



The 'You' strategy

My current nutritional and workout plan has worked very well. 28lb weight loss in 50 weeks and 15% body fat from 26%!

You must never give up and accept you cannot cheat biology

The challenge remains. A six pack is the ambition with a body fat of 10%. This has been a life time achievement. My chronic back injury is no more. No more excuses for achieving this ambition.

There is still plenty of visible fat round my tummy area which is why another 5% body fat loss remains the target.

It is very difficult to know what my ideal weight should be but I believe I am still overweight albeit very slighted. Sub 13 stone would be a major achievement. The next four pages looks at **steps one and two of my body transformation plan**. If you're simply looking to loose weight, the following pages may help you on your way too.

Step one - Achieving calorie deficit

It has always been a dream of mind to have a six-pack. Having a 'gut' for much of my life I had built up some weight insecurities, that had not helped matters.

Equally, my greatest challenge has not been about the training or eating the right foods but more to do with worrying about what others think of my bulk.

“Care about people’s approval and you will be their prisoner” - Tao Te Ching

I also like *“Freedom discovers man the moment he loses concern over what impression he is making or about to make - Bruce Lee.*

Body sculpting is 85% diet. The diet is the first step for a reason. You will never achieve your desired body if you don’t dial the diet. Thank you for informing me of the above quotes Nate Miyaki. Love’em.

“Most of us have average genetics. Therefore we cannot out train a rubbish diet. So rule number one is clean up your diet and improve your daily nutritional habits. Use your diet as the primary weapon in the war on fat loss. This is not about improving performance. It’s about changing appearance”. Quote - Nate Miyaki.



Thought and Feeling are the biggest threat your wellbeing.

Calories matter. If you’re ignoring this very basic fact, fat loss will never take place, let alone a six-pack.

We have to eat to survive. Getting a six-pack is no different. We have to eat only the very best nutrients to gain a six-pack.

Action One - Work out the amount of calories you need to be eating each day. We have to get this number right if we want a six pack and cut out the fat.

- Write down your ideal (dream) weight e.g. My dream weight 13 stones (182 pounds). I’m currently 192 lbs. Refer to the BMI Index for an idea of your ideal weight.
- Multiple the number of lbs (182 lbs) by the number of calories you’re going to eat **per lb of lean mass**.

E.g. 182 lbs x 11 calories = 2,002 calories

You could try 12 or 13 calories per lb. The more calories per lb you go for, the higher your total calories will be. So please start testing if you’re unsure on the amount of calories per lb and see where it takes you.

Action Two - Establish the right composition for the three key Macronutrients - Carbohydrate, Fat and Protein. There are seven in total, but more on the those another day.

Without getting too technical is is about selecting meals with a metabolic advantage. Easy to burn off and not stored as fat.

How my calories breakdown

- 2,002 calories
- 800 calories (of carbohydrates or CHO)
- 800 calories (of protein)
- 400 calories (of fat)

Notice I eat a lot of CHO and Protein as I need energy to train and exist and want to build muscle too. I've cut my fat intake to aid fat loss, giving me the chance to attack my fat stores through exercise.

Carbohydrates and Diabetes

Cutting calories is one thing but does it mean to say you're achieving the right diet? If we choose to eat low fat diets please beware of the amount of sugar that can be found in CHO.

This can lead to raise blood sugar levels if you are not careful. The body will use the sugar as fuel and not attack your fat stores.

The biggest challenge we all face is the craving for crap food. High in fat, high in sugar and above all the taste is amazing.

These foods are either processed (fat) or refined foods (sugar) made intentionally so we love them and become hooked on them.

In short, lower your calories. Improve your food quality. Fat is lost. Abs found. You cannot cheat biology.

Step Two - Not all about calories

I don't particularly like to write large articles. The simpler the better. However, some subjects are a challenge to simplify.

On the face of it life should be so simple but it isn't for some of us. It crushes you. It controls many of your thoughts and feelings. It impacts your personality. It takes over your life. It makes you so unhappy.

The greatest challenge 'we' face when it comes to overcoming these thoughts and feelings is not what most of us think.

What's your trigger to make change possible? It's the how. Researching and learning more about our body and how it breaks down food is perhaps where we need to start this fat loss journey.

Having an exercise plan or diet plan scoped, doesn't mean to say you'll do it. Something else needs to take place first.

- A goal?
- Some KPIs? Key Performance Indicators
- Some mini challenges?

Get your head round a stronger 'Mindset'

This is what I found was missing. I was defeated before I got started. I gave up very quickly because I allowed my thoughts and feelings to dictated the terms.

This is why 'we' give up so soon. It's not down to the workouts being too tough or the food temptations getting the better of us but simply put it's **about getting our head right**.

So my first step towards the new you is becoming 'mentally stronger'. The fitness and diet plans must wait.

It was by chance I came across 'Mindfulness', the act of reacting positively to life's events and challenges. For me it is the strongest, most powerful force known to the human species. We've seen over the years how negative thoughts and feelings unleash their might across a host of high pressure environments.

- Choking at a penalty shootout in the World Cup
- Falling a part in a job interview
- Not feeling you're good enough for someone

Get your head right and the rest takes care of itself. Not only will you 'start' but you will never 'stop'. The lifestyle change is on. Transformation here we come.

Exercise and diet plans are readily available. Mindfulness completes everything. It really is the missing piece. The 360 exercise, diet and wellbeing plan.

I'm sure many people have succeeded with their exercise and diet plans without knowing what Mindfulness is. Great! Some people have other ways of achieving their goals.

What's your way going to be?