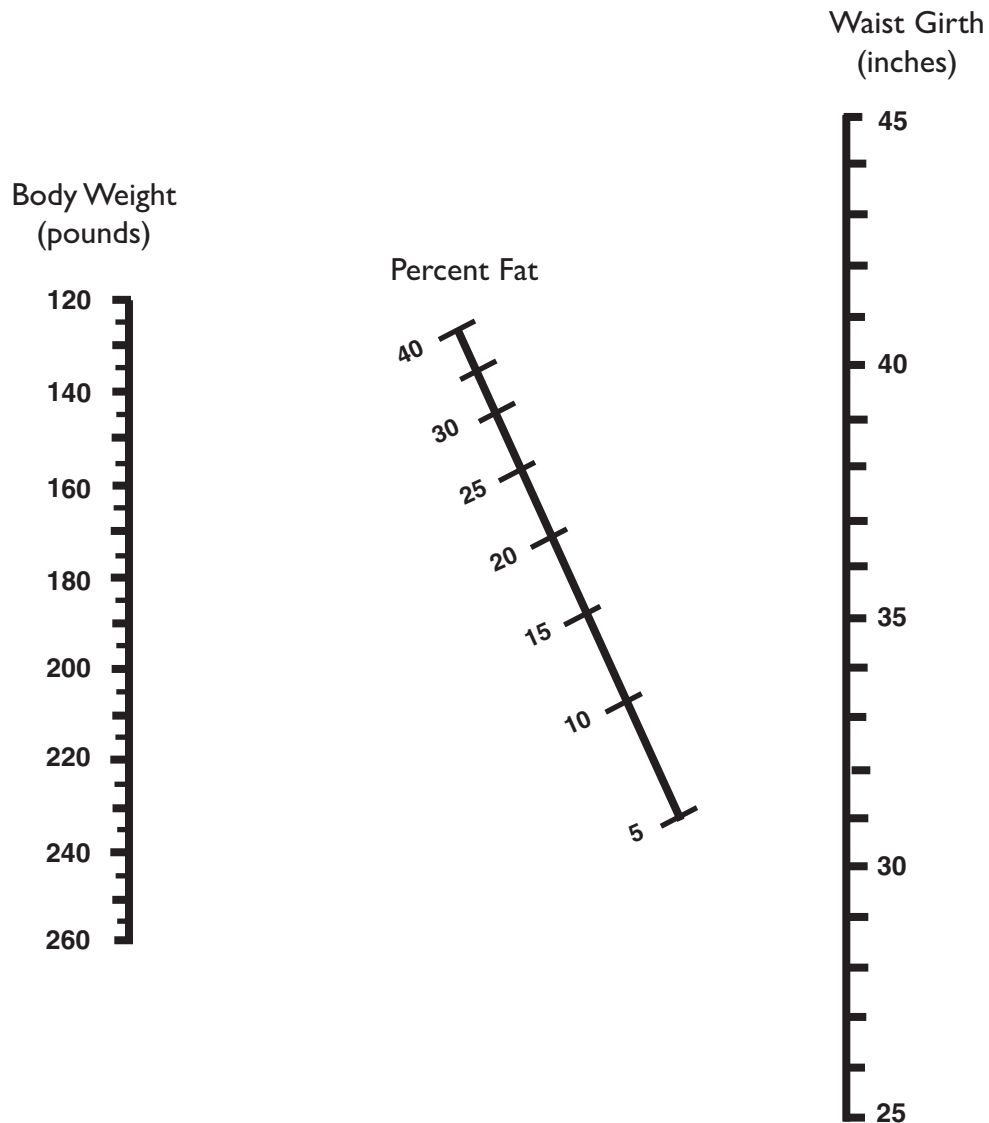
### Heart Beats of 60 Beat Per Minute

3,600	Hour
86,400	Day
604,800	Week
31,536,000	Year

# FAT PERCENTAGE OF TOTAL BODY WEIGHT



# CALCULATING BODY FAT PERCENTAGES (MEN)



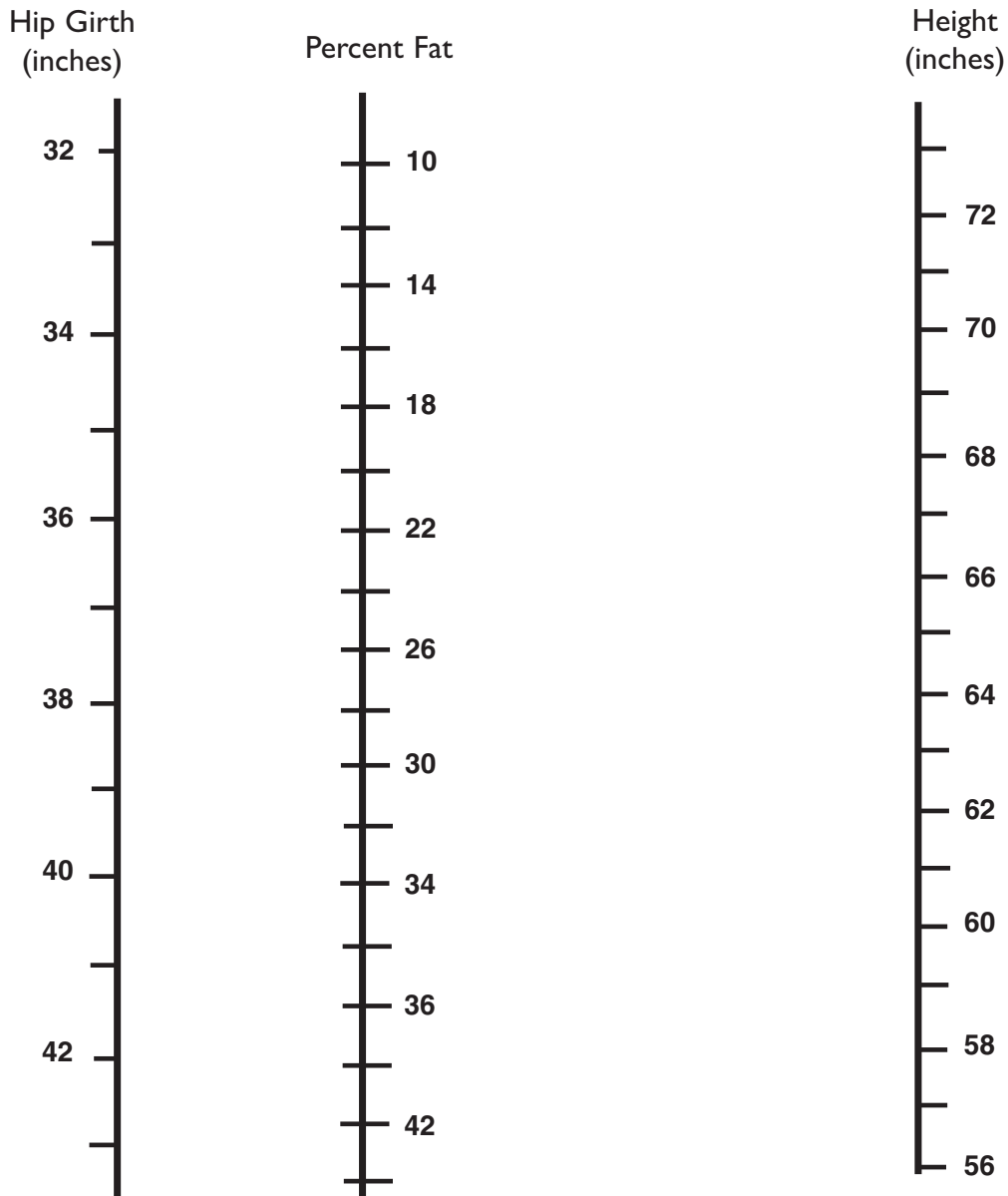
## PROCEDURE:

1. Record your current body weight: \_\_\_\_\_ pounds
2. Measure your waistline at its widest point: \_\_\_\_\_ inches
3. Draw a straight line from your body weight (left column) to your waist girth (right column).
4. Find the point where the line crosses the middle scale. This is your estimated percent of fat. For example, a man who weighs 180 pounds with a 36" waistline girth has an estimated fat percentage of 18%.

Note: This chart estimates relative fat percentages in men, based on body weight and abdominal or waistline circumference.  
Adopted from Wilmore (1986)



# CALCULATING BODY FAT PERCENTAGES (WOMEN)



## PROCEDURE:

1. Record your height (without shoes): \_\_\_\_\_ inches
2. Measure your hip girth at its widest point: \_\_\_\_\_ inches
3. Draw a straight line from your hip girth measurement (left column) to your height (right column).
4. Find the point where the line crosses the middle scale. This is your estimated percent of fat. For example, a woman with a hip girth of 38" who is 66" inches tall (5'6") has an estimated fat percentage of 27%.

Note: This chart estimates relative fat percentages in women, based on body girth and and height.  
Adopted from Wilmore (1986)

# BODY MEASUREMENT CHART

**PLEASE PRINT THIS OUT**

											DATE
											Height
											Weight
											Neck
											Shoulders
											Chest
											Bust
											Waist
											Hips/Buttocks
											(Rt) Thigh
											(Lt) Thigh
											(Rt) Knee
											(Lt) Knee
											(Rt) Calf
											(Lt) Calf
											(Rt) Ankle
											(Lt) Ankle
											(Rt) Biceps
											(Lt) Biceps
											(Rt) Forearm
											(Lt) Forearm
											(Rt) Wrist
											(Lt) Wrist

Note: Begin your fitness program by registering your complete body measurements. Once your initial measurements are recorded, you can chart your progress by remeasuring each month. Please make copies of this chart for repeated use.

# NUTRITION FOR LEAN AND HEALTHY LIVING

---

Get ready to learn one of the simplest, effective, and practical eating plans ever designed. In this section, John Abdo reveals his secrets to balanced and nutritious eating. You'll discover that you're no longer required to count calories or weigh your foods. You're not even going to be restricted from missing any meals or eating those so-called fun foods.

Now, with John's unique success-proven approach, eating nutritiously is completely possible, anywhere and anytime. John's revolutionary Meal Templates will allow you to select the foods of your choice and arrange your own meals at home, and even at restaurants.

## GLOSSARY OF TERMS

### Six Classes of Nutrients

1. Proteins
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water

### PROTEINS

Foods containing essential and nonessential amino acids such as fish, turkey, chicken, lean red meat, soy and eggs.

**CARBOHYDRATES:** There are three distinct types

1. **SIMPLE Carbs:** These are commonly referred to as monosaccharides and disaccharides; “mono” means one and “di” means two. Typically, simple sugars should be eaten earlier in the day for those trying to lose body fat. This allows the body the entire day to burn off those sugar calories before they convert into fat cells. Examples of simple carbs include all fruits, including melons, grapefruit, plums, strawberries, apples, blueberries, and oranges.
2. **STARCHY Carbs** (also known as Complex Carbs): These food items contain sugar molecules (glucose) that are linked together in long chains known as polysaccharides; “poly” means many. These foods supply the body with a sustained energy source and are found in beans, rice, oatmeal, potatoes, pasta, rye bread, whole wheat bread, and muffins.
3. **FIBROUS Carbs:** These food items contain inert carbohydrate molecules known as cellulose (plant sugars). However, too many raw fibrous carbohydrates can be detrimental to a sensitive digestive system. Fibrous carbohydrate foods should be steamed until soft, but not overcooked. Examples of fibrous carbs are broccoli, cauliflower, cabbage, leaf lettuce, onions, and radishes.

**FAT:**

1. **SATURATED:** Bad fat! These fats are typically hard at room temperature, much like animal fats, creams, and butter.
2. **POLYUNSATURATED:** Bad fat! These fats are typically liquid at room temperature. Processed oils and margarines fall into this category.
3. **HYDROGENATED:** Bad fat! These fats are produced through a process that takes previously good fats and destroys them in an attempt to extend their shelf life. Typically, these are hidden fats found in baked products like breads, muffins, and chips.
4. **MONOUNSATURATED:** Good fat! Many oils like olive oil, sunflower oil, and avocados should replace other bad fats whenever possible.

**MISCELLANEOUS:**

Other non-basic food categories that need to be factored into your nutritional plans:

Beverages:	Water, fruit and vegetable juice, tea, coffee, etc.
Condiments:	Catsup, BBQ sauce, mustard, salsa, vinegar, etc.
Spices:	Garlic, cayenne, black pepper, oregano, parsley, basil, etc.

# USING A NUTRITION TEMPLATE

---

## GENERAL NOTES

Each template is designed to allow you to follow a simple, systematic, and accurate protocol for selecting food variety and to ensure nutritional balance. Depending on your lifestyle selection (whether it's 1. "Weight Loss" or 2. "Health Maintenance"), each template is developed to fit the caloric and nutritional needs of each of these two categories.

Please note that you can switch templates as needed. For instance, if you initially follow the "Weight Loss" template, once you've lost your excess fat and reduced your body weight to its desired level, you can switch to the "Health Maintenance" template.

The eating templates are based on a balanced nutrition plan. Each food category is arranged to ensure adequate combinations of all nutrients. These combinations of foods will provide the fiber, vitamins, minerals, amino acids, enzymes, and other essential nutrients needed for you to accomplish your ideal state of health and body weight. It's best to consume several small to moderate, evenly spaced, protein-fortified meals throughout the day.

Do not count calories! John Abdo has discovered that if one eats within a "range" of their caloric needs they will reach their goals. The nutritional templates have been designed to meet the caloric needs for one's ideal lean body weight. "Weight Loss" and "Health Maintenance" templates will provide you with an eating plan that supplies enough calories to help you maintain healthy percentages of body fat. Water must be consumed in large amounts daily.

Each template is flexible to meet the needs of all types of people. When designing your meals, simply eat as much food as it takes for you to get near that "full" feeling. This will be enough to fill your stomach but will prevent you from overeating. When you lower your food intake and begin to exercise regularly, you can actually eat more food. On occasion, treat yourself because the exercise offsets the caloric reduction from food.

## HOW TO COMPLETE YOUR TEMPLATES

**STEP 1:** Find the template that suits your needs; i.e., Weight Loss (WL) or Health Maintenance (HM).

**STEP 2:** Please refer to the **Nutritional Guideline** list (Illustration B) to identify the food categories and products. Because there are so many food items and variables, you can include other items into this list based on your discretion. As you will notice, John has categorized foods into 5 basic areas:

1. Carbohydrates/Simple (Carb-Si)
2. Carbohydrates/Starchy (Carb-St)
3. Carbohydrates/Fibrous (Carb-Fi)
4. Protein (Pro)
5. Beverage (B)

(Please note that other food categories like spices or condiments are listed and can be included in your meals for flavor-enhancing and/or nutritional benefits).

---

### Sample Template

#### Blank

Pro \_\_\_\_\_

Carb-F \_\_\_\_\_

Carb-F \_\_\_\_\_

B \_\_\_\_\_

Note: Each line indicates a single serving. For instance, in this template there is one serving of Protein, two servings Fibrous Carbohydrates and one Beverage serving.

---

### Sample Template

#### Completed

Pro \_\_\_\_\_ Eggs \_\_\_\_\_

Carb-F \_\_\_\_\_ Mushrooms \_\_\_\_\_

Carb-F \_\_\_\_\_ Spinach \_\_\_\_\_

B \_\_\_\_\_ Apple Juice \_\_\_\_\_

This nutrition template is amazingly easy to follow once you've identified the foods under their specific categories. When foods are selected, simply insert them into their respected locations in the template, and design your own meals!

Each template lists quantities in the form of servings. You are given a suggested number of meals to eat each day, along with approximate times. You have a choice of two daily templates, **Option 1** and **Option 2**. This is intended for food/meal variety, as you should not eat the same foods all the time. Be creative and design as many variable meals/menus, provided they align with each template suggestion.

Be sure to make copies of the blank templates before you begin, and produce a diary of what you are eating on a daily basis to guide you in your daily habits and meal decisions.

## ILLUSTRATION B

# NUTRITIONAL GUIDELINE

---

Partial listing \*

### **PROTEIN**

### **1 Serving**

---

Eggs	2 eggs (2 whites, 1 yolk)
Turkey	8 oz
Chicken	8 oz.
Meat (lean red)	8 oz.
Fish	8 oz.
Shellfish	4 pieces
Cheese (Low or No fat)	2 oz.
Cottage Cheese (Low fat, Low Sodium)	4 oz.

### **CARBOHYDRATES (Starchy or Complex)**

### **1 Serving**

---

Beans	1 cup
Rice	1 cup
Oatmeal	1 cup
Cereals (natural)	1 cup
Corn	1 cup or 1 ear
Pancakes	5" diameter, 2 each
Waffles	5" diameter, 2 each
Potato	1 medium size
Pasta	6 oz.
Rye Bread	1 slice
100% Whole Wheat Bread	1 slice
Muffins (No fat)	1 whole
Crackers	4 pieces

**CARBOHYDRATES (Fibrous)****1 Serving**

---

*(Mostly vegetables)*

Alfalfa Sprouts	1 cup
Beets	1 cup
Broccoli	1 cup
Cabbage	1 cup
Carrots	1 medium size
Cauliflower	1 cup
Cucumber	1 cup
Leaf Lettuce	1 cup
Mushrooms	1 cup
Onions	1 cup
Radishes	1 cup
Tomato	1 medium size

**CARBOHYDRATES (Simple)****1 Serving**

---

*(All fruit)*

Apple	1 whole
Banana	1 whole
Blueberries	1 cup
Cantaloupe	1/4 melon
Cherries	1 cup
Dates	1/4 cup
Figs	1/4 cup
Grapefruit	1/2 whole
Grapes	1/4 cup
Ice Cream (No fat)	1/4 cup
Melon	2" wide slice
Orange	1 medium size
Papaya	1/2 medium size
Pear	1 medium size
Peaches	1 medium size
Pineapple	1" slice
Plums	2 medium size
Strawberries	1 cup
Sherbet (Low sugar)	1/2 cup
Raisins	1/4 cup
Yogurt (No fat, low sugar)	6-8 oz.



**Beverages****1 Serving**

---

Water	8 oz.
Fruit Juice	8 oz.
Vegetable Juice	8 oz.
Skim Milk	8 oz.
Coffee/Tea	1 cup
Soft Drinks (No sugar)	8 oz.

**Fats****1 Serving**

---

Butter	1 Tablespoon
Nuts	1/4 cup
Oils	2 Tablespoons
Seeds	1/2 cup
Sour Cream	1 oz.
Peanut Butter	2 Tablespoons

**Spices (All herbs and seasonings)****1 Serving**

---

Cinnamon	1 Tablespoon
Basil	1 Tablespoon
Black Pepper	1 Tablespoon
Cayenne	1 Tablespoon
Curry	1 Tablespoon
Garlic	1 Tablespoon
Oregano	1 Tablespoon
Parsley	1 Tablespoon

**Condiments****1 Serving**

---

Catsup (Low sodium)	2 Tablespoons
BBQ Sauce (No fat)	2 Tablespoons
Mustard	2 Tablespoons
Salsa	2 oz.
Vinegar	1-2 oz.

**Snacks****1 Serving**

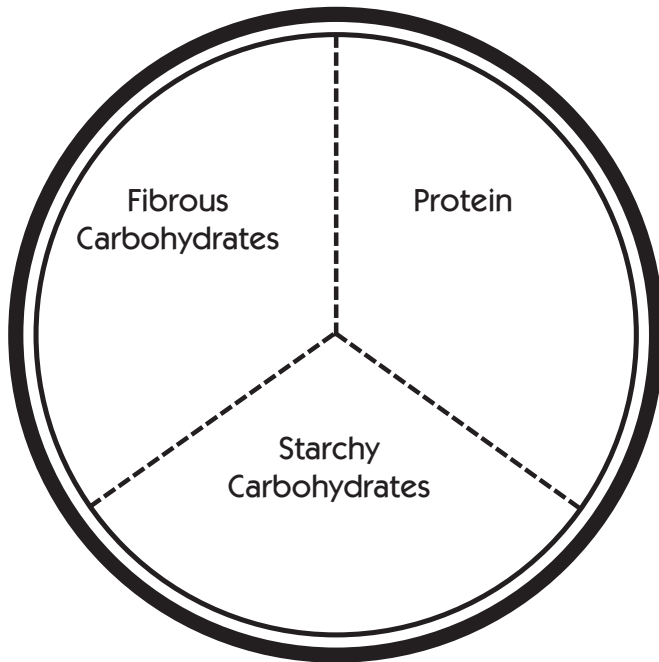
---

Chips (No fat/sodium)	8 pieces
Rice cakes	1 piece

\* For an extended list of foods and serving sizes, consult *The Book of Foods* by Dr. Art Ulene.

# HOW TO DESIGN A NUTRITIONALLY BALANCED MEAL

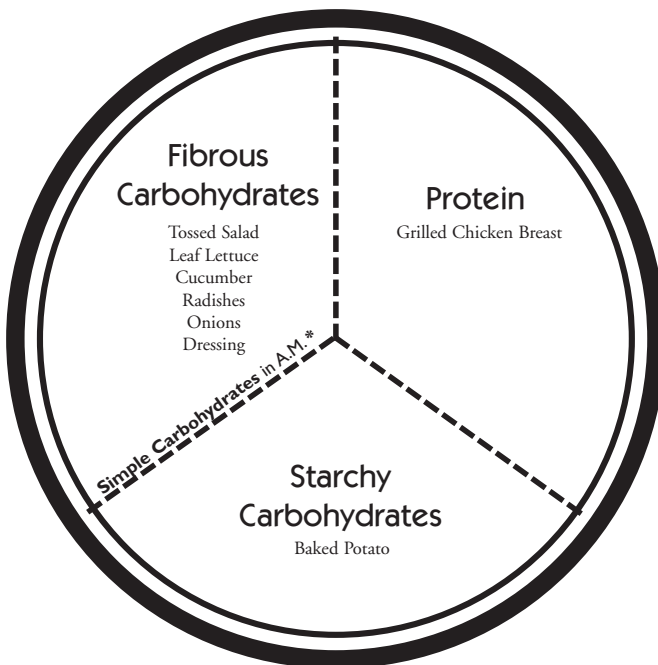
## Step 1



Designing a balanced “nutrition-packed” meal is easy and fun when you follow John Abdo’s simple principle.

**Step 1:** Take a typical dinner plate and divide it into three equal parts.

## Step 2



**Step 2:** Once your plate is divided into three equal parts, place a **Protein** food in the first third, then a **Starchy Carbohydrate** in the second third, and finally a **Fibrous Carbohydrate** into the final third. IT’S THAT SIMPLE!

\* **Simple Carbohydrates** are a very important food category. John’s suggestion is to consume **Simple Carbs** in most of your a.m. meals for **Weight Loss**. Those of you on the **Health Maintenance** plan can consume **Simple Carbs** in the a.m. and into the early afternoon hours.

Refer to the **Nutritional Guideline (Illustration B)** provided in this book, or simply make your own food selections.

# NUTRITION TEMPLATE: WEIGHT LOSS

3 Main Meals & 1-2 Snacks Daily - You can fill in these forms on your computer or make copies of templates for repeated use

	Option 1	Option 2
<b>MEAL</b> <b>1</b> 6-10am	Carb-Si _____	Carb-St _____
	Carb-Si _____	Carb-Si _____
	Pro _____	Carb-Si _____
	B _____	B _____
<b>SNACK</b> 2 hours after 1st meal	Carb-Si _____	Carb-F _____
	Carb-Si _____	Carb-F _____
	B _____	B _____
<b>MEAL</b> <b>2</b> Noon to 2pm	Pro _____	Pro _____
	Carb-F _____	Carb-Si _____
	Carb-F _____	Carb-F _____
	B _____	B _____
<b>MEAL</b> <b>3</b> 4pm to 7pm	Carb-St _____	Pro _____
	Carb-F _____	Carb-F _____
	Carb-F _____	Carb-F _____
	Pro _____	B _____
	B _____	
<b>SNACK</b> 2 hours after last meal, or 2 hours before bedtime	Carb-F _____	Carb-St _____
	Carb-F _____	Carb-F _____
	Pro _____	Carb-F _____
	B _____	B _____

# NUTRITION TEMPLATE: HEALTH MAINTENANCE

3 Main Meals & 1-2 Snacks Daily

You can fill in these forms on your computer or make copies of templates for repeated use

	Option 1	Option 2
<b>MEAL</b> <b>1</b> 6-10am	Carb-Si _____	Pro _____
	Carb-Si _____	Carb-St _____
	B _____	Carb-Si _____
		B _____
<b>SNACK</b> 2 hours after 1st meal	Carb-Si _____	Carb-F _____
	Carb-Si _____	Carb-F _____
	B _____	B _____
<b>MEAL</b> <b>2</b> Noon to 2pm	Pro _____	Pro _____
	Carb-F _____	Carb-Si _____
	Carb-F _____	Carb-F _____
	B _____	Carb-F _____
		B _____
<b>MEAL</b> <b>3</b> 4pm to 7pm	Pro _____	Carb-F _____
	Carb-Si _____	Carb-F _____
	Carb-F _____	B _____
	B _____	
	Pro _____	
<b>SNACK</b> 2 hours after last meal, or 2 hours before bedtime	Carb-F _____	Carb-St _____
	Carb-F _____	Carb-F _____
	Pro _____	Carb-F _____
	B _____	B _____

# FAT (GENERAL NOTES)

<b>Average Woman</b>	Height	5' 4"
	Weight	125 lbs.
	Total Body Fat	20's = 25%
	by Age	30's = 29%
		40's = 32%
		50's = 36%
<b>Average Man</b>	Height	5' 8"
	Weight	155 lbs.
	Total Body Fat	20's = 15%
	by Age	30's = 19%
		40's = 24%
		50's = 30%

An average person may hold 20-40 billion FAT cells.  
An obese individual will carry 150-300 billion FAT cells.

FAT is a very concentrated source of energy. One gram of FAT contains more than twice the calories (or energy) of a gram of protein and/or a gram of carbohydrate. When FAT is not utilized as energy, it often becomes stored inside the body. Excess amounts of FAT can accumulate and become unhealthy. Excess FAT surrounds tissues and organs while also becoming entwined in and around muscle tissues, circulatory vessels, and nerve fibers, slowing down normal functions like muscle contraction, blood flow, and nerve impulse.

A minimum of 2% to 3% of our total body weight must be FAT. This is our "essential" FAT, meaning we cannot live without it. Dietary FAT, or fat obtained from food, is necessary for nutrition, energy, the protection of body organs such as the heart, lungs, and kidneys, the formation of hormones, and tissue repair. Calories eaten in excess from any food source (i.e., fats, carbohydrates, and proteins) may convert to body FAT, especially if there is no physical activity to burn fat as fuel. Exercise is very important to strengthen the muscles and nerves and to increase the number and size of mitochondria, which are FAT-burning compartments inside the tissues. Exercise also serves as an excellent booster of the metabolism that enables the body to burn FAT even at rest.

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# **“I’m A DOER”**

## **Oath for Health**

I respect my body and always provide it with the necessary exercise and nutrition it needs to make me a stronger and healthier person. I enjoy living a healthy life and truly believe I am a better person because of my dedication to myself.

I THINK great thoughts, I SAY great words, and I DO great things. I truly enjoy each day as it provides me with physical and mental challenges that condition me to become a stronger human being. I realize that the healthier, stronger, and more energetic I become, the more productive and successful I become. I realize that by making myself a better person I am also making others around me better at the same time. My contributions to myself positively influence my world and the world around me!

# **VITAL LIVING**

## **from the Inside-Out!**

### *Self-Assessment Manual*





# IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document. There are a couple of forms that you will need to print out in order to complete, these are noted on the page.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Read the text of the workbook.

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## CREDITS

Written by John Abdo in cooperation with Nightingale-Conant.

Charts and illustrations designed by John Abdo, All Rights Reserved, 2002.

Excerpts from this book have been taken from *Make Your Body a Fat-Burning Machine* by John Abdo/  
St. Martin's Press.

Photography by Jim Amentler.

### Disclaimer

Before attempting any exercise or nutrition plan contained herein, please check with a licensed medical authority.

### Conclusion

We'd love to hear from you. Please submit all testimonials and inquires to Nightingale-Conant, 1400 S. Wolf Rd.,  
Bldg. 300, Ste. 103 • Wheeling, IL 60090. Or visit our web site at [www.nightingale.com](http://www.nightingale.com)

# A WELCOME LETTER FROM JOHN ABDO

**Congratulations and welcome to my “Doer” team:**

I want to personally thank you for investing in your health. Decisions like this are often difficult for so many people, but you are special. I am extremely honored to have the opportunity to become a part of your health and success. And now that you’ve become a member of my growing “Doer” team, **LET’S GO** and ourselves to “**DO**” even greater things than we ever thought possible!

As you embark on this exciting new challenge, always refer to the tapes and manuals to keep you motivated. These tools are imperative to performing the mental and physical exercises correctly and to yielding quick, dramatic results.

Now, here’s a little tip: Developing the body you want, believe it or not, does NOT rely on physical effort only — or what many people refer to as exertion or exercise. Actually, your entire body or life transformation and improvement process begins with, and is guided by, the **power of your mind**.

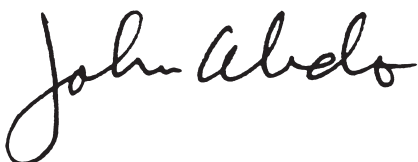
Remember the popular saying “Think and Grow Rich”? That title has transformed into a top-selling life improvement book and audiotape series written by one of my favorite author’s, Napoleon Hill. Well, how about you and I make a slight adjustment to that statement and say “*Think and Grow Healthy.*” In reality, “you are what and how you think.”

Being a Doer is being an over achiever. But not only will you be **DOING** great things in your life you will also be *Thinking and Saying* great things.

But when you think about it, you already are thinking like a successful person. Why? Because you’ve made the decision to improve your life, and you have made the effort to start this program. And with your confidence in me, let me say that I promise you **WILL** obtain incredible results in all areas of your life. I just need your commitment.

So start to *Think, Say* and **DO** great things for yourself. Visualize your body and **LIFE** looking and feeling the way you want it to, the way you deserve. Approach every day like an athlete who is preparing for an Olympic competition. Huddle up with yourself. Give yourself a pep talk, read the *I’m a Doer Oath for Health* I’ve enclosed in this manual, and break out of that huddle with a powerful and enthusiastic “**Let’s Go and DO It!**”

Thanks again for inspiring me. I’m so happy you and I are on the same team!



John Abdo

# INTRODUCTION

Welcome to *John Abdo's Vital Living From the Inside-Out!* This is your personal health and fitness development program's **Self-Assessment Manual** that has been created to aid you in clarifying your current status of total health and well-being. John gives you countless tools in this simple yet powerful program that will aid you in assessing, redirecting, and implementing new strategies to make your life healthier and much more dynamic.

In this program, John Abdo will assist you in developing lifestyle strategies that will transform you from merely a thinker into a real “doer.” John is responsible for creating several trends in fitness, and he's highly skilled and knowledgeable in the areas of body dynamics, nutrition, and fitness. He has coached numerous professional athletes in attaining their goals and in creating lifestyle enhancements to give them both the stamina and incentive to achieving powerful successes in all areas of their lives. When you begin to implement this total-fitness program, you will see improvements not only in your physical health, but also in your intellectual, emotional, financial, and spiritual well-being.

To achieve maximum benefits, use this manual in conjunction with John's **No Excuses! Workout & Eating Plan** booklet along with the video and audiotapes. Many of the enclosed assessment exercises suggest that you track your progress for at least one week. Ideally, you should try to track them for as long as it takes to integrate new life strategies into your daily and weekly routine. This may take weeks or months, but you *will* improve.

You should listen to each audio session at least twice, ideally three times, and then work on the corresponding chapter. Listening to the audio session several times allows its information to sink into your subconscious as you make more and more discoveries each time you listen. You are encouraged to use this manual as a tool in which to chart your ongoing progress and make immediate adjustments when necessary. Save this workbook to your desktop, or in another location. Be sure to stop and write any notations when you hear an idea or technique that particularly appeals to you.

Take some time to prepare an action plan to act upon in the days ahead. Without implementing any of the action steps that you have mapped out for yourself, this program simply becomes an exercise in watching and listening, or thinking and saying. But in order to gain the full benefits that this valuable program has to offer, make the decision here and now to become a Doer and conduct the work through this program, act upon your insights and strategies, and achieve the kind of results in your life that you've never thought possible.

# SESSION 1

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## DEFINING FITNESS: MYTHS AND REALITIES

Physical fitness has really skyrocketed within the last two decades. There are greater numbers of individuals performing various activities in attempt to enhance physical appearance, athletic performance, psychological states of well-being, and the overall quality of life. Clinicians of all sorts, athletic trainers, physical therapists, and body sculpturing specialists are prescribing the fitness lifestyle as the remedy for obesity, muscular weakness, stress, fatigue, insomnia, hypertension, immune system dysfunctions, sexual problems, headaches, joint ailments, depression, metabolic disorders, skeletal imbalances, poor circulation, and many others. Health and fitness professionals are completely aware of the benefits an active life supported with sound nutrition provides to its applicants.

Each of us has a specific rate of metabolism that converts the food we consume into energy for the operational functions of the brain and body and the repairing of tissue. This conversion/reparation process is always operating, whether we're active or sedentary. therefore, the goal for the athlete and fitness enthusiast is to periodically expend an additional amount of effort, above normal daily chores, to place extra demands on the internal tissues of the body, then allocate ample time to recuperate. This cyclic process, also known as the *Catabolic-Anabolic Cycle*, amazingly allows those who are more active to burn extra calories during both exercise and metabolic or resting periods. It wasn't too long ago that many believed that the fat-burning, strength-building, health-promoting, anti-aging benefits of fitness were confined to actual exercise sessions; and to get results, exercising obsessively became the craze of the '80s and '90s.

But times have changed, and if you haven't heard the news, you're in for a big surprise! John's years of research and application have proven that the benefits of exercise and fitness extend far beyond the activity and well into the night!

But don't be content with just physical benefits. In addition to developing outstanding appearance on the outside, with a lean, strong, symmetrical body, John's healthy lifestyle programs are designed to get you healthier on the INSIDE, making all body systems stronger while your mind becomes more intelligent and confident. The results include a leaner, happier, more confident, peaceful, more energetic, and youthful YOU!

Before endeavoring to transform your life, it is important to do an assessment of where you currently are, compared to where you might like to be. We will begin this program with an overall personal assessment of your current state of physical and mental health. Ask yourself the following questions, and respond accurately and honestly to each.

1. What is your current age? \_\_\_\_\_
2. How old do you feel in relation to your actual age? Do you feel older, younger, or right at your current age? \_\_\_\_\_

3. How old do you think you look? \_\_\_\_\_
4. How much younger would you like to look? \_\_\_\_\_
5. How often do you currently exercise per week? \_\_\_\_\_
6. From 1 to 10 (10 being extremely healthy), how healthy are your current eating habits? \_\_\_\_\_
7. Have you ever been on a diet? If so, discuss your experience.

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8. John emphasizes the importance of mental attitude in your overall health. What is your current mental attitude about the condition that your body is in? Provide an honest explanation.

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9. Often, what stops us from beginning and staying in a good health regime is:
  - Not enough time.
  - Not enough energy.
  - The belief that we are too out of shape.

Do you suffer from any of these symptoms? If so, which one/s? Write out an affirmation in response to any of the blocks that you might have. For example, "From this moment forward, I am dedicating myself to exercising and eating better."

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- 10.** Stress has many negative effects on your mind, spirit, and body. On a scale from 1 to 10 (10 being highest), where is your current stress level in general? \_\_\_\_\_
- 11.** In order to make it manageable, where would you like your stress level to be? \_\_\_\_\_
- 12.** John asserts that Mother Nature provides us with all that we need nutritionally in fresh fruit, vegetables, and lean proteins. On a scale ranging from 1 to 10 (10 being highest), how much of your diet consists of fresh fruit, vegetables, and lean proteins? \_\_\_\_\_
- 13.** What percentage of your diet consists of pre-packaged products? \_\_\_\_\_
- 14.** What percentage of your diet consists of natural products? \_\_\_\_\_

## SESSION 2

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### TAKING PERSONAL INVENTORY

There is a strong correlation between your thoughts and the way that you physically look and feel. Often, people are unaware how negative they can be in their thoughts. Self-criticism does not serve any good purpose in our lives, and it can have a dramatic impact on the overall state of our minds and bodies. It is important that you become aware of your negative self-talk as you enter into this life-transformation program. Take the time to begin noting what your thoughts are and how negative or positive they can be.

- 15.** What percentage of your thoughts is negative? \_\_\_\_\_  
For the next week, do a daily review and make note of the negative thoughts that prevail (very often they are repetitive). As you begin to note the recurring negative thoughts, stop and make a point of rephrasing them into positive affirmations. Don't get upset with negative thoughts, everybody gets them. Your goal is to learn to master your thoughts, not let them master you. In the space provided below, write out your findings.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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- 16.** Is there a history of diabetes in your family or do you currently have diabetes? Given your current lifestyle, do you believe that you have the potential to develop type 2 diabetes? If so, let's start preventing this from ever occurring. List the eating/lifestyle habits that you currently possess that need to be broken because they could eventually contribute to type 2 diabetes and other maladies.

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John discusses the importance of a healthy heart in maintaining good overall health. You should learn about your heart — what your resting heart rate is compared to your heart rate when you are active.

On pages 19 and 20 of the accompanying **No Excuses! Workout & Eating Plan** booklet, you will find graphs that John created to illustrate resting heart rates as well a comparison of both an “average” and “well-conditioned” heart.

- 17.** Do you believe that you have the potential to develop hypertension? List any activities or “inactivities” that you are involved in that may contribute to this assumption? Your answer can be physical considerations (like junk food, drugs, or alcohol) or psychological (like impatience, jealousy, fear, or anger).

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- 18.** Do an assessment of your heart rate and compare it to the information in the illustrations. What is your average resting heart rate? \_\_\_\_\_  
How does it compare to an “average” and “well-conditioned” heart?

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**19.** What might your ideal resting heart rate be? \_\_\_\_\_

**20.** Do you believe that you can improve your heart rate through better diet, attitude and exercise? If so, list at least one activity that you can commit to on a daily basis that will improve the health of your heart.

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**21.** On the following pages you will find several physical and psychological self-assessment tools that John has created to aid you in clarifying your current condition and to start you on your path to improved physical and mental health. Go through each of the assessment tools and chart your findings (any measurements, discoveries, or how you feel physically or emotionally while doing the assessment) in the space provided below each exercise description. You may also record your notes in the Personal Progress Chart on page 16 of this manual.

# PHYSICAL AND PSYCHOLOGICAL ASSESSMENT

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## [ SELF-TESTS AND RECORDS ]

Personal Accounting: It is vitally important, fun, and interesting that you really know YOU! Here are your self-analysis tests that you can do at home.

- **Body Measurements:** [Please refer to the Body Measurement Chart on page 24 of the **No Excuses! Workout & Eating Plan** booklet.] Take a few moments to measure your entire body. Use the chart that's provided to measure and remeasure yourself. Make sure you apply the tape measure to your bare skin, not over clothing, and don't snug too hard on the tape to squeeze in any skin or fat; that's cheating.

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- **Body Weight:** Tomorrow morning, right after you get out of bed and relieve yourself, and before eating anything, strip down naked and step on your bathroom scale to register your body weight. Although weight is never a great indicator of progress during an exercise routine — because muscles weigh more than fat — it is a good test to know where your body weight is at now and what you'll weigh at next month's weigh-in. Also, a great way to test your metabolic rate is to weigh yourself right before bed and then again in the morning. If you lost 2 pounds or less overnight, your metabolism is slow. If you lose between 2-3 pounds, your metabolism is average. And when you lose over 3-4 pounds overnight, all while sleeping, your metabolism is very healthy.

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- **My “Jump & Jiggle” Test:** [Please refer to the Jump and Jiggle Test on page 15 of this manual.] Here’s an easy test to quickly determine where your excess fat is hanging around. Start by standing in front of a mirror, wearing as little clothing as possible. (For women, please wear a supportive bra, and for you guys, wear a supportive brief.) Stand upright and bend your arms at the elbows, keeping them clenched to your sides. While in this position, flex all the muscles in your body and start to slightly bounce up and down without making your feet leave the floor. Look for anything that’s jiggling and set a goal to tighten up those areas.

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- **Take “Before” Pictures:** One way John has provided an extremely incredible incentive for his Doer students is to make sure they snap several pictures of themselves at the beginning of this program. These pictures prove valuable for a variety of reasons, including your “before” physical shape and body posture. Then, at periodic intervals, snap some “after” pictures to make comparisons. Try to reshoot your “after” pictures with the same lighting and at the same distance as the “before” shots so comparisons will be accurately identifiable. But when you’re feeling and looking great, please don’t be camera shy.

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- **Personalized Videotapes:** Another great way to measure progress both mentally and physically is by self-recording yourself on videotape. This is your confidential tape that will profile your body in action from all sides, providing a unique multidimensional view of yourself. When recording yourself, try to appear with as little clothing on as possible. (Please make sure you don’t leave this tape inserted in your VCR at your next party...) Along with your body posing, you should also record your feelings verbally and actually talk into the camera. Say what’s on your mind to record an audio element. You can easily record yourself by setting a camera on a tripod. Show off your body to yourself. Let it all hang loose. When you review this “before” video you will be amazed how your attitude, confidence, posture, and body language improves and how well you carry yourself after time.

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- **Audio Recordings:** Okay, you've taken your body measurements. You've captured yourself with pictures and even videotape. You have jumped up and down practically naked in front of a mirror to see what's jiggling. Finally, there is one more test that is an extremely effective motivational tool. You will now record a personalized audiocassette tape. You can discuss your goals, challenges, weakness, etc., but it all has to be in a positive delivery, just like you're mentoring a small child with a bruised knee. Once you record your audiotape, listen to it every day whether you are focusing on it or having it play in the background while you're doing other chores. As uncanny as listening to yourself may seem, it's an incredibly effective way to improve yourself. Record how you currently feel, and become your own motivational speaker. Actually speak to yourself like you're your own best friend and are giving yourself the best advise you can to improve your life. After time you will want to re-record yourself because issues that existed back "then" will be resolved and become regarded as things of the past, and you need not waste any more time on them. You'll have changed so much that you must update your audiotapes periodically to express yourself in "current" time while always focusing on more goals and future needs for even more improvement.

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- **Internal Biomarker:** You can easily determine how clean your internal system is by analyzing what is being excreted from your body. Checking the color and odor of your urine will prove a simple and effective indicator of internal waste buildup. If the color of your urine is anything but clear, just like pure drinking water, you should consume more water immediately to flush some of the toxins out of your body. The goal is to urinate as clear as water.

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- **Check Pulse Rate:** [Please refer to the charts on pages 19 and 20 in the **No Excuses! Workout & Eating Plan** booklet.] At rest, a normal heart will pump 75 times in one minute. If the heart rate measures less than 65 beats per minute then that heart is much healthier. But if a heart rate measures over 75-80 beats per minute, that is too high and you must get a more formal checkup. You should also pay closer attention to your food intake and exercise.

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- **Setting Goals:** You must maintain a personal diary or log-book. This log doesn't have to be a daily ritual, however, recording yourself on occasion is a great way to backtrack and make certain assessments. Be as detailed about YOU as you can be, just like you'd be with the accounting of a business. Here are some of the things you should record:

- List 10 reasons why you want to get into shape:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- List 10 reasons why you are not in shape:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- List 10 obstacles that are preventing you from getting into shape:
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  - \_\_\_\_\_
  - \_\_\_\_\_
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- List 10 things you must start DOing in order to get into great shape physically and mentally to improve your life:
  - \_\_\_\_\_
  - \_\_\_\_\_
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- BRAIN WAVING: [For details, refer to the audio portion of this program and see page 24, question 30, Session 4.]
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

When you have completed your self-tests and have taken inventory of yourself, you now have the reasons, the incentives, the information, and the tools you need to get started and keep on improving!

# JUMP AND JIGGLE TEST

**PLEASE PRINT THIS FORM OUT**

	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
<b>Neck-Chin</b>												
<b>Shoulders</b>												
<b>Chest</b>												
<b>Bust</b>												
<b>Braline-Back</b>												
<b>Waist-Front</b>												
<b>Waist-Sides</b>												
<b>Thighs-Front</b>												
<b>Groin</b>												
<b>Hamstrings</b>												
<b>Hips</b>												
<b>Buttocks</b>												
<b>Knees</b>												
<b>Calves</b>												
<b>Ankles</b>												
<b>Arms-Front</b>												
<b>Arms-Back</b>												

There are various tests and procedures that can determine the percentage of fat on your body. In John's opinion, many of these tests are inaccurate, expensive, and inconvenient. In pursuit of a fast and easy body fat test for himself, ironically, while standing stark naked in front of his bathroom mirror one day, John discovered a procedure that quickly located all of the fatty areas he was concerned with on his body. This discovery doesn't indicate exactly how much fat you'll have, rather, it merely points to where your fat is.

Here's how it works: Start by standing in front of a mirror, wearing as little clothing as possible. (For women, please wear a supportive bra, and for you guys, wear a supportive brief). Stand upright and bend your arms at the elbows, keeping them clenched to your sides. Tighten up your muscles as if a bucket of cold water was just dumped on you. While in this state of total body flexion, start to bounce slightly up and down without your feet leaving the floor. Look for whatever jiggles, it's that simple. If it's jiggling then it probably doesn't belong there, and we'll make sure it burns away really soon!





## SESSION 3

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### A FITNESS PROGRAM THAT MAKES YOU HEALTHIER AND YOUNGER

In this session, John discusses how his program works to rejuvenate you from the inside-out. He stresses how everything begins in the mind and brain. Your attitude is as important as what you put into your mouth and the amount of exercise that you do.

John reminds us how exercise is useful in de-stressing the brain and relieving mental pressure. The mind is the headquarters for the central nervous system. Good physical exercise is not only an effective way to condition the body, but it also serves to condition the brain. He briefly discusses the physical organs and elements of the body and how each plays a part in your overall health.

**Nervous System:** This is the body's electrical system. Exercise increases the psycho-neurological-physiological system; mind-nerve-organs.

**Muscles:** Your muscles are contractive tissues that allow movement to take place. They hold energy and need to be challenged for strength and endurance. Flexibility is important; the more you exercise your muscles, the more pliable they become.

**Skeletal Structure:** Healthy bone structure is important. Without it, your body lacks support. Exercise helps stabilize and strengthen your bone structure and increases mineralization to the bones.

**Heart:** Your heart is a "miracle muscle" that is responsible for distributing all nutrients including oxygen to all of your body parts. Without a strong cardiovascular system (i.e., heart and circulatory system), you are unable to replenish the essential nutrients, especially oxygen, to your body's organs and cells.

**Lungs:** Your lungs are the center for your respiratory system. This system is key in maintaining good health because it is your body's oxygen delivery system. Weak lungs can contribute to chronic fatigue, muscle weakness, and mental lethargy.

**Digestive System:** Good food and nutrition are strong contributing factors to your health, appearance and longevity. It is important to eat whole, natural foods in place of packaged or processed foods. Your digestive system works most efficiently when it is not expending energy trying to "unwrap" unnatural foods and eliminate wastes.

**Hormones:** Balanced hormones are imperative to a healthy body and longer life. When your hormones become imbalanced, they become the weak link in your body's system, and all organs end up suffering. Proper exercise and nutrition will greatly improve your whole hormonal profile, regenerating your body to become more balanced and youthful.

**Metabolism:** Your metabolism holds the key to your body's innate ability to rebuild itself. Healthy eating and exercise can reset your metabolic rate, creating a much more efficient and balanced system. The meta-

bolic system can be broken down into a two-tiered cycle: The catabolic (teardown phase) and the anabolic (rebuild phase). A body that is fit and nutritionally sound will accelerate through each of these phases when exercising, and will eventually grow to feel stronger, and more energized.

- 22.** Do an inventory of each of the above body functions listed above. How is each area currently functioning? Rate your current condition with each from 1 to 10 (10 being in excellent working condition), and write out your goals for each function.

**Nervous System:**

Current Condition: \_\_\_\_\_

Goals:

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**Muscles**

Current Condition: \_\_\_\_\_

Goals:

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**Skeletal Structure:**

Current Condition: \_\_\_\_\_

Goals:

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**Heart:**

Current Condition: \_\_\_\_\_

Goals:

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**Lungs:**

Current Condition: \_\_\_\_\_

Goals:

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**Digestive System:**

Current Condition: \_\_\_\_\_

Goals:

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**Hormones:**

Current Condition: \_\_\_\_\_

Goals:

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**Metabolism:**

Current Condition: \_\_\_\_\_

Goals:

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- 23.** John reminds you how improving your life will, in turn, improve the lives of those around you. You can become a hero in the lives of those who see you as a positive example, and to those you reach out and touch. What is your definition of a hero?

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- 24.** Given the benefits of whole health, how could you become the hero that you described in the exercise above?

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# SESSION 4

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## MENTAL FITNESS AND CONDITIONING

In this session, John discusses the power of mental conditioning in attaining overall good health and a successful life. Healthy people know that their brains are in control of their body. Mental fitness is where your health, longevity, appearance, and performance benefits really begin. There is a chain reaction that exists. When you think great things, you will consequently say great things, and obviously go out and DO great things.

- 25.** Healthy people see struggle as a good thing, something that can challenge and drive them to make improvements in their lives. Unhealthy people see struggle as a negative force to be reckoned with. Up to this point, what have been your perceptions of “struggle”? If negative, how might you change your perceptions?

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- 26.** Do you consider yourself an impatient person? Does slow-moving traffic or the disorganized person in front of you at the grocery checkout easily bother you? Make the decision here and now to become more patient. For at least a week, write a daily log, noting at least two to three situations where you could have been impatient, but instead made the decision to turn them around to positive experiences.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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- 27.** Do you currently feel proud of yourself? If not, why not? In the space provided below, list three areas that you would like to improve upon in your life, along with three areas in which you currently are proud of yourself.

**Area Needing Improvement**

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**Area Needing Improvement**

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**Area Needing Improvement**

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**Area in Which I Am Proud of Myself:**

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**Area in Which I Am Proud of Myself:**

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**Area in Which I Am Proud of Myself:**

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- 28.** When you are challenged with discouraging thoughts, it can be very effective to speak to yourself assuming third-person rhetoric without using guilt and fear. You already know many answers to your so-called confusing questions. It is important that you see yourself as a teacher. In the space provided below, write down a question that you believe that you don't have an answer to.

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Now quiet your mind, see yourself breathing out of your heart three times, and then ask yourself the above question again. In the space provided below, write down the response that you receive.

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- 29.** John reminds us that we need to recharge our bodies throughout the day. Relaxation, whether through cat napping, stretching, short exercise routines, praying, or deep breathing will aid in rejuvenating your depleted body energy. Do you do anything on a daily basis to re-energize your body? If not, for at least one week commit to stopping each day at least once to apply one of the above relaxation and recharging techniques. In the space provided below, record any outcomes that you discover.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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- 30.** One of the most powerful tools that John teaches his clients is his *Brainwaving Exercise*. Let's say that one of your goals is to lose some excess body weight. To begin this exercise, see your body, in your mind's eye, as it currently is. Imagine that you are undressed and standing in front of the mirror. Now, with eyes closed, start to mentally visualize your body as it transforms into the body that you want. See it with improved posture and firm, toned muscles. You are confident, attractive, and strong. And you are smiling. When focusing on this vision, ask yourself where inside your brain you are seeing this image of yourself. Where's the location of it most prominent? In the middle of your head? Behind the forehead? Where? Make a note of this.

Now, once you've located the cerebral location of your vision, start to slowly move the image around your brain, introducing it to all the cells within the four hemispheres. Move it randomly up, down, sideways, and in circles. Just move that image everywhere to introduce then saturate each brain cell with that image. See it gradually encompassing all of you. Now, start to move it out of your brain and swallow the image and put it into your heart. See and feel the image pulsating inside your chest and hold it in your heart. Continue this exercise to introduce all of yourself and your bodily organs as that image would experience them. But most importantly, along with your visualization, assume the mindset or attitude of the person who is leaner, healthier, and more confident.

Do this exercise daily for at least one week. Note how you begin to look and feel. Keep a daily journal of your experience.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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- 31.** Spirituality and faith can also play a significant role in your self-transformation. John describes Christ as his spiritual role model. Do you currently have a spiritual role model? Describe who and why they are your role model.

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- 32.** Prayer can be seen as a form of spiritual nutrition for the mind and body. When you pray, spiritual energy enters into your body and feeds you. Prayer can be seen as a request or command to the Universe. You must totally believe that you can create the healthier life that you desire. Create a prayer or affirmation that incorporates spirituality into your life-transformation exercises, and make it a daily practice in your program. In the space provided below, write this prayer.

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- 34.** On the inside back cover, you will find the *“I’m a Doer Oath for Health* that John created for himself and his students. Sit in a calm, quiet place and read the oath every morning and evening. Please read with emotion and enthusiasm. Note and list any changes in your attitude as you continue to practice saying your Oath.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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# SESSION 5

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## POWER WORKOUT ESSENTIALS

Having a well-balanced exercise program is key in maintaining a healthy body and mind. In this session, John discusses the significance of aerobic and anaerobic exercise in your weekly exercise routines.

He describes aerobic exercise as being any activity that is performed nonstop throughout a certain period of time (15, 20, 30 minutes) and is usually an activity like biking, stair climbing, walking, jogging, or step-ping. It is an activity that primarily utilizes the strength of the heart and lungs as an operating system for the activity. Muscles are being used but are not stressed to a degree that enables them to require long recovery periods. The fat-burning benefits with this type of exercise are mostly confined to the actual period that the activity is being performed. These exercises work the slow-twitch metabolism.

In anaerobic exercise, the muscles are challenged for strength. An example might be weightlifting. Muscle strength, shape, balance, and symmetry all come into play in anaerobic activity. These exercises are short, strong, explosive and have interrupted segments as opposed to the non-stop segments of aerobic exercise. In this case the muscles require a rebuilding process fueled by body fat. These exercises work the fast-twitch metabolism.

John suggests that the ideal workout scenario is a combination of aerobic and anaerobic activity. His **No Excuses! Workout Program** very effectively combines the two types of activity, and it can be done at your home or in the office. In fact, this routine can be done just about anywhere and at any time in as little as seven minutes!

**35.** Do you suffer from any joint discomfort? If so, which joints ache?

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**36.** How much do you currently exercise on a weekly basis? \_\_\_\_\_

**37.** How much do you believe that you need to exercise on a weekly basis to maintain a healthy and fit body? \_\_\_\_\_

- 38.** John emphasizes that the best time to do aerobic activity is in the morning, before eating, and the best time for anaerobic activity is later in the day. Can you find time in the morning to do some aerobic activity? Is there a time later in the day that you could fit in some anaerobic activity? Two sessions per week will have some benefits, however three to four sessions per week would be ideal. Any more could be too heavy a load, as your muscles and organs need to recuperate after strenuous exercise. Write a weekly schedule of the best times for you to exercise.

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- 39.** Setting goals is imperative to providing you with a marker that will aid you in achieving your desired results. Make a fitness menu and log for yourself for the next two weeks. Be sure to include a variety of exercises to keep you interested. List the type of exercise you will do, along with a quick note on your experience during and after performing your exercises. Keep this journal for at least three weeks, and ideally continue one on an ongoing basis.

**WEEK 1**

**Day 1**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

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**Day 2**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

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**Day 3**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

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**Day 4**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

\_\_\_\_\_  
\_\_\_\_\_

**WEEK 2**

**Day 1**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

\_\_\_\_\_  
\_\_\_\_\_

**Day 2**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

\_\_\_\_\_  
\_\_\_\_\_

**Day 3**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

\_\_\_\_\_  
\_\_\_\_\_

**Day 4**

Type of Exercise: \_\_\_\_\_

Note on the Experience:

\_\_\_\_\_  
\_\_\_\_\_

# SESSION 6

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## NUTRITION ESSENTIALS

Nutrition is fundamental in maintaining a healthy and balanced lifestyle. In this session, John discusses nutrition and how changing your diet can greatly affect all areas of your life. The cells in our bodies continually replenish themselves. Every six weeks our red blood cell count is totally replenished. The cells in our skin, bones, and teeth die off and are completely replaced in one year's time. Nutrition is not just the foods that we eat, but also how the nutritional particles from our foods are distributed to every cell in our body. In order to produce the necessary enzymes to break down our food, the digestive tract needs time to create the enzymes and put them to work.

- 40.** Do you chew your food well so that the necessary digestive enzymes are created to break it down effectively? For the next week, make a concerted effort to chew your food adequately. You will also need to eat in a stress-free environment if possible. In the space provided below, note any changes.

**Day 1:**

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**Day 2:**

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**Day 3:**

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**Day 4:**

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**Day 5:**

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**Day 6:**

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**Day 7:**

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**41.** Now understanding how a healthy meal is comprised, what elements are you missing?

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**42.** List at least three ways in which you can become a healthier eater.

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**43.** Using the templates on pages 33 and 35 in the **No Excuses! Workout & Eating Plan** booklet, track your eating habits each day for at least three weeks. In the space provided below, chart your progress and make note of any discoveries.

**Week 1:**

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**Week 2:**

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**Week 3:**

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John lists certain supplements as being important in maintaining good health. It is important that you make use of them along with healthy eating, but not as a replacement. He suggests that supplements be taken in the form of capsules, powders, or liquids/sprays to make them easier for the body to absorb. Some of the supplements that he suggests are:

**DHEA hormone supplement** to reset your hormones, especially when you are lacking in rest, or for women who are struggling to lose body fat after having children.

**Ginkgo Biloba** helps increase brain productivity and increase circulation to the brain.

**Bilberry** brings blood to the brain area, particularly the eyes.

**Grape seed extract, Echinacea, and Golden seal** are powerful anti-viral agents.

**Food Enzymes:**

**Protease** is a supplement that breaks down protein enzymes.

**Amylase** is a supplement that breaks down carbohydrate enzymes.

**Cellulase** is a supplement that breaks down fiber in foods.

**Lipase** is a supplement that breaks down fat in foods.

- 44.** List any of the above supplements that you think could aid you in strengthening your body. Check with your doctor before taking any of them.

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# SESSION 7

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## STAYING MOTIVATED FOR LIFE

In this session, John discusses how you can begin to measure your progress with his program. He points out that you are making some dramatic lifestyle changes and that you must be patient if you do not see the significant changes right away.

- 45.** At this point, you might benefit from reviewing the personalized videotape that you created earlier in the program. Can you note any changes in your physical appearance or attitude? List any differences. Even the smallest changes are noteworthy.

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- 46.** There is a point in which your attitude transforms from one of “having to...” to one of “wanting to...” In other words, exercise, healthy eating, and a good attitude often start from the perspective of “having to” do things to improve your health. But with time, you will find yourself “wanting to” make the changes for your better good. Your body and mind need time to acclimate to this change. Review your daily exercise and nutritional activities, comparing your current regimen with your regimen when you started this program. Make note of any differences no matter how small they may seem to be.

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- 47.** Have you found yourself on a plateau while going through this process? Have you gotten “off the bandwagon”? If so, understand that this can happen. Describe your experience below, then give yourself permission to let it go. Do not dwell on it, and continue to encourage yourself on your path of transformation. John refers to this as our “off” season, albeit a day, week, or a month. When you realize that you’re not living vitally from the inside-out, just jump back into season. It’s only a quick decision away!

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# SESSION 8

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## THE DOER CHALLENGE: PUTTING YOUR PROGRAM TOGETHER

John dispels many myths about diet and exercise in this session. He encourages you to be eager to learn and apply the truth and not concerned with being told only what you want to hear. To be told the truth, you first have to be honest with yourself. Some of the following questions may steer you to greater insight and integrity as you put your personal program together and continue on your journey to better health and well-being.

**48.** Where are you “honestly” on your journey of personal health?

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**49.** On a scale from 1 to 10 (10 being the most disciplined), how disciplined have you been with this program? How disciplined can you be if you commit completely?

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**50.** In the space provided below, list all of your self-destructive habits in the areas of health, exercise, and nutrition. Even list emotional bad habits like negative thinking, pessimistic thoughts, fear, etc.

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**51.** Do you tend to be obsessive about exercise? Do you work out every day? If so, can you adjust your schedule to be more practical?

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**52.** Starving the body to lose weight can be very counterproductive. It robs the muscles of the nutrition that their functional tissues need to survive and actually holds onto fat. Have you starved yourself during this program? If so, what can you commit to doing in the future?

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**53.** Do you have any mental blocks regarding weight training or aerobic workouts? If so, list them below and create an affirmative statement to counter your earlier misperception.

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**54.** John emphasizes the effectiveness of having a personal trainer while transforming your health. He suggests that you contact a reputable organization like the ISSA (International Sports Science Association) to find a qualified trainer. Could you afford a personal trainer? If so, list any local trainers that you could contact.

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**55.** As a final exercise, write out your personal success story. Whether you have reached your goals or not, take the time to visualize the mind, body, spirit, and LIFE that you desire. Continue to read your story and make any changes as they occur. Have fun doing this exercise, and have the faith in yourself and your ability to create the kind of lifestyle that you want and truly deserve! Most importantly, love yourself and love taking care of yourself.

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