



M.A.N.E. Framework

Module 2

M – Desire and resistance
A – Are you accountable?
N – BANT advice/images
E – Resistance training

Results Personal Training & Group Fitness
29 Main Street,
Bainsford,
Falkirk FK2 7PQ
07766993091
www.resultspersonaltraining.co.uk
derek@resultspersonaltraining.co.uk

M – Mindset

Desire and Resistance

Your level of desire is **your greatest ally**. The stronger your desire to get into smaller clothes sizes, to live a higher quality of life, through having much more energy and vitality, or to feel much more confident within yourself, the better your chances of succeeding.

How willing are you to make changes to what you eat and drink, and to make sacrifices for your confidence, health, size and body weight?

Please circle:

I'll maybe give it a go

We'll see

I'll give up a few things

I know that I need to do this, but might not make it

Just tell me what to do and I'll do whatever it takes

Your **resistance is your greatest nemesis**.

The more you want it and are willing to do whatever it takes, the greater the likelihood that you'll succeed. But where there is yin, there is yang. If desire is your yin, then resistance is your yang.

The more selective you are about what parts of this programme you adhere to (resistance), and the lesser your desire, the more difficult you will find it to adhere.

This saying is so true: “If you want it enough you'll find a way. If not, you'll find an excuse”.

So now is the time to ditch any excuses and to do what it takes. This is your life we're talking about here, and your kids also, who will follow your example, so you have to be serious about it.

Perseverance is the key, my friend. There is no quick fix and there is no easy way out. There are times when it will be easier and times when you will find it harder. But you have to consistently keep chipping away at this, eating one healthy meal at a time, and the size and weight will come off.

Over the coming weeks (especially over the festive period), your resolve will be tested. Friends and family will try to encourage you to eat and drink things that will be damaging to your health, and put weight on you. The choice will be yours as to what you do, though if you value your health and really want to take back control over the food (rather than it controlling you) then you will do what it takes. Sure you can let your hair down and live a little, but you have to maintain the control or the food and drink can very quickly take control of you.

A - Accountability

Are you actively accountable at the moment? Are you posting meal pics regularly?

If not, then why not? Circle your reason below:

Lack of time

Can't use my phone at meal times to take pics

It feels silly

I just eat the same all the time anyway

Other

Now, are there ways in which you could overcome these barriers/roadblocks? Is there any resistance in you that's holding you back? Be honest with yourself here.

N – Nutrition (see the BANT images for some great, honest, expert advice)

Try 1 or 2 fasting days this week. A fasting day is where you deliberately limit calories quite a lot. For ladies, it's 500 calories on a fasting day. For men, 600 calories. There are some health benefits to fasting, including letting your body get a chance to 'clear out' without it constantly being fed more food to process.

However:

- It's best not to fast on two consecutive days
- It's best not to fast on workout days or you may find yourself absolutely struggling to work out
- Have either one or two meals only. (Lunch and dinner works well)
- Vegetables are naturally so low in calories, so make use of them to bulk up your plate
- Make sure that you eat plenty on your non-fasting days (more than usual) or you may end up eating too little over the course of the week, and end up in 'starvation mode' (metabolism grinds to a halt and the body holds onto all stored calories – body fat).

E – Exercise

Resistance Training and Why We Use This

The answer to this one is simple – because it gets the best possible results.

Builds lean muscle mass

Your body responds to the demands placed upon it. If that demand is near zero, e.g. a very sedentary lifestyle, combined with dieting only, then the body will dispense with muscle mass, because the body simply won't need the muscle (and it's metabolic – more on this in a moment)

Keeps your metabolism up

Muscle is metabolic I.E. it burns calories. Now it doesn't burn huge amounts of calories (nothing does, really) but the accumulation over the course of months or years adds up to a lot of calories. You want your metabolism to remain elevated, not grinding to a halt through cardio only workouts and dieting alone.

Makes you stronger

Only resistance training (and it doesn't matter what resistance you use e.g. dumbbells, kettlebells, body weight only etc) makes you stronger. Movement against very light resistance would not make you stronger. It's moving weights that does.

Makes manual labour much easier

When you perform manual tasks e.g. lifting slabs to place in the garden, these kinds of tasks become much, much easier through the extra strength that you've gained.

Gives you much better shape

Your body shape comes from your lean muscle tissue. A 'rear of the year' is not formed from body fat hanging off of bones. It's formed from lean muscle tissue being increased via resistance training.

The best all round fitness

Ride a bike and you become a better cyclist, but not strong (maybe in the legs) and you don't become a better swimmer or runner.

Run and you become a better runner, but not a better rock climber or swimmer.

Swim and you become a better swimmer, but not a better runner.

Train all of your body's major muscles via resistance training and you become fitter overall, better able to move yourself (rock climbing) and better able to run up stairs or to cycle up a hill etc.

Resistance training gives you the best overall fitness development (not necessarily if you train like a body builder though I.E. sitting around doing nothing most of the time, with heavy lifting for extremely brief periods with plenty of sedentary rest time in between).

The downside

Again, where there is yin, there is yang. And the down side of resistance exercise is that your drop on the scales could actually be lesser, due to the increased muscle mass (but the end result is much better). You may well find that you get down to being half a stone heavier than you were previously when you lost body weight before, yet you're into the same size of clothes as you were then, and feel much stronger and fitter this time around. This is because your body fat level may actually be lower than it was then, but you have more muscle, and it's true that muscle is more dense than fat.

