

TRANSFORM FOR LIFE

# THE ART OF CHANGE



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## THE ART OF CHANGE

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# INTRODUCTION TO THE ART OF CHANGE

The science of weight loss is simple.

- Understand the basics
- Create a plan based on your goals
- Track your progress and make changes accordingly

However, any coach who claims science has all of the answers to weight management hasn't coached very many people.

As soon as science clashes heads with real people in a normal living environment, the best laid theories of science are put to the ultimate test.

Our infinite complexity and capacity to complicate things is one of the greatest gifts of humanity, it is what makes us interesting, unique and dynamic, but it is also what helps us turn something that is incredibly simple like weight management, into an insurmountable challenge.

Having coached hundreds of people personally, and thousands more remotely, I learned to 'manage' the space between the binary facts of science and those who would to use it to make a change.

I call this space *The Art of Change*. The place where the science meets the reality.

Take the messages in *The Art of Change* as seriously as you do the messages within *The Science of Physical Transformation*.

This is where we marry the simplicity of scientific fact with the complexity of the mind.

Oversimplifying this challenge would be dangerous, but overcomplicating it would be even more dangerous still.

While we should never overcomplicate the process of health and weight management, we shouldn't underestimate the challenges it will present either. Nobody has ever achieved their goals without overcoming many hurdles on the way.

By showing respect to our 'complicated' self, rather than discarding the internal and seemingly unreasonable conflict that can exist within us, we open the door to our ultimate success.

*The Art of Change* does not pretend to provide therapy or 'fix' the mind, it only intends to help you engage in healthy behaviours.

Of the many thousands of people I have coached from various walks of life – infinitely different personalities, vocations, life experiences and perspectives – each one who succeeded in perpetuity used the philosophies and habits within these pages.

Notice I said 'philosophies and habits'. Not traits.



People who succeed are not 'motivated' and people who fail are not 'lazy' or lacking in 'willpower'.

Motivation, willpower and laziness are all perceived 'traits' and traits are not relevant to your success.

I would not be so bold to claim any of the concepts within these chapters as my own; they are the observations I have made of those who succeeded; observations that have accumulated throughout my career.

As the lessons learned from these observations mounted, I passed this learned insight on to others facing the same challenges and chasing the same goals.

Through this process of cumulative learning I've been able to ensure the next person in line has a far greater chance of succeeding than the one before, until finally, I can be confident that the next person has all of the information they need to succeed.

You are the next person in line.



# THE IMPORTANCE OF HABITS

If you want to become healthy, habits are everything, yet healthy habits will never become the automatic processes you may expect and even hope them to be.

While some habits are automatic, like picking our noses or swearing in unsuitable situations, many other habits are not.

Healthy habits are manual processes that we prioritize because either:

- A. The consequences of them matter to us
- B. They bring us pleasure

Brushing your teeth every morning falls into A.

Unless you have a tooth brush fetish, when you brush your teeth you probably don't take great pleasure from it. If you did not care about whether your teeth fell out, breath smelt or gums receded, you would almost certainly stop brushing your teeth, regardless of how ingrained the habit it was.

A habit that you have held for a lifetime would be deemed superfluous overnight if it no longer held any perceived benefit and the consequences were irrelevant.

On the other hand, if the potato chips you eat every evening while watching TV suddenly tasted like old boots, you would break this habit because it failed to bring you any of the pleasure it once did.

You have a 'habit' of going to work every day, but if your boss announced that you would no longer be paid, you may joyfully break that particular habit there and then.

Habits are central to everything when it comes to health, but healthy habits are not automatic processes. You will not develop an automatic habit because you have done it for one week, four weeks or even 10 years.

You will proceed with a habit because:

- A. The consequences of them matter to you
- B. They bring you pleasure

If you can develop a habit that does both, you are winning the habit battle.

Since we can assume you care about the consequences of healthy eating and exercise as you are reading this book:

- If you can enjoy exercise, moving your body and working out that gives you a B and an A.
- If you enjoy eating healthy foods and the energy they bring you, that gives you a B and an A.

Our first goal is finding ways for you to enjoy exercise and healthy eating. This paradigm shift away from health as 'punishment' and towards 'nourishment' is central to long-term success, but it doesn't end there. This is not the same as enjoying the results.

Many people enjoy the results they achieve but not the way they are achieving them and these habits fall away upon reaching their goals. You need to work rigorously at enjoying the gift of movement and finding new ways to delight your palate with healthy foods.

## Non-negotiable

The carefully camouflaged secret behind retaining long-term habits is combining enjoyment with non-negotiable engagement when the pleasure **temporarily** falls away.

Some days you will not get any pleasure from working out or eating healthily no matter how hard you try.

On these days it is important to remember there is no invisible force that will make your habit occur 'automatically', no matter how long you've done it for.

You retain this habit because the consequences matter to you, but also because you placed it into your hierarchy of **non-negotiable** manual habits.

You probably don't have a **visible** non-negotiable manual habits table, but I can guarantee you have them!

## TASK

Make a list of habits in your life that you will not negotiate on. These are manual habits that do not get 'managed out' of your priority list.

**Then put 'exercise' and 'healthy eating' in there!**

### Example hierarchy of non-negotiable habits

- Brush and floss my teeth
- Eat more than 70% healthy foods
- Have a bath
- Pay the bills
- Exercise for 30 minutes
- Go to work
- Walk 5,000 steps
- Read to the kids at night
- Walk the dog
- Call mum twice a week
- Have a date night

## Harry's Habits 1

This is Harry.

He **really** wants you to succeed and knows that mindset habits are just as important as exercise and health habits. Every time he sees a habit he likes, he barks, wags his tail, then goes and sits at his computer to type it into this box.



He just found his first habit... about habits... he has a habit of doing that! Down boy!

- **Make healthy habits non-negotiable**

## Habit types

If you miss a meal, eat some bad food or snack on some junk one evening, in the scheme of your results, it is almost entirely irrelevant and should be ignored, thrown away and forgotten about.

What changes your body is the habits you keep.

I am less concerned with the ice-cream you ate on a whim at the park, and more concerned with the daily morning latte you have to get going in the morning or the double gin and tonic you drink to relax every evening after work.

Convincing you to avoid the ice-cream you have on a whim every couple of weeks will make almost zero difference to your overall results.

Convincing you to change your latte to a black espresso, or to have a single gin and tonic instead of a double, will significantly alter your results over a period of months.

Don't beat yourself up about making 'mistakes', just don't let them become habits.

Rather than worrying about the few times you 'mess up', think about the daily habits you have that could be replaced with healthier habits without impacting your life in any significant way.

That will make the difference.

Consider your daily habits and how they fit into the following six behaviour types.

## Habit types

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- A. Sustainable healthy habit** – a daily occurrence that becomes part of life. This ought to be the main focus of any health plan (daily workout, eating vegetables, drinking water, portion management, walking).
- B. Consistent unhealthy habit** – a daily occurrence that damages long-term results. Removing these should be the main focus of any health plan (daily junk food, sedentary behaviour, emotional eating).
- C. Planned unhealthy habit** – a regular habit that is part of your plan. Yes PART OF YOUR PLAN. YOU decide when and how often you eat ‘unhealthy’ foods, kick back on the couch, have a glass of wine, etc. This is an important part of any long-term health plan.
- D. Decelerator** – a one-off, undesirable behaviour, the impact of which is overestimated. It will actually have little impact if a one-off. Stopping it becoming a consistent unhealthy habit is the key (missing a workout, giving in to a craving and eating a cake, etc).
- E. Conscious accelerator** – a planned, healthy behaviour that is understood to not be sustainable, but is implemented in the short-term to accelerate results (double workout, lowering carb intake, removing planned unhealthy habit, etc.).
- F. Unconscious accelerator** – a behaviour that is seen to be positive but is entirely unsustainable (super-low carb diet, unsustainable total abstinence, overtraining).

These are dangerous behaviours that often result in rebound behaviours.

## Success

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Find a balance between implementing A, removing B and balancing C that is sustainable for you.

Let the occasional D go (without allowing it to become a B), use E sparingly for accelerating results and avoid F if you want your results to last more than a few months.



# NO MORE DIETS

A dieting mindset is not a winning mindset. While it may bring about short-term change it often results in rebound behaviour and unsustainable change.

At the head of your mindset and approach to your healthy life should be exactly that; an approach to a healthy life. It shouldn't be seen as a short-term approach to change, but a lifestyle choice that is important to you.

## *Case study – There is no wagon*

Amanda had been dieting for most of her adult life. When she was dieting, she considered herself to be 'on the wagon' and when she was not dieting, she considered herself to be 'off the wagon'. Her life had proceeded like this for most of her 49 years. I'd been training Amanda for six months when she delightfully announced to me one day:

"I've been on the wagon for six months. This is the longest I've ever stayed on the wagon for. I've been good for that entire time. Soon I'll reach my goals and I can't wait."

"Wait for what?" I asked.

Amanda paused, thought about my question and suddenly looked unsure.

"Actually, I'm a little scared about what happens when I reach my goals. I'm scared about getting off the wagon."

I questioned further. "What is it you're afraid of when you get off the wagon?"

Amanda answered. "There is temptation everywhere. I don't know what I'm going to do when I'm allowed to eat whatever I want again and don't have exercise to distract me every day."

At this point I became concerned. "Amanda, get off that wagon right now. There is no wagon."

"I can't get off the wagon, Daniel. I'm not ready." Hidden in her wagon, she wasn't exposed to temptation. In her mind, she was in a healthy wagon on a fast track journey to Health City. The problem was there was no such place as Health City.

Health is not a journey with a destination, it is a permanent lifestyle choice. Believing in health as a destination is a philosophy ingrained in dieting culture. Once Amanda realized there was no wagon, she was able to focus on creating a long-term balanced lifestyle of health.

Every decision you make, every food you eat, both healthy and unhealthy, every workout you do, every step you take and every rest must be infused with the spirit of permanence.

*Transform for Life* is not a diet, it is a focus on a permanent healthy lifestyle.

## Harry's Habits 2

Harry's happy.

He just found another mindset habit that will help you achieve your goals. He also found a sock that made him happier still...he's easy to please.

- Make healthy habits non-negotiable
- **Focus on a permanent lifestyle change**



## Change your philosophy

**Old philosophy:** I am on a diet to lose weight.

A diet to lose weight ends in weight loss and then a return to old behaviours once you've achieved your goals.

**New philosophy:** I am living a healthy lifestyle.

A healthy lifestyle is permanent and continuous.

**Old philosophy:** I can have that ice cream when I've lost 10lb.

Restriction and avoidance is a behaviour that results in 'yo-yo' behaviours.

**New philosophy:** I can eat everything I enjoy, provided it is not in excess.

It may be easier to engage in complete avoidance in the early stages of making a change, but to live a permanent healthy life you will need to learn to enjoy foods that are important to you in moderation.

**Old philosophy:** I am being good.

Being 'good', assumes you can also be 'bad'. This rise and fall is another reason so many fail.

**New philosophy:** I am living a healthy lifestyle.

You are building a healthy lifestyle. The further you move towards sustainability, the easier your adaptation to permanence.

**Old philosophy:** I should exercise and eat healthily.

You shouldn't do anything. Every decision in life comes with a consequence and an outcome; It is your choice if health and weight management are important to you.

**New philosophy:** I choose to nourish my body.

Nourish your body with healthy foods that enrich your life and support your dreams and ambitions. Gift your body with movement that it loves, appreciates and pays you back tenfold for.

# FALSE BELIEFS

False beliefs are strange things. We hold on to information that is not true because we have created a story that we tell ourselves. Sometimes we've told ourselves the story for so long we are no longer able to see past it.

There are vast books written on this complex subject, yet at the core of letting go of false beliefs is questioning them and recognizing them not to be true.

Phrases like *'I always give up'* or *'I lose motivation'* are examples of strong and damaging false beliefs that need correcting in various ways.



## Layla, 64, on 'always giving up'

Perhaps I gave up on something early in my childhood, I can't even remember now, but at some point I decided I gave up on things and this became my story, not just with my health, but with everything.

Every time I gave up, it probably strengthened my belief in this story.

When I met Daniel and he heard me use this language, he questioned me immediately.

He explained that I was writing my own future before it had begun, using the past as a template, rather than using the wealth of information and experiences I learned in the past to change the outcome.

Now, I do not 'always give up'.

I've decided 'I never give up'. I like that story better. This story is as true as I choose to make it. For the last 17 months at least, it has been true.

## Beliefs versus truths

**Belief:** I don't have enough time.

**Truth:** We all have the exact same amount of time available to us, it's how we choose to spend it. You have enough time. Health needs to be a priority.

**Belief:** I can't lose weight because I have a slow metabolism.

**Truth:** Your metabolism may be slower than others, making weight loss slightly more challenging, but the amount of exercise you do, the amount of food you eat and your daily activity levels all play a far greater role in your weight than your baseline metabolic rate.

**Belief:** I want to succeed but I can't give up the foods I love.

**Truth:** Who said you have to give up the foods you love? Just eat them a little less often.

**Belief:** I have a bad ankle/hand/shoulder. I'll start when I get better.

**Truth:** You could start today. There are very few injuries that stop you doing some form of exercise and none that stop you eating a healthy diet.

**Belief:** I don't have any discipline.

**Truth:** Yes you do. Discipline is a choice. You can make that choice the same as anybody else.

**Belief:** I have to take care of others before myself.

**Truth:** When we look after ourselves we are better people for those we care about. Every single person who works out and eats healthily tells me it has a positive impact on the relationships that matter to them.

**Belief:** I always give up so I will only give up again.

**Truth:** If you always allow your past to shape your future, your future is already written. You are a different person today than you were yesterday. Provided you don't allow the past to shape your future, anything is possible.

**Belief:** As soon as I eat chocolate/cake/pizza I can't stop.

**Truth:** You will have moments when you eat pizza, cake and chocolate. You have a choice, you can make a good one. There is no invisible force, just you and your capacity for choice.

## Harry's Habits 3

Harry's happy.

He just found another mindset habit that will help you achieve your goals. He also found a roll of toilet paper...Harry loves toilet paper.

- Make healthy habits non-negotiable
- Focus on a permanent lifestyle change
- **Question false beliefs**





### TASK

The line in the sand.

#### **Draw an imaginary line on the floor.**

Stand by this line and imagine that every single moment in your life happened on one side of this line.

#### **This side represents your past.**

Your memories, your experiences, your successes and your failures.

The other side of the line belongs to your future, as yet unwritten, and endlessly stretching out in undetermined directions and with infinite possibilities.

#### **Now stand on the line.**

The line is now. The present moment. The only reality we can ever know. On this line we shape our lives. It is just as impossible to take strides in our future as it is to exist again in our past.

As you stand on this line, you stand between two distinct worlds: the world of the past and the world of the future.

Now you have a choice to make.

#### **1. You can walk over the line facing the past, walking BACKWARDS into your own future.**

Instead of looking at a world of opportunity, possibility and change, every moment you create is based on previous experience. Every step crafted with the help of an endless tapestry of familiarity and certainty.

It has happened before, thus it shall happen again.

You are holding up a mirror for the future to create its reality, using a reflection of the past as a guide.

When you face the past as you move to the future, your future is already written and your beliefs will be true.





*"I have no self control,"* you tell yourself as you try to avoid eating 'junk' food. While trying to change your behaviour, you are simultaneously watching your previous experiences on repeat and showcasing them to your future.

Your future success is being hijacked by what you believe to be true but which is a **false belief**.

These experiences were in a different environment, with different circumstances and approached by a different person.

If you keep showing re-runs of your own life to your future, it is indeed a certainty that the future will reflect the past. It could be no other way.

## 2. Turn around.

Every morning, stand on the distinct line that separates the two worlds that define us. What you have done and what you are yet to do.

You can reflect on the past, collecting the memories and experiences that matter and discarding those that don't. Learn from the past as a wealth of experiences, rather than using it as a template for the future. Turn around and face the future stretching out in front of you, yet to be written and free of constraints, accompanied by the positive experiences and memories you choose to hold on the journey.

You are governed by choice, not by what has gone before.

Position your canvas, amass your paints, mix new colours, formulate new shapes and sculpt new outcomes, with the infinite possibilities of a small child on their first day of school.

Walk forwards with your eyes on the horizon. There is nothing you can't achieve and nothing that can't be done.

# HEALTH AND HAPPINESS

Vicky, 32, A letter to herself.

You've always told yourself you have a choice. You can be happy, or you can be healthy.

"I'll never be healthy, I love food too much". How many times have you said that, Vicky?

But it's a lie isn't it?

Because you do not love the food that made you gain weight, you were addicted to it. Living a life where you believed it made you happy. You have never loved food as much as you do now. Healthy, fresh, delicious food.

Once the fog of dependence clears, healthy food is left, and ironically that's helping to make you healthy.

Remember this. Because things are good at the moment, you are focused. You're focused on cooking, being in control, exercising. Feeling better, working towards a positive future.

Remember that this is now your path for life.

Remember these things, when the diversion happens, to get you back on your path at the nearest entrance.

I write this letter to you because I don't want you to buy the lie that you are 'happier' when you're eating excesses of foods that make you gain weight. You aren't.

You are happier right now, eating a balanced, healthy diet and exercising.

While we can never say with absolute confidence that being healthy will make us happy (if perpetual happiness is even possible), we can say with absolute confidence that eating large amounts of 'unhealthy' foods will not and does not bring long-term contentment.

Most people take a great deal of pleasure from food. They love the taste, the social aspect and the joy that food can bring.

People who take control of their diet and health love food even more; they love healthy food and they love unhealthy food. All the food they eat is consumed guilt free. If you love food, healthy eating will make you love it even more!

Being healthy is a fundamental human need. Eating what we want, when we want goes against this fundamental need, bringing feelings of guilt and diminishing the pleasure.

You can love food, enjoy food, experience food and love life even more when you are healthy.

I have personally coached over 300 people to change and have been involved in the healthy transformation of many thousands, and I am yet to meet a single person who was happier when they were not engaging in healthy behaviours.

Exercise and healthy eating does an awful lot more than it advertises!

Being healthy will usually:

- Bring confidence
- Give you more energy
- Improve your physical appearance
- Improve emotional resilience
- Improve self-esteem
- Improve general mood
- Reduce chance of chronic disease
- Improve life span
- Increase mobility
- Increase contentment levels
- Give you a sense of purpose
- Provide a sense of achievement
- Decrease anxiety and reduce depression

I am fairly certain eating 'junk' food on the couch can't do any of these things for you!

## The healthy compromise

While health comes with numerous exciting promises, it is not a magic bullet, and like everything in life worth having, sacrifices must be made.

Making time for health is a choice that permeates almost every aspect of your life in a positive way, but also in ways that may need compromises with other things that matter to you.

Many of our members consider this compromise to be the most important aspect of their ultimate success.



# COMPARISON

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## Individuality

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Imagine, if you will, living in a world, where every one of us is identical.

In this sanitized version of humanity, each and every person would exactly match the 'perfect' ideal.

In this world, the word 'individual' has not been used for thousands of years. Redundant. Superfluous. Banished to history.

Voices freed of all chance or need to discover new harmonies.

No body, no face and no opinion could differ, because any slight deviation would contradict the fabric of this society. Intrinsically, perfection has only one version.

The perfect version.

Would this theoretical civilization have reached the pinnacle of mankind?

Perfection.

All citizens looking, thinking and functioning in exactly the same way.

The perfect way.

GET ME OUT OF THERE! NOW!

Free of this homogeneous prison, remember that in our world, your body, your face and your mind is different to mine and celebrate.

We spend so much time comparing and judging that we forget that the differences in ourselves that we berate are actually the greatest gifts we own.

Because different is incalculably better than perfection.

To be unique is infinitely preferable to being ideal.

Being diverse is immeasurably more satisfying than being uniform.

You are not perfect and neither am I. The most wondrous trait we share is that we manifest incomparability in every way.

Ask yourself the following question, free from rhetoric, sentiment and cliché:

**Is there anything more beautiful in this universe than the beauty of oneness?**

Oneness in the sense that we share it all.



Oneness in that we are the only one.

Comparing how many workouts you do, how fit you are, or how tough you find things will offer no benefit to your journey and most likely will damage it.

Some of us may be fitter than others, some of us are younger, some of us are older, some of us can do more press ups, some can do more squats, some are great with cardio, some are great with resistance. It's all irrelevant.

What matters is that you are the best you!

We travel together. We walk the path of fitness together as equals on the same road!

The only comparison you should make is to the **you** of yesterday.





## The IMPOSSIBLE comparison

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Comparison to others is just about the most pointless, demotivating and false thing you could ever do.

If you compare your fitness to another persons, you are making a comparison of a single aspect of your lives - yet our lives are diverse and impossible to measure against one another.

Another person may have good fitness, but you don't know how they are faring in other aspects of their life.

They may have damaged relationships, unfulfilled travel ambitions, financial difficulties and numerous other factors that are challenging them.

They may have had more opportunities in life than you, or they may have had less opportunities.

They may have had more luck than you, or perhaps they've had less luck. Who knows?

Unless you know every single variable in another persons life and background - any comparison you make is not just damaging and pointless, it is also empirically incorrect:

- A. The focus is too narrow to be a true comparison
- B. The hierarchy of factors will be different

They may care more about health, you may care more about politics, charity or even money and possessions. Who are we to judge which factors matter the most?

Therefore, the **ONLY** person you can ever confidently measure yourself against, is yourself.

Are you fitter than you were yesterday?

Are you kinder than you were last month?

Are you less anxious than you were last week?

Are you a better YOU?

The answer to these questions may not always be positive - progress will oscillate throughout your life and numerous factors will influence it, but at least you are making a fair assessment:

- A. The comparison is a true one
- B. You **CAN** always make tomorrow a little bit better than today

Comparison to others must be thrown out of the equation if we are to make the very best of ourselves.

## Harry's Habits 4

Harry's happy.

He just found another mindset habit that will help you achieve your goals. He also discovered he has a tail so he's been chasing that for a while.

- Make healthy habits non-negotiable
- Focus on a permanent lifestyle change
- Question false beliefs
- **Don't compare yourself to others**



## Comparison to self

Starting with a health and workout routine should be a most rejuvenating experience, but it can also be a demotivating one.

Why?

We all have benchmarks and standards by which we hold ourselves and when starting a health regime, the realization of how far from your personal peak you are can do more harm than good.

While some feel the fuels burning bright when the realizations hit, an equal, if not higher number, feel overwhelmed by this newly found cognizance.

In some ways it is easier to accept your differences with others than it is to accept a failure to live up to personal expectations, which, by virtue of being distinctly particular to self, are within reach.

If we can't run as fast as Usain Bolt, dance like Fred Astaire or sing like Aretha Franklin, it's easy to explain this away, but it's far more complex and infinitely less easy to explain why we don't achieve our own personal best.

How do we square something we know to be a circle?

As discussed previously, there is certainly a benefit to holding oneself up against personal expectation. Without it we can not have ambition, aspiration or progress, so how do we come to terms with negative comparisons to our previous self?

We focus on the successes, rather than the outcomes, at least in the short term.

Judgement of self is often better confined to the actions of today than to the circumstances that may or may not have been created by the actions of yesterday, or to the perceptions of where we believe we should be tomorrow.

- Did you workout today?
- Did you eat healthily today?
- Did you drink plenty of water today?

Yes?

You're a winner!

The actions you took today are the actions of a champion! That person is somebody to be proud of and that person will certainly become the best version of themselves.

## KINDNESS

**Life was  
ROCK BOTTOM,  
unthinkable  
thoughts were  
circulating in  
my mind faster  
than I could  
process them.**



I was having my morning coffee in a cafe that I visited almost every day throughout my early twenties.

I had never felt worse than I did on this particular day, yet to look at my expression you probably wouldn't have known it.

Life was rock bottom, unthinkable thoughts were circulating in my mind faster than I could process them. If 'coping' lived in the North Pole, I'd planted my flag at the South.

For the previous few months, I had noticed an elderly lady feeding seeds to the birds in a churchyard opposite where I was sitting.

We'd never spoken nor even acknowledged one another, yet I'd always noticed her, patiently feeding and caring for these birds, and had often wondered what her story might be.

This particular morning, I didn't notice her until she was stood in front of me. Her face was worn and marked by wrinkled skin betraying a lifetime of exposure to bleak weather and hardships untold.

Some things stand out because they don't belong, like a flower in full bloom in the midst of winter. Her face was old and haggard, yet when she looked at me, I was stunned by her eyes, that were clear and youthful.

And then, she whispered four simple words.

'It will be alright.'

**That was it.**

**She turned to feed the birds she fed every morning and I never saw her again.**

**She spoke only four words to me yet influenced my life more than people who have spoken hundreds of thousands. She chose her words wisely.**

**She could have said, “Cheer up, it might never happen” or ‘You look like you’ve got the weight of the world on your shoulders.’”**

**But she didn’t. She said, “It will be alright.” And in doing so, planted a seed that would grow into a powerful belief.**

**Kindness matters. Words matter.**

**Even a stranger can change a life if they use the right words.**

**This lady may not know that she had such a profound impact on my life, but then again, maybe she does.**

## Unkind comments

Making negative comments about another persons body is unkind and profoundly unhelpful OR demonstrates an extraordinary lack of self awareness. If anybody does make comments about your body that are anything but kind, remember this:

1. It says far more about their uneducated attitude towards health than it does about your body.
2. Very few people make positive changes because of negative criticism (although some do - but it VERY seldom sustains)
3. Most people make permanent positive change from a position of learned confidence, support and kindness

Feel confident in your body today; show it the positive attention and kindness it deserves.

Kindness drives positive action!

While many negative comments (often from family and friends) may be dressed as concern, comments such as these frequently cause eating disorders, mental health issues and extreme behaviours. Without these remarks, anorexia, bulimia, body dysmorphia and a whole plethora of body image disorders, conditions, mental health issues and self-esteem issues would not receive the oxygen they need to exist.

Let others know you will never judge them for their appearance and you will positively support their choices. And expect the same of them.

## Kindness to self

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Don't workout because you hate your body, workout because you love your body.

One of the saddest truths of all is that we reserve our least kind words for ourselves.

Saying cruel and damaging words to ourselves many times a day will negatively impact our goals, our mindset and our state of mind.

Choose the words you use when speaking to yourself carefully, as if it were somebody you cared about and loved that you were speaking with.

Don't wait until you reach your goals to be kind to yourself, start it now.

Like everything else in this book, the more you do it, the better you will become at it.

### Harry's Habits 5

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Harry's happy.

He just found another mindset habit that will help you achieve your goals. He also heard the word "walk" from 200 yards out of earshot.

- Make healthy habits non-negotiable
- Focus on a permanent lifestyle change
- Question false beliefs
- Don't compare yourself to others
- **Be kind to yourself**



## Kindness to self

---

1. Whenever you hear or create a negative thought about yourself, try not to dwell on it.
2. Create a new thought about yourself that focuses on a positive aspect of your personality or body.
3. Treat this process the same as any other habit.
4. The conscious effort of being kind to yourself will, over time, become a larger part of your subconscious.
5. However, being kind to yourself needs work and application every day, just like exercise and nutrition.



## Progress is better than change

When you reach your goal weight you will be the same person as you are now. Lighter, fitter and healthier, but the same person.

While the process of transforming your body will be one that improves every element of your life, it will not change who you are.

Be kind to yourself as you move forwards and make progress towards your goals.

The progress you see in your habits, your mindset and the way you approach your health is worth celebrating and congratulating daily. This progress is more important than ultimate change, because it keeps on coming and can be measured regularly.

- Every time you make a positive decision is progress
- Every time you workout is progress
- Every time you eat a healthy meal is progress
- Every time you don't dwell on a negative thought is progress
- Every time you are kind to yourself is progress
- Every time you don't give in to emotional eating is progress

Celebrate every moment of progress on your journey. (*The non-scale victory* chapter coming up will help you do this.)

The human mind is like Teflon for positive information, slipping away without ever really being felt or acknowledged, and like Velcro for negative information, sticking to the sides until forcefully pulled off. This is the human condition. It is the same experience for all of us. If we are to give the same or more acknowledgement to our victories as our failures, we must do it consciously.

The process of acknowledging the positive and removing the negative must be practised, worked on and developed into a habit.

### Harry's Habits 6

Harry's happy.

He just found another mindset habit that will help you achieve your goals. He also dug up a bone whilst burying one of his owner's slippers.

- Make healthy habits non-negotiable
- Focus on a permanent lifestyle change
- Question false beliefs
- Don't compare yourself to others
- Be kind to yourself
- **Celebrate every victory**



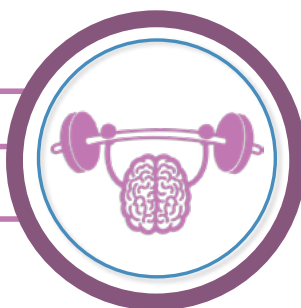
# CORE MINDSET HABITS

The mindset fundamentals in the previous chapters have varying levels of relevance and resonance to those who read them.

The core mindset habits are held by nearly everybody who succeeds at lifetime health.

Core habit 1:

**Discipline**



Core habit 2:

**Let it go**



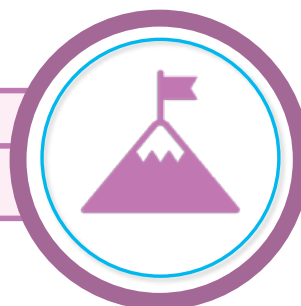
Core habit 3:

**Patience**



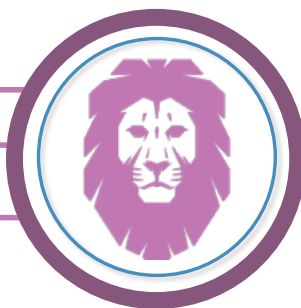
Core habit 4:

**Never give up**



Core habit 5:

**Hold the line**



# DISCIPLINE VERSUS MOTIVATION – CORE HABIT 1



When you start the *Transform for Life* plan, with fresh goals and excitement at what lies ahead, you may feel a tingle in your stomach, a spring in your step and hope in your heart.

That feeling is called motivation. You feel like you could take on the world.

This feeling, motivation, is actually a dangerous opponent in your journey to a lifetime of health and the greatest foe in creating new habits and breaking old ones because if you are not careful, you will learn to give motivation the glory when you succeed and blame its absence when you do not.

When you make a mistake during your health plan and motivation abandons you (motivation always abandons you when you make a mistake) you will feel like a failure, like you let motivation down.

This may cause you to turn a small irrelevant mistake into a series of mistakes.

I have seen motivation ruin more health plans than any other thing during all my years as a coach.

## Bust the motivation myth

Today, I am going to be the kid in the playground who told you Santa Claus does not exist. I am going to be the parent you caught putting a coin underneath your pillow instead of the tooth fairy.

**You will NEVER feel motivated every day.**

The motivation you may feel now, you will lose. It will return and then fade again because that is what motivation does. It hangs around for a while to give you a healthy boost and then it disappears into the sunset, taking your goals with it!

Perpetual motivation is a myth and anybody vending it is selling a product no more useful than snake oil.

It has let down millions of people around the world who believe in its mystical powers and give up when it abandons them, or worse still, blame themselves.

Motivation will abandon you, so dump it before it dumps you!

Factor	Root determinant	Reliability
Motivation	Feeling	Poor
Discipline	Choice	Absolute

## The truth about success

Like it or not, to succeed you are going to have to learn to workout when you don't feel like it and eat healthily when the going gets tough.

### Exercise

- Everybody can workout when they're motivated. Those who succeed workout when they're NOT motivated.

### Nutrition

- Everybody can eat healthy when the going is good. Those who succeed eat healthy when the going gets tough.

I want the following truth-bomb to hit you hard in the face. The harder it hits you, the better.

### **You WILL NOT ACHIEVE YOUR GOALS if you rely on MOTIVATION.**

I'd rather say it now so we can prepare for that hurdle in advance. If you rely on the motivation you are feeling now to succeed in achieving your goals then you won't achieve your goals.

Your success will have nothing to do with motivation and everything to do with discipline.

Discipline is not a thing we have or do not have. It is not a gift or a trait or a special ability. It is the capacity to follow a plan.

With *Transform for Life* we give you a plan.

Discipline is not special or unique or mystical. It is the choice to do something we decide we are going to do.

You are as disciplined as me and I am as disciplined as you.

**Discipline is a choice.**  
**Motivation is a feeling.**

My favourite four words in the English language again, and words that changed my own life once I learned them:

**Discipline is a choice.**

Discipline works. Discipline isn't sexy, it's routine.



It's Dickensian and it's boring but it works and never lets you down.

You will have bad days, you will make mistakes, you will miss workouts, you will lose motivation and, yes, you will lose discipline.

The difference between motivation and discipline is choice. We must wait for motivation to come and find us, while discipline waits for us to come and find it.

Changing your body and changing your habits is going to be hard.

There are going to be days when you don't enjoy it, you don't feel like it and want to give up.

We want to believe in motivation because we know how powerful it would be. If only we could feel motivated every day, but we can't, so we have to rely on something that will work.

## The motivation turnover

Most people consider motivation to be a 'push' to action.

Those who succeed know that action is a 'pull' to motivation.

### *Case study - Mary, 43*

I had always thought I lacked motivation and those who succeeded were simply more motivated to do it than I was.

About six weeks into my 'latest' health plan, I turned up to a boxing class with Daniel and explained I'd lost all motivation. It always happened to me after a few weeks and I was expecting him to be disappointed and try and cheer me up.

In fact he didn't even try and motivate or cheer me up even a little bit, instead he just pleaded with me to take part in the boxing class anyway. In truth, I was a bit disappointed he had.

I reluctantly did the class. Normally I would have just gone home.

At the end of the class, I was buzzing and felt really great. Daniel approached me smiling.

"You've just learned the secret of motivation, haven't you?" he said.

I felt good, but didn't quite know what he was getting at.

"Discipline," he said with a grin.

At that moment it clicked for me.

Motivation wasn't something that pushed me to do something. Doing something pulled me into feeling motivated again!



The workouts you do when 'don't feel like it' and when motivation evades you are the most important workouts you do.

The discipline shown to workout when we are demotivated accelerates motivation turnover. In other words, it brings motivation back faster.

We shouldn't reject the concept of motivation altogether because, when there, it's a nice bonus.

We should just give it no credit or place within our health plan.

## Just press play

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This is the central philosophy at Team Body Project.

- What you 'feel' like doing is driven by motivation
- What you 'choose' to do is driven by discipline

One works all the time and one works some of the time.

You can tell which one a person hangs their hat on by one simple factor; whether they succeed in achieving their health goals.

For all the mindset techniques, philosophies and habits we can apply, nothing beats *Just Press Play* for simple effectiveness.

## The motivational guru

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Many years ago I attended a seminar held by a famous motivational guru.

Waiting for him to appear, hundreds of eager attendees sat in an anticipation that could only be quenched by his appearance on stage. The crowd erupted as he stepped into view, his presence as electrifying as it was enthralling.

Larger than life, he proceeded to inspire us with expertly constructed psychobabble.

His mission? To ignite the vast contingent of hopefuls in attendance into realizing how brilliant life was.

I'm normally a deeply analytical man but felt stupid not to join in with such hysteria playing out around me, and besides, I really didn't want to miss out on the promised waves of success.

"Life should be wonderful every moment of every day," he declared.

"YES, IT SHOULD," we responded.

"Every day, ANYTHING is possible," he proclaimed.

**“YES, IT IS,” we chanted.**

**“If you dream big enough you can achieve your wildest dreams,” he trumpeted at great volume across the room as appropriate, uplifting music played in the background.**

**“YES, WE CAN,” we sang out together.**

**Surrounded by his energy, and the energy of those around us, we had been roused into a frenzied state of collective delusions of grandeur. The impressively intelligent man to my left declared he **WOULD** be the next Steve Jobs – I believed him.**

**“You’ll not be the next Steve Jobs,” I said, with a twinkle in my eye. “You’re much better than that.”**

**He laughed, but his laugh was ironic, his achievements in computing would make the Apple Mac look like a winning prize in a primary school technology competition.**

**To my left, an outlandishly creative fashion designer exuded confidence as she spoke about creating a brand that would leave Armani quivering in her wake.**

**And me? I would inspire the whole world to get moving. Bad health would be a thing of the past!**

**“You’re the best!” they both said. I nodded. They were right. I **WAS** the best.**

**I beat my chest like a silverback gorilla in mating season and let out an almighty war cry. They were clearly impressed with this newly demonstrated form of expressing oneself and joined in enthusiastically.**

**We were **MOTIVATED**.**

**“Let’s meet in six months,” I suggested. “Come and visit me at my beach villa in the Maldives.”**

**We laughed, but we knew it was true.**

**Six months later, I felt embarrassed to invite two such (surely) successful people to a tiny bedsit in a downmarket London district so suggested we meet in a coffee shop in a smart upmarket district.**

**I scraped together a few coins by scouring the back of my sofa and turning my old jeans upside down. When I arrived, I was a more than a little surprised by the low energy levels they were both displaying.**

**Mr. Future Apple was in a period of restructuring / aligning his vision.**

**Mrs. Future Armani was in the process of creating a new line of clothing that she wasn’t quite ready for the world to see.**

**Me? I’d been very busy watching re-runs of The Fresh Prince of Bel-air and eating biscuits in my pyjamas, but told them I was in a period of transition.**

We all nodded enthusiastically at our collective attempts to feign success.

Finally, it was Mr. Future Apple who said it.

"I don't know about you guys, but I haven't actually felt that great every day. I was so motivated during the seminar but as soon as I left, 'it' left."

It's a funny thing. The brain thinks it knows what it is true until it hears genuine authenticity. When the real truth plays its unquestionable tune, you just know and suddenly the mistruths that went before them hit the dud notes they always had, except now, you are no longer tone deaf.

Mr. Future Apple was the first person to speak the truth that day.

"Most days I struggle to get going. I REALLY want to be full of energy and motivation like the guy at the seminar, but some days little problems get in the way and I struggle to get going. Other days I feel demotivated and I simply don't know why."

What followed that day was an outpouring of our struggles, of our difficulties, of the barriers that kept being put in our way, that some days it was the most we could do to put one foot in front of the other.

It was at that moment I said something that would change the direction of my life forever.

"What if motivation is just a myth? I do what I love and what I am passionate about. That's meant to be the 'secret', but I STILL don't feel motivated every day. What if the real secret is to try your best when you don't feel motivated?"

That day I learned that other people struggled just as much as me and that there was nothing wrong with my mind or my motivation levels.

I was hindered by a lack of action caused by a falsely perpetuated belief that I should be filled with the joys of spring every day.

And here's another really important lesson: When the chips are down, when life keeps handing you bad cards, it's a little easier to be kind to yourself when you don't live up to your often unrealistic expectations.

What is really difficult to bend your head around is losing motivation and inspiration for no reason. That's the brain twister many of us wrestle with.

When you should be motivated and there is no reason not to be! You start beating yourself up and thinking there is something wrong with you, when of course this is perfectly natural too.

It is normal to feel demotivated for no reason!

On these days, no matter how bad we feel, let us beat our hands on our chest like almighty silverback gorillas in the midst of the mating season and declare: "I'm going to do it anyway."

Discipline does not mean perfect.

The choice to be healthy will confront you every day for the rest of your life.

Believing in discipline does not mean you will make the right choice every day. That's not what discipline is, because life isn't that simple.

We all mess up, make mistakes and go off-track.

Discipline is a philosophy you can return to immediately without guilt, whenever you go off-track. It won't abandon you because you made a mistake.

On the other hand, motivation is a philosophy that punishes you for mistakes by withdrawing its services until it forgives you and comes back.

Whatever your approach in the past, you can take the choice to be disciplined now.

There is nothing more powerful and no feeling more important than the feeling of success that hits you when you 'do it anyway'.

## **'Active' versus 'contained' discipline**

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Ever wondered why you are so good at working out every day, but struggle to follow a good diet alongside it?

Active discipline is the discipline to do something.

A person who works out every day demonstrates excellent active discipline.

They show the discipline to do something in the short-term that may not provide instant gratification but does provide longer term benefits.

A person who avoids eating sugar, large portions, drinking alcohol or smoking is showing contained discipline. They are using discipline to not do something.

In my experience, a person who shows excellent active discipline does not necessarily show excellent contained discipline.

The reason many people struggle with achieving the healthy body and results they desire is that success at health requires both types of discipline to be in force, leaving frustration for the regular exerciser who deserves more for their efforts.

Therefore, regular exercisers who show excellent active discipline need to use their capacity for action to drive contained discipline.

How?

People who show strong active discipline are shown to get a surge in feel-good hormones from taking action, which is possibly why they are so successful at taking action.

However, no feel good hormones are released during contained discipline. In fact, when you show contained discipline you are often depriving yourself of (temporary) feel good hormones.

Therefore you need to use active discipline in moments when contained discipline is called for.

As an example; when you are faced with a sugar craving, take the action of drinking a glass of water and maybe even doing 10 'on the spot' squats.

This will both release a few feel good hormones and provide your mind with a reward for taking action. It also takes contained discipline out of the abstract and into the tangible.

In other words, use your capacity for action to become stronger at containing cravings and desires.





# LET IT GO – CORE HABIT 2

Under normal circumstances, I don't like ruining surprises.

**One Christmas, I went hunting for the presents that my parents had hidden.**

**Upon finding them, I experienced a fleeting moment of joy as I discovered what delights were awaiting me, followed by a feeling of abject disappointment that I'd ruined the surprise.**

**There was, however, one distinct advantage to knowing what was waiting for me under the Christmas tree. I knew exactly how I was going to react.**

**While my brother's face struggled to hold back the disappointment when opening his unwanted and soon discarded Christmas socks, I'd been preparing for this exact moment for weeks.**

**"Wow Nanna, I've been waiting for a new pair of socks just like these," I said smugly, as my brother looked on in disbelief.**

**Sometimes, being ready for a surprise has its advantages.**



## Surprise

On balance, I've decided there are some surprises you are better off hearing now so you're prepared for them.

**Surprise 1:** You WILL miss a workout.

**Surprise 2:** You WILL have an unplanned blowout.

You could be the exception to this rule, but most likely you won't be. Nearly everybody makes a mistake and goes off piste on their health plan. Let's have a look at how much it matters.

Factor	Person 1	Total +/-	Person 2	Total +/-
<b>BMR</b>	2,000 kcal x 7 days	14,000 kcal	2,000 kcal x 7 days	14,000 kcal
<b>Calorie intake</b>	1,500 kcal x 7 days	-10,500 kcal	1,500 kcal x 7 days	-10,500 kcal
<b>Food 'mistakes'</b>	Bowl of ice cream	-500 kcal	None	0 kcal
<b>Total calorie deficit</b>		3,000 kcal		3,500 kcal
<b>Exercise</b>	300 kcal x6 workouts	2,100 kcal	300 kcal x6 workouts	2,100 kcal
<b>NEAT</b>	250 kcal x 7 days	1,750 kcal	250 kcal x7 days	1,750 kcal
<b>Missed workouts</b>	250 kcal x2 workouts	-500 kcal	None	0 kcal
<b>Total calorie burn</b>		3,350 kcal		3,850 kcal
<b>Total deficit + burn</b>		6,350 kcal		7,350 kcal
<b>Weight lost*</b>		1.8 lb		2.1 lb

\* based on 3,500 kcal being equivalent to 1 lb of weight loss

Person 1 lost just 0.3 lb less than Person 2 despite:

- Missing two workouts
- Eating a large bowl of ice cream

Person 1 could easily think they 'messed up' this week, while person 2 could be very happy with themselves.

In truth, the results they experienced were almost identical. The physiological difference is entirely negligible. However the psychological consequences could be catastrophic.

Person 1 can often start to label themselves as:

- Lazy
- Lacking will power
- Having no self-control
- Having no discipline

This attitude could prompt these insignificant events to turn from insignificant events into **habits**. That will matter.

Eating a bowl of ice cream that you hadn't planned for, missing a workout, bingeing on biscuits or anything else that wasn't part of your plan makes no difference to your overall results whatsoever.

So just *let it go*.

The difference between success and failure will not come down to whether or not you go 'off-piste', because you will.

It will come down to how you respond to it. If you label yourself with falsehoods and tell yourself you can't do it, you will prove yourself right.

If you accept that you are human, fallible and not a robot, you can brush yourself off and carry on, as you were.





### Sunset

In London, you are surrounded in all directions by high rise buildings that unapologetically obstruct the horizon.

Smog and pollution drape a subtle blanket across the sky.

Sunrises and sunsets are replaced by the honking of horns, whirring engines from planes overhead and the hustle and bustle of the day beginning and ending.

While paying lip service to 'seizing the day' I had never fully appreciated what this meant until I spent a few days watching the sun rise to welcome the new day and the sun set to bid it farewell.

The sunset brings clarity to the importance of NOW. Today is the only day like it, no other day like today will ever exist.

The sunset brings with it a chance to reflect on the days failures, successes, opportunities seized and opportunities missed. It is a chance to let it all go with a smile and look forwards to a new dawn.

'Seize the day' is what we normally take from this... but this is not what I learned.

In distinctly separating each day we are given the chance to let go of mistakes, things we regret and things we didn't get right.

As the sun goes down, we have an opportunity to 'seize closure' on the day that has passed.

If we allow our past to dictate our future, our future is already written.

So while 'seize the day' is popularized in modern culture, I actually believe that 'seizing closure' on the day that has gone before could be THE take away from the circadian cycle that sets natural rhythm to our lives.

By letting go of the past, we free ourselves to seize opportunities that make the difference we want in the new dawn.





# PATIENCE – CORE HABIT 3

## Patience and peas

At 18 years old, with no discernible skills, meaningful accomplishments or qualifications, I was pretty much unemployable. So when, one summer, I was offered a night job in a pea factory I jumped at the opportunity.

At the start of my first shift the manager of the pea factory enthusiastically led me through his domain, explaining the minutiae of the pea's journey from 'farm to shopping basket' through his fine establishment.

As a newly appointed worker I felt it important to ingratiate myself into the life of the pea and therefore listened intently.

"So what's my role in all of this Mr Peabody?" I asked.

"Ahhh," he replied with a twinkle in his eye. "Come with me, young man."

And so off we plodded through this wonderful land of peas. We ascended what felt like a hundred flights of legume-filled floors until we reached the summit of the factory.

Mount Pea, if you like.

"Here is where the magic starts," Mr Peabody declared, opening his arms towards an enormous shiny bucket.

"The pride and joy of the factory."

Indeed it was. A giant canister, packed to the brim with the greenest and cleanest peas this side of the moon.

"So what do you need me for?" I asked.

"We must get the peas from up HERE... to down THERE."

He gestured beneath us towards waves of conveyor belts, lined with hair-netted workers ready to inspect the peas that were soon to cascade upon them.

"Why don't you just tilt the bucket and pour them?" I asked, with a naïve shrug.

He threw me a knowing look before reaching behind the giant bucket of peas.

"Because the peas must be frozen, so they stay fresh for the customers, young man. When you tilt, they go nowhere, until you break them up with THIS."

It was in this opportune moment, that he handed me a gargantuan silver fork in a short



ceremonial gesture that felt like a miniature coronation.

Was he crowning me King of the Peas? But instead of presenting a crown, he was bestowing upon me a giant fork.

I took the gigantic fork into my hands, gazing at it with wonder. I then turned my eyes on the workers below, full of anticipation on the conveyor belts, waiting for the fork to strike its maiden blow and commence proceedings.

Entrusted upon me, on my first day at work, was this, the most important job in the factory. I was the master of the pea universe and nothing would happen until I hefted my almighty fork.

Now, although I was honoured to be given such a role, just five minutes into my first shift I was also cautious, as heavy is the crown.

Even though young, I knew this much.

“He’s spotted something in me,” I thought to myself. “He’s seen something special. I won’t let him down, I will be the most honourable bearer of the fork at the summit of Mount Pea there has ever been!”

I turned to Mr Peabody, wiped a tear from my eye and raised my hand to my forehead in full military salute. He saluted me back. We looked in each other’s eyes and the gaze was held.

Not a blink was given.

Brave, honourable men can see the resilience in each other’s souls when they stare long and deep enough. I imagine it was at this moment that Mr Peabody knew. Although he’d taken an almighty risk on such an unproven candidate, he’d made the right decision.

I gave him the nod.

“Let’s get this show on the road...”

And at exactly 10pm on 8th August the pea bucket was tilted, I hefted my almighty fork, striking an unyielding strike into the surface layer and the four tines of the ceremonial weapon sent the perilous peas down towards their dinner destiny.

The factory was back in business with a new master at the helm...

45 minutes later, at exactly 10.45pm, I realized I’d been had.

I was no King.

This was the hardest, most relentless job in the factory. I was the latest in a long line of pea paupers that seldom lasted a night. I had another seven hours of frozen pea crushing to go and my shoulders and back were already numb with pain.

It was the longest night of my life. I didn't take my eyes off the clock all night. Every back-breaking, soul-destroying minute observed as it ticked slowly by.

Yet, the funny thing is, 20-odd years later, I can remember this first ever shift as if it was yesterday.

The strange thing with time is that moments can feel like you are trudging through mud, but years will fly by in a heartbeat.

So why am I regaling this oddly abstract account of an experience from two decades ago, and what on Earth has it got to do with your health?

The number one reason for people giving up on a health plan is impatience with results. I watched the clock every minute of every hour during those fork-hefting night shifts, just as many people watch the scales, the tape measure, the results, every single day of an exercise routine.

Sometimes it feels like it's taking forever. So people QUIT what they were doing so well because it just seems to take so long... because they're watching the clock.

The ensuing months go by in a heartbeat and then they remember they want a healthy body, so they restart again.

If they had never quit with frustration they would now be further along the road, exactly where they wanted to be.

"The days are long but the years are short." – Gretchen Rubin

Whenever you feel like quitting, whenever you feel like it's taking you a long time to get where you want to be, remember that today will become two months, six months, two years, ten years from now in a heartbeat.

So keep focused on today, stop worrying about the results, and remember that all the time you are 'watching the clock' it will feel like it's taking a long time.

Unlike me with my short-lived pea career, if you're working out you're on the right track!

As soon as you take your eyes off the clock, time will fly by and before you know it, it will be the end of your shift.

The shift always ends, just as results always come to those who persist.

Oh and if a kindly fella with a giant fork ever offers you a job... Smile, politely decline and run away as fast as you can.

## Patience. Patience. Patience.

---

There is no greater asset or better habit to exhibit than demonstrating patience in your health journey.

The science of fat loss is exact and precise but it is not entirely linear:

- A. Some weeks the scales and tape will not budge.
- B. Small, sensible adjustments will need to be made.
- C. When it comes to maintenance, slower results are better

### Impatience threatens your results.

You are going to *Transform for Life*. If you are 40 years old, that means you have another 35+ years to experience a healthy weight in a body you love.

Even if it takes you a whole year or more to get there, that's 97% of the rest of your life you get to live in a body you want!

You have three options:

- A. Follow the guidelines patiently and achieve your results in good time.
- B. Try and rush the results and risk losing all progress when you rebound.
- C. Get frustrated, give up and go back to where you started, only to start the process all over again.

The only option that works is option A. **Patience.**

If you continue to follow the guidelines in *Transform for Life* it is a certainty you will achieve the healthy body you want faster than you think.

# NEVER GIVE UP - CORE HABIT 4



This is my favourite core habit.

I have three young children, and like all parents I hope they have bright futures and fulfilling lives. If I could teach just one philosophy to each of them, the choice would be easy and the same for all three:

*"Never give up."*

You need this philosophy every single day of your life. Rejection, failure, disappointment and disasters are encountered more commonly than success and acceptance. Your health journey will be no different.

Perhaps this is not the way we wish the world to be, but it's the way it is. I've fallen more times than I care to remember, and in truth I've often stayed down for a little longer than I should, yet there has always been a little voice in the back of my mind whispering:

*"Never give up."*



Sometimes I don't believe the voice. Sometimes I ask if it is speaking to me as I'm lying there feeling every inch the quitter. Yet the voice is always right. I don't quit, because if the philosophy of 'not giving up' is infused in your DNA, you will always get back up and carry on.

- You don't quit if you get knocked down on the way to your goal. Everybody gets knocked down.
- You don't quit if you get knocked down and take time to recover. Sometimes we need a rest.
- You only quit once you allow the punches of life to stop you from trying.

I'm not a great believer in mantras, yet this is one I have:

*"Never give up."*

We can choose to infuse this belief into our DNA and make it part of our story, or we can allow a different message to creep inside the story we tell ourselves, with an entirely different ending.

*"I always quit."*

'I always quit' becomes the default position of the human mind if we don't teach ourselves that it is false.

So start infusing a different message into your subconscious.

*"Never give up."*

*"Never give up."*

*"NEVER give up."*

If you can plant these four words inside your mind and allow them to spread and seep into every sinew of your body, you can achieve anything you want.

Three simple words that can change your life.



# HOLD THE LINE - CORE HABIT 5



On some days, you will not feel like exercising, and worse yet, some days you won't even feel motivated afterwards. Rather than a ray of sunlight shining on you at the end of a workout, you'll look up and see a black cloud in the sky, ready to pour its dirty rain on a musicless parade that nobody turned up to.

You will say, "I thought exercise was meant to make me feel better?"

On these days you may read posts of motivation and fanfare from other people and start to wonder whether exercise really is something for you.

I can assure you exercise is for you with just as much certainty as I can assure you that you will find days and even weeks like these.

So what should you do in these times?

Don't worry about pushing forwards and making great leaps of progress, just hold the line. Holding the line is just getting it done. No more.

Stand strong and tell the irresistible force that is trying to stop you from making progress that today you are an immovable object. You may not move forwards on days like these but you sure ain't letting it win!

Hold the line for the motivated and inspired version of you that is waiting behind the line, ready to crash through when the time is right. On these days, a huge victory is won as you trudge through the workout with less energy than a tortoise who took a sleeping pill after a carb-packed Christmas dinner.

That's holding the line in exercise terms! That is winning! The motivated and inspired you will thank you for holding the line as they burst through the line...and they will burst through the line sooner than you think!

## *Case study - Matthew, 62*

In the past I would start an exercise plan and motor through for weeks, until one day, I no longer felt like exercising.

From nowhere I would always lose motivation. Even after a workout I would still feel flat. I thought there was something wrong with me so I would give up!

This time, rather than judge myself when I feel flat, I pick a lighter workout and just go through the motions. Feeling good just for holding it together.

This is the one difference and why I am now a fully committed lifetime exerciser.

# INTRODUCTION TO EMOTIONAL EATING

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Would thunder be half as majestic without lightning to illuminate the night sky with every roar?

Would Ginger Rogers float with such impossible elegance without the accomplished hands of Fred Astaire to guide her?

If they'd never met on a cold and dreary morning in 1950s Liverpool, would Lennon or McCartney have penned some of the most memorable songs of the 20<sup>th</sup> century?

You see, some things just belong together. Drawn to one another with an irresistible, magnetic force, they are unquestionably better off as a couple.

Don't be fooled, however, into thinking that just because things are drawn together, that they are richer for finding one another.

Things didn't turn out so well for Bonnie and Clyde, and while Romeo and Juliet may be lauded in posterity, it's fair to say that were their chance encounter avoided, they would probably have lived long and happy lives instead of an ever so romantic but ultimately unsatisfying 'his' and 'hers' ending.

Which leads me onto the irrepressible relationship between emotions and large amounts of readily available, highly digestible, completely unsuitable food.

Emotions are wild, ravenous creatures that don't respond to reason or logic because emotions are hungry.

## “Biology, smiology”

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We have two good feet for walking. Two eyes for looking at things. A couple of ever so useful hands for picking up the things that we see. We've been given two ears for hearing things and a mouth for telling people what we've heard.

That all makes sense.

What doesn't make quite as much sense is why an irrepressible sensor runs directly from our tummy to our brain, rewarding processed food consumption with a super-sized portion of 'feel good for about 10 minutes'.

Why does junk food release serotonin and dopamine? (Hormones that make us feel temporarily better.)

A doctor of ancestral eating patterns will no doubt enlighten me, so I'll pre-empt below:

“When there was a food shortage in our ‘hunter gatherer’ days, it was very important we ate lots of food to survive. Food was in short supply, therefore our brains would reward us for eating high calorie, high energy foods.”

I thus retort: “Blah, blah blah-de-blah...”

A dollop of happy hormones to reward us for tucking into a raw mammoth thigh in such plighted circumstances seems somewhat surplus to requirements when we're already preventing certain death!

Be that as it may, there is no escaping the fact that eating high calorie, high energy foods releases feel-good hormones, and when whoever created the human body created the human body, they didn't factor in Häagen-Dazs competing with Ben & Jerry's to create the most deliciously flavoured ice cream the world has ever seen.

Which brings me onto the emotion/eating relationship.

It is destructive, unhealthy and damaging. If Emotions was Eating's spouse, Eating would terminate the marriage, citing unreasonable behaviour from Emotions as indisputable ground for decree absolute.

## A separation

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Health and contentment are two entirely distinct battles.

**Statement 1:** Becoming healthy will not necessarily equate to you feeling happier. Although it will probably help.

**Statement 2:** Becoming happier will not necessarily equate to healthy behaviours. Although it will probably help.

I've used the term 'happy' to embarrassingly oversimplify and incompetently describe the concept of an absence of the incalculable variety of negative emotional issues the human psyche can experience.

In this context, I'm pretty convinced perpetual 'happiness' is an impossibility.

I like to compare an emotional life to painting the Forth of Firth Bridge, (a bridge in Scotland, famous for always being painted, such is its vast size). Just when you think you've finished and stand back to inspect the wonderful job you've done, you notice that an old part of the bridge is starting to show signs of wear and tear and you're back to work again.

Since the job of emotional management is an ongoing one, linking emotions with eating is a monstrously bad idea.

Many experts correctly ascertain that if you solve your emotional problems, you will stop emotional eating. This is, of course, almost entirely true.

The problem being that nobody, ever, has solved the puzzle of fixing emotions.

There is another word for emotional struggle and strife.

That word is *life*.

So, if you're willing to accept that you're pretty unlikely to solve the mystery of life anytime soon, it shouldn't take a great leap of faith to accept that you'll need to take a different strategy to overcome emotional eating.

When you feel bad. Don't eat. Ask yourself why you feel bad. Then feel bad.

When you feel happy. Don't eat. Ask yourself what made you happy. Then feel happy.

When you feel scared. Don't eat. Ask yourself why you are afraid. Then feel scared.

Emotions know the square root of nothing about food. They have VERY important messages to deliver but they haven't got a single clue when it comes to cuisine.

Our emotional eating handbook provides you with five very simple habits to implement and beat emotional eating.

Will achieving your health goals reconcile all of the emotional struggles you have? No, it won't, but you will feel more resilient and able to confront life's challenges.



# CONQUER EMOTIONAL EATING

Emotional eating has as much complexity as there are people in the world. Everybody has an entirely different experience.

On the other hand it is incredibly simple:

1. You eat impulsively and without thinking.
2. You eat for reasons beyond the need for food.
3. You hold false beliefs about food that prevent you from reaching your goals.

If we can remove the above three factors from the equation, we are left with only two times to eat:

1. When we are actually hungry.
2. When we have decided we are going to eat (including 'unhealthy' foods and celebrations).

With the five-step emotional eating plan we will give you five simple habits that, when implemented, will allow you to enjoy all types of food free from guilt and in quantities that are in line with your goals.

## Physical hunger versus emotional appetite

It is important to separate the physiological need for food from the emotional appetite for it.

One is essential to survival and the other is a surefire way to ruin your goals!

Hunger is the physiological call to food	Appetite is the emotional call to food
Physical hunger builds up gradually	Emotional appetite comes on suddenly
Physical hunger is patient	Emotional appetite demands immediate attention
Physical hunger can be satisfied	Emotional appetite is insatiable
After eating for physical hunger you feel satisfied	After eating for emotional appetite you feel guilty
Physical hunger appears two to three hours after previous meal	Emotional appetite can appear at any time



## The truth about hunger and weight loss

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If you want to lose weight you will feel physiologically hungry and you won't always be able to satisfy it. The process of 'not having enough calories' is what will cause your body to raid the stores of fat to release them for energy.

If you want to make progress, you'll need to feel hungry from time to time. The difference with physiological hunger is after 30 minutes your body will free up stored fat for energy use and your hunger will pass.

Emotional appetite does not follow the same rules.

You are experiencing emotional appetite and driven to emotional eating any time you are not eating based on hunger signals. Emotional eating is never useful and this handbook will help you remove this habit and develop a healthy relationship with all foods.

## The five habits

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Action is the driver of all change.

We could write and talk about emotional eating all day, but only action creates change.

The emotional eating handbook has five proactive habits you can implement in order to create success.

### Proactive habit 1 – write down your triggers

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Actively try and highlight the moments you feel triggered to emotional eating.

- Is it boredom?
- Is it social events?
- Disappointment?
- Success?
- Fear?
- Anxiety?
- The smell of food?
- Relationships?
- Locations?

When it comes to behaviour, awareness is nine-tenths of the law. If you can successfully identify the triggers and moments that draw you towards emotional eating, you can start the process of overriding them and taking control of your decisions.

Your habit is to identify your triggers as they happen and create awareness.

### *Case study – Susan, 43*

Susan was a lifetime emotional eater and despite exercising regularly and eating a healthy diet, her results were always hijacked by what she considered to be uncontrollable binge eating.

I asked her what caused the emotional eating. She thought she knew but I asked her to write down what those things were anyway.

The next week, she came back to see me and I asked her if she was happy to talk to me about what she had learned.

She was visibly shocked at how many different events and moments in her life were associated with food. While she had expected emotions like stress or anger to be triggers, the television, the phone ringing, her mum texting her, boredom and even walking past the bakers were triggering her.

Her entire life was littered with moments she had been hanging food on to 'cope' with.

In her words:

"When I actually asked myself if I was hungry or just being triggered by events, I was surprised at how easy it was to avoid emotional eating. Awareness was the key moment for me."

This was a revelation to Susan, and while it wasn't all plain sailing and hurdles were still to be leaped, from this point onwards we were finally able to help her reach her goals.

### **Proactive habit 2 – pause**

The most valuable gift we can learn in mastery of self is the ability to pause and 'take a moment' before engaging in behaviour.

A profound pause that creates space for rationale.

Of all the habits we can create in defence of emotional eating this is the greatest of all.

While pausing for a single minute may seem such an insignificant amount of time, this moment creates a vast ocean between your emotions and your ultimate behaviour.

In the context of emotional eating that is groundbreaking.

In the newly formed ocean between you and your action, your logical mind can rise to the surface and enter the debate. (That is not to say your logical mind will always win the argument, but at least it will enter the conversation.)

Within this minute, a number of questions can arise.

“Do I really want that piece of cake? Maybe a handful of nuts is better?”

“Am I actually hungry? Maybe I’m bored?”

“How am I going to feel afterwards? Is it worth it?”

Work at developing this habit into your daily routine in the same way you work at exercising every day.

Here is the habit:

**1. Whenever you are going to eat, set your phone/watch timer to 60 seconds.**

**2. In that 60 seconds, bring rationale to your decision. Ask yourself questions about your hunger:**

- Am I hungry or thirsty?
- Am I hungry or am I trying to change the way I feel?
- Are there healthier options I could eat instead?
- What other things could I do instead?
- How does this decision align with my goals?
- Is this ‘junk food’ part of my plan or is it driven by emotions.
- What am I actually looking to achieve?
- Am I bored? Am I angry? Am I frustrated?

**3. At the end of the 60 seconds, make the decision and take action accordingly.**

**4. If, five minutes later, you get driven to emotional eating again, repeat the process. Before ANY food passes your mouth; your behaviour is to pause for 60 seconds.**

That is the proactive emotional eating habit you are introducing to your life.

Exercise ✓

Eat plenty of vegetables ✓

Drink water ✓

Pause for a minute before eating ✓

Creating habits is central to success. Take every habit you build seriously if you believe that habit is important to your long-term success.

### Case study – Michael, 59

Michael was a compulsive eater. When I asked him to write down what his triggers were he struggled to identify them, even a week later.

"I almost go into an out of body experience. I don't even know why I'm doing it or enjoy it most of the time. I just kinda do it and then think "oh no, what did I do that for?"

I gave him a specific habit to work on. Rather than ask what the trigger is, just pause before you are about to eat whatever it is you are about to eat.

This became the central habit Michael needed to break his emotional eating habit. He had a very clear set of goals and creating the habit of 'pausing' gave him time to bring his long-term goals to the conversation.

Michael is a slightly unique case, but not that unique amongst men I have worked with. They often find it harder to identify triggers but can be very effective at aligning goals with behaviours within a structure.

## Proactive habit 3 – control your environment

If the foods you desire when confronting emotional eating are not available, then you can't have them. If healthier foods and/or water are available you will have them instead.

This strategy really is that simple.

There is a two-step approach to controlling your environment.

### 1. Remove all temptations

- Clear your cupboards of tempting foods, treats and snacks that you know you would be tempted by if available.  
(We know this can be hard with small children, but not impossible.)
- Remove temptations from your car and anywhere else you may go.
- Remove temptations from work as much as possible. (We understand this can be hard too.)
- Take minimum cash to places like the cinema or coffee shops, so you can only buy what you planned for and nothing more.

### 2. Have suitable replacements available at all times

- Make a list of healthy snacks you can enjoy (replacement snacks are a last resort).
- Have them available.
- Have a bottle of water available as a first solution all the time.

**Note:** This habit should be seen as a temporary habit rather than a permanent one.

## Proactive habit 4 – create a new habit

There is a saying in behaviour change circles.

If an inanimate object can do it, it's not a behaviour. A chair can 'not eat' therefore, 'not eating' is not a behaviour.

If we are going to stop one behaviour, in this instance emotional eating, we need to replace it with another positive one.

### What positive habits can you replace your emotional eating with?

- Drinking a glass of water?
- Taking five minutes of meditation?
- Walking 500 steps?
- Reading a book for five minutes?
- Doing 10 push ups?

Find a positive habit that you can enforce to replace your emotional eating habit and make that a habit.

**If you are an emotional eater you must take this as seriously as you take your daily workout for your goals.**

**Note:** As a last resort you can have a healthy snack as your replacement behaviour but this is a short-term solution. We are trying to avoid eating for emotions, so using food is not ideal.

### *Case study – Sarah, 64*

Sarah was a doer. She pressed play every day without fail. She had excellent 'active' discipline and yet struggled with 'passive' discipline.

I explained that doers needed things to do.

"It was like a revelation to me. To treat drinking water or going for a walk as an active behaviour in the same way that exercise had become part of my routine. This simple concept changed my life. Not only did I break my emotional eating habit, I broke my ski sit record by 60 seconds."

**P.S.** In case you hadn't guessed Sarah had decided to do the ski sit whenever she was caught up in emotional appetite.



## Proactive habit 5 – think sustainable

Feeling restricted and deprived of foods is not positive for long-term goals. Many people are frightened to eat foods that have always been associated with comfort eating, but it is important to change your relationship with food if you want long-term success.

Provided you have a predominantly healthy diet, there will be no considerable difference to your diet between choosing a banana or a small chocolate bar or cookie as a snack.

Having reasonably sized snacks that you enjoy scheduled into your plan – those you have previously overeaten and felt **guilty** eating in periods of emotional eating – will change your relationships with these foods to a positive and enjoyable one.

No food is good or bad. It is just food.

You can have a balanced and enjoyable relationship with all types of food, provided you either:

- A. Have them scheduled into a nutrition plan that is based around your goals.
- B. Eat when you are physiologically hungry.
- C. Do not eat when you are emotionally hungry.

### *Case study – Ali, 37*

Friday evening came around and Ali had enjoyed a really great week of healthy eating and exercising.

She took a look in the cupboards and saw a big bag of Doritos.

"I felt I deserved a treat for all of my hard work in the week. I opened the bag, intending only to have a few, but ended up eating the whole bag. I felt guilty afterwards and felt like I'd ruined all of my hard work." I spoke with Ali the next day and explained that one bag of Doritos would have negligible impact on her overall results and to let it go and not turn an insignificant moment into a disaster.

I then explained the importance of having snacks and treats built into the week so you can prepare, plan and ultimately change your relationship with food.

We agreed that Ali could have a portion of Doritos every Friday night with a glass of wine to relax, enjoy and celebrate her accomplishments. Rather than feel guilty, Ali enjoyed her Doritos and developed a positive relationship with what had previously been a comfort food.

For as long as I worked with Ali she retained this habit and looked forwards to her weekly treat while achieving her long-term goals.

### Final word

These habits are not ideas.

These habits are not concepts.

These habits are not words for you to read and agree with.

**They are habits – like exercise or eating vegetables.**

## THE FIVE HABITS

**Habit 1** – Write down your triggers

**Habit 2** – Pause

**Habit 3** – Control your environment

**Habit 4** – Create a new habit

**Habit 5** – Think sustainable



# HEALTHY FOOD THOUGHTS

To develop a healthy relationship with foods, rather than an emotional one, it is helpful to have a list of healthy thoughts around food.

Print this out and place it on your fridge or somewhere else you look every day.

## HEALTHY FOOD THOUGHTS

**1. Food is just food.**

Food is not anything except food. It is not the reason for my problems, nor is it the solution to them. It is just food.

**2. Eating for social reasons is great.**

I eat healthily for many reasons. This does not mean enjoying foods of all types with friends and family is not a good thing, provided it is part of my plan and in line with my goals.

**3. If I want results I can't just 'eat what I want'.**

Everything worth having in life requires some form of compromise. A healthy body requires me to consider the foods I eat. A healthy body and life is more valuable to me than food.

**4. Habits are the driving force behind my ultimate results.**

It is the habits I implement on a daily basis that will create the healthy body I want to have.

**5. If I make a mistake it doesn't make too much long-term difference.**

I am not perfect. Sometimes I make a mistake and don't stay with my plan. That is fine as long as I let it go and move on.

**6. Food doesn't solve my stress or make things better.**

I understand that food has never solved any of the problems in my life, but I do not blame it for any of the problems I have either. It is just food.

**7. Healthy eating doesn't mean perfect eating.**

I can eat between 70% and 90% healthy foods and still have a healthy body. No food is bad or good. It is just food.

**8. Eating less or more of something is my choice.**

I do not 'have' to eat fewer calories or lose weight. I choose to eat fewer calories and more vegetables because a healthy body is important to me.

**9. Food helps me achieve my goals.**

Healthy nutrition makes me feel better, perform better and achieve all my goals in life better.

**10. My body is valuable to me. It deserves good fuel.**

I value my body as the most valuable asset I will ever own. I will respect it and give it the fuel it deserves.

# RECAP

**Five core habits – one objective:** Achieving your goals

Practise these habits as rigorously and with as much dedication as you apply to your workouts and there is only one outcome.

**Success.**

Core habit 1:  
**Discipline**



Core habit 2:  
**Let it go**



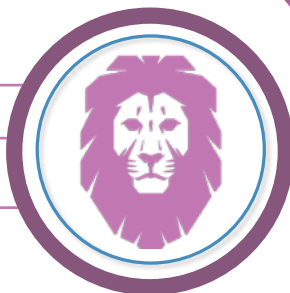
Core habit 3:  
**Patience**



Core habit 4:  
**Never give up**



Core habit 5:  
**Hold the line**



If you can combine these core habits with **Harry's Habits**, the world is your oyster.

## Harry's Habits

Harry wishes you every success as you Transform for Life.

And he'd like you to know that dropping food at the dinner table is more than acceptable.

- Make healthy habits non-negotiable
- Focus on a permanent lifestyle change
- Question false beliefs
- Don't compare yourself to others
- Be kind to yourself
- Celebrate every victory



Now you know *The Science*.

You understand *The Art of Change*.

It's time to *Transform for Life* and develop *The Blueprint*.



# TEAM NSV (NON-SCALE VICTORY)

## Team NSV

**Name:** Jo Osman  
**Location:** Singapore  
**Age:** 46  
**Favourite workout:** Championship Boxing 2  
**Time with team:** 3 months



*"I wish I had understood how powerful the NSV would be on this journey. Numbers no longer rule my life or dictate my motivation or self-worth and since I have stopped using the scale as my oracle the benefits I have achieved both mentally and physically are immensely satisfying, however small."*

The non-scale victory is something we designed to ensure focus on the more regular benefits of health 'beyond the scale'.

A non-scale victory is any successful progress you have made beyond your aesthetic goals.

These non-scale victories are crucial to our long-term success as they allow us to focus on the reasons we are exercising and eating healthily beyond our aesthetic goals.

This is important for two reasons:

1. They are powerful motivators when the scale or measuring tape doesn't budge.
2. You will develop a plethora of reasons to keep exercising and eating healthily after you have reached your goals.

Examples of members' NSVs:

## Team NSV

**Name:** Mike Starnes  
**Location:** Reading, UK  
**Age:** 33  
**Favourite workout:** Interval coaching  
**Time with team:** 9 months

*"Outlasting Daniel on the ski sits..."*



## Team NSV

**Name:** Kay Esmond  
**Location:** Queensland, Australia  
**Age:** 36  
**Favourite workout:** Sparta  
**Time with team:** 11 months

*"Bought a medium size dress online for my stepson's formal...and it's too big! So I'm off to get a small!"*



## Team NSV

**Name:** Emily Richards  
**Location:** Utah, USA  
**Age:** 31  
**Favourite workout:** Spit and Sawdust  
**Time with team:** 7 months

*"My non-scale victory is overcoming the belief that making one (or two, or ten) health mistakes (like eating a whole cake or something...) doesn't mean I might as well give up now. Just because I went ten days without exercising doesn't mean I might as well go eleven. It's definitely a mental non-scale victory!"*



## Team NSV

**Name:** Shundranique Gordon King  
**Location:** Alabama, USA  
**Age:** 33  
**Favourite workout:** Interval Cardio  
**Time with team:** 36 months

*"All of the 'you look so good,' 'keep doing what you're doing' compliments I've been getting lately."*



### Team NSV

**Name:** Lisamaria Collaco  
**Location:** Saint Louis, USA  
**Age:** 35  
**Favourite workout:** Still Personal  
**Time with team:** 18 months

*"Being here today after a severe bout of depression.  
TBP helped me to heal and recover."*



### Team NSV

**Name:** Anita Hatters  
**Location:** Australia  
**Age:** 30  
**Favourite workout:** Superhero Intense  
**Time with team:** 18 months

*"Arm and shoulder muscles are appearing  
(even under my skin!!)"*



# ABOUT THE AUTHORS

Team Body Project founders Daniel and Alexandra Bartlett are married and live in West London with their 3 children.

They blend Alexandra's expertise in Pilates, mobilisation and nutrition with Daniel's expertise in fitness, weight management and personal development to create a complete health product.

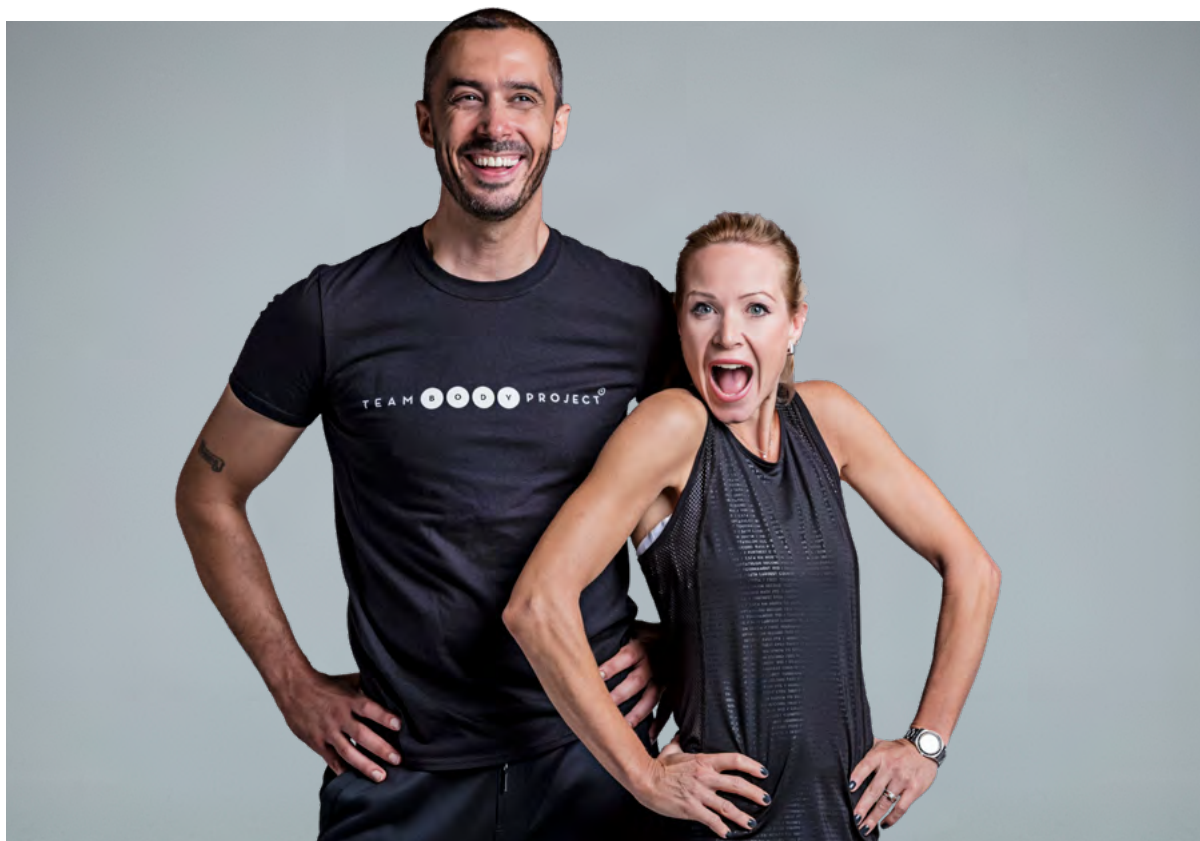
Team Body Project has reached over 20 million people worldwide and their website [www.teambodyproject.com](http://www.teambodyproject.com) currently has over 11,000 active members.

They have spoken on multiple aspects of health at FTSE 500 companies and host popular health events globally.

As passionate opponents of unsubstantiated diets promising easy outcomes, they advocate a lifestyle based method that includes evidence based exercise and nutrition plans.

Everything they do is infused with their message of personal empowerment, development and self confidence.

They both enjoy a glass of wine, good food and excellent company.



# HEALTH, EXERCISE AND DIET DISCLAIMER

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The health, fitness and nutritional information in this book is for educational purposes only. The use of any information provided in this book is entirely at your own risk.

You should not rely on the information in Transform for Life as a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book.

You should consult your doctor/physician or other health care professional before starting this or any other health and fitness program to determine if it is right for your needs. This is particularly true if you have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not make any changes to your diet or exercise plan if your physician or health care provider advises against it.

If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Developments in medical research may impact the health, fitness and nutritional advice that appears in this book.

No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.