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# Preface

As a Personal Fitness Trainer I meet my share of people trying to lose weight. And to be honest with you, I'm often shocked at the useless extremes they often turn to in their attempt to get in shape. Which is why I wrote this ebook. In it I've included all you'll need to know to change your life and your health forever. This 12-step process is a guaranteed roadmap to your success. It doesn't promote a specific agenda or try to push a particular product. Instead, it's written as a guide demonstrating the things that actually work.

The only way to assure success in your weight loss program is to actually change who you are. Taking a special pill, or agreeing to use a specific machine for 10 minutes a day won't do it. You have to change your lifestyle, you need to become a healthy person and develop the mindset and attitude of a healthy person. The habits that drive you need to be healthy ones. In fact, you need to step out of the mainstream and forge your own path that leads to a healthy, productive life.

## Obesity

Because unfortunately society is moving in the wrong direction. Since the mid- 80's the rate of obesity among adults in England has more than doubled. As of this writing 46% of the men and 32% of the women in England are overweight.

America is no better. Statistics in the USA show that 8 out of 10 men and



women over 25 years of age are overweight. According to the World Health Organisation (WHO), the latest projections indicate that globally in 2005:

- approximately 1.6 billion adults (age 15+) were overweight;
- at least 400 million adults were obese.

WHO further projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese! At least 20 million children under the age of 5 years are overweight globally in 2005. Incredible!

## Diabetes

Since 1990 there has been a 76% increase in Type II diabetes among adults aged 30 to 40. And that's a very serious problem. Dr. Andrew Weil, who spends his time promoting health programs that help slow down the physical aging process, calls diabetes the one disease that actually speeds up our aging. It causes our body to deteriorate quicker. It literally kills you by destroying your body. Studies show that 80% of type II diabetes is related to obesity and 76% of cardiovascular disease is related to diabetes. Virtually every organ in the body can be destroyed by this disease that kills the body's ability to provide proper nutrition to its various parts. It's a disease that's caused, primarily, by our unhealthy lifestyles.



## **Diabetes in children**

As predicted by WHO, obesity is no longer a problem limited to the adult population. The overweight population among children aged 6 to 11 has nearly doubled in the USA since the early 1980's. And the odds are very much against these kids growing up to be healthy. Being overweight, more than likely, will be a problem they'll face for the rest of their lives. In fact, according to statistics, an overweight kid is twice as likely to grow up to be obese as a normal child.

## **Genetics**

Yes, it can be said that genetics plays an important role in our predisposition to weight gain. But when you consider the fact that this generation is suddenly becoming so much heavier than any before it, it's pretty safe to assume the real problem we're facing is much more an issue of environment. We live in an unhealthy world. We, as a society, have developed unhealthy habits. We eat too much. Food is much more accessible. Our portion sizes are far too large. We're drinking far too many sodas and alcoholic beverages and we're just not doing enough exercise. According to one study, 78% of Americans don't even reach the minimum of their recommended daily activity.

## **Fat free foods**

Another major influence to the rising obesity epidemic is that we have



moved through an era where fat was our number one enemy that must be destroyed forever! What happened was that food companies starting selling 95% fat free foods, or virtually fat free foods.

This had a detrimental affect on society as people began purchasing more and more 'fat free foods' believing them to be healthy and good for us. What people didn't understand was that whilst these foods may have been reduced in fats, they were loaded with sugar and refined carbohydrates, and quite possibly a great deal of Trans fatty acids. Our sugar consumption went through the roof! It reminds me of the Seinfeld episode where the characters ate 'fat free yogurt' every day and started putting on weight despite the fact it was labelled 'fat free.'

We are now in a major crisis. Can you possibly imagine that obesity may turn out to be the number one preventable disease in the world ahead of smoking!! Our answer lies in education. People need to know how to eat, when to eat, what to eat, and how to exercise correctly for weight loss.

### **Public apathy towards diet**

I firmly believe that people are trying to lose weight, but they've been challenged by ambiguous information from doctors, nutritionists, Personal Trainers, health 'experts' and 'gurus' and anyone else who throws in their two cents. It doesn't help that multi-billion dollar diet, fitness and supplement companies are promising the world with their products and



delivering nothing but frustration and despair to millions of people. There are now those in the majority who are just apathetic towards being overweight that I don't understand at all.

I find it nothing short of amazing the way we ignore our bodies and our health, but if our cars show any sign of wear or trouble we cater to it immediately! We take our dogs out for a walk every day. We spend extra to get the healthiest pet foods available, while we continue to stuff ourselves with junk. You can't buy health. If you start experiencing pain in your lower back or hips you're going to discover that no amount of money will be able to cure you if the damage is already done. Oh, you may be able to take drugs to try and fool yourself into believing all is okay, but a destroyed muscle or bone is a physical problem that can't be repaired with a pill or gadget.

It really doesn't matter how much money you have, how hard you've worked to provide for a "secure future". The sad reality is that unless you dedicate the time and energy needed to guarantee your health, the quality of your life is sure to go downhill as time goes on. And the sad part is that it doesn't have to.

## **Healthy living**

There are plenty of 90 and 100 year old men and women out there living healthy, vibrant lives. They're still running in marathons and wrestling with



their great grandkids. They wake up every morning excited to face the day rather than dreading another long drawn out day in a wheelchair or worst yet, a bed in a nursing home somewhere. What did all their "success" get them if they can't enjoy it?

What did they dedicate their lives to, if now, when they're supposed to be able to enjoy the spoils of their efforts they find themselves in daily agony and torment, unable to take that vacation they always dreamed about, not able to pursue those hobbies they always said they'd dedicate their older years to. In short, becoming a slave to the excesses they allowed themselves in their younger years.

### **Never too late**

The good news is, there is an answer, and it's never too late to get started. The late Jim Ward didn't start competing in triathlons until he was 68, but had completed more than 150 triathlons all over the world! In 1994, he became the oldest person to ever complete a Hawaii Ironman event at the age of 77! In case you're wondering, an Ironman event is a 2.4 mile swim, a 112 mile cycle, and a mere 26.2 mile run!

How about Abe Weintraub, who completed the New York marathon in 8 hours and 10 minutes.....aged 90?!! Or Jeanne Stawiecki, the Guinness World Record holder for women, running seven marathons on seven different continents (including Antarctica!) aged 56! She started running



at 44 when she decided to stop smoking. Her attitude to the dangers she faces? "I am more afraid of not living my life than I am of dying." Awesome.

You have to take inspiration from others. So yes, you may have already taxed your body severely, but it's not too late for you to keep from adding more problems to your life. You can't change what you did in the past, but you have complete control of what's going to happen 5 minutes from now. And if you can use that 5 minutes wisely, and then the 5 minutes after that, you'll soon find your entire life doing an about face. You'll soon find you can actually cause your body, from a physiological standpoint, to get "younger". Every test that determines how old your body is can be cheated into believing you have "youthened".

No, you can't actually change the age on your driver's license, but you can let yourself live in a healthier, more efficient body. You can let your mind exist in a body that operates at a level far below the age reflected in your birth certificate. And you can create a pattern of "living healthy" that can add pleasure and purpose to the rest of your life.

### **Personal commitment**

That's what this book is all about. It's my personal commitment to you to hold your hand and walk you through the process of becoming a healthier you. As a Personal Trainer I understand the importance of motivation and accountability, and I've worked hard at building some of the patterns that have made my practice successful into the pages of this program. I tell it like it is.



At my Personal Training Studio I often find myself having to bring a person back to reality. It doesn't always feel good, but in the end, it's the only road that can possibly lead to success. That's what I do. I call it like it is. My goal is to motivate you to action, something that's impossible to do without ruffling some feathers.

You've obviously developed some unhealthy habits or you wouldn't be reading this book. The minute someone steps in and suggests changing a habit, they're sure to find resistance. It happens every day in my Studio, and I'm sure it's going to happen in your life as well. But if you're willing to keep on trying, together we're going to fell those monsters and create new, exciting habits for you to live by.

## **Positive habits**

And the good news is it won't take forever to change your life. Behaviour scientists find that it typically takes about 14 days to break a habit. It then takes another 2 weeks or so to create a new habit. So if you can force yourself to "just do it" for about a month, you're going to find you've owned the process. The habits you'll now be driven to satisfy will be good ones. For the rest of your life you'll be motivated to do the right thing! And all because you dedicated one month to making it happen!

I've written this book out of pure frustration. I find myself hopeless at times as I can't get the right information out to everyone that needs it. And



believe me people need it! Every day when I workout, or train a client, I see mostly everyone performing an ineffective exercise, a dangerous exercise, or the correct exercise but with poor form, posture and technique.

### **Inappropriate training programming**

To make matters worse I see hundreds, yes hundreds, of Personal Trainers implementing these types of exercises and programs all over the world! I can't believe what I'm seeing at times! I've seen an overweight woman balance on one leg whilst bouncing tennis balls back and forth to her Trainer! I've seen men perform shoulder exercises that are actually shoulder impingement tests for Physiotherapists! I see Personal Trainers implement modified bodybuilding routines day in and day out and have their clients move slowly around fixed weight machines performing exercises that are doing very little for them. The result? Well, no results!

### **Medical jargon**

The one thing I don't want to do with this book is to bog you down with lots of fitness and medical jargon. I think people will lose interest if I do that. Below is a paragraph from a paper I did for my Masters Degree a few years back. It had the riveting title:

**Exercise is useful as an adjunctive therapy in a patient with congestive heart failure secondary to ischaemic heart disease.**



"Cardiac cachexia is a profound and marked state of constitutional disorder occurring in the course of chronic heart disease. Anker et al (1997) found that aldosterone production was particularly evident in individuals with cardiac cachexia whereas noncachexia individuals had aldosterone levels comparable to healthy individuals. Cicoira et al (2002) hypothesised therefore, that the deleterious effects of aldosterone "escape" may be the result of a precachectic state which could evolve into an explicit condition of cardiac cachexia."

If I were to use any of that terminology I would have your attention for maybe 3 seconds! I want to tell you as I see it. I will write in laymen's terms and make no excuses for it. I also don't want to sound condescending so I may explain things to you that you may know already and I apologise if that is the case, but I need to make sure that my information is getting across.

I thank you sincerely for purchasing this book and I want to let you know that you're not going to have to do this alone. In this program I've outlined the process you'll need to follow to get there. But my commitment to you doesn't end there.

### **Personal support**

If you find yourself facing a unique obstacle or need more personal support, please don't hesitate to email me with your questions. Hopefully you'll keep in touch. I'm very interested in helping you face any problems



you may encounter and I very much want to hear your success stories, so I can use them to motivate other readers. Send me your before and after pictures and I'll proudly place them on my website for inspiration!

Be positive, stay resilient, let's us get started!



*Mike Heatlie*

*It is time for us all to stand and cheer for the doer, the achiever — the one who recognizes the challenge and does something about it.*

**Vince Lombardi**