



M.A.N.E. Framework (11)

M – Grit
A – Accountability
N – Nature VS Food Processing
E – The Best Type of Workout

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

M – Mindset

Grit

The people who are most successful at changing their relationship with food and at getting into smaller clothes all tend to have what I term 'grit'. So what is grit, exactly?

Grit is the willingness to commit to long-term goals and to persist in the face of difficulty.

Nobody gets an easy ride. Of course some people here will have lesser obstacles/barriers in their way than others. Some people will have more time available to commit to nutritional preparation and exercise. Others will not. Some people will have a supportive partner at home, who will watch the kids and encourage them to come here each week. Other will not. Some people will have a workplace where colleagues are avoiding eating rubbish and are health conscious. Others will have the exact opposite, where the work environment is laden with chocolate bars, biscuits and cakes etc.

Grit for you might be having to end a relationship where the person living with you is eating themselves to an early grave and encouraging you to follow them. Grit could be having the guts to walk back into this room after you've binged for two weeks on a cruise and gained 10 pounds. Grit could you be being injured or unwell, and unable to train, but you keep to the clean eating regardless, and still get down to target body weight.

Regardless of the hand that you you're dealt, you can do this, if you have enough grit, and are determined enough.

There is a video to support this information. You can find it here:

<https://www.youtube.com/watch?v=H14bBuluwB8&t=98s>

It is also posted on our membership site and in the Facebook group.

N - Nutrition

Nature vs Food Processing

Foods have become ever more processed over the years, to reduce the cost of making the products and to improve profits for food companies. These companies have no concern whatsoever for you or even for your young kids. They only care about profit.

It's important to know that we, as human beings, have evolved over many millions of years, and your body has gotten very well accustomed to being able to properly digest and utilise certain, natural foods sources only. However, in the last 50-60 years, our food and our environment have changed incredibly, and chemical content in both food and environment have skyrocketed. Sugar added into food has also gone through the roof, to the point that people now consume multiple times the amount of sugar that they were consuming as little as 30 years ago. The human body did not evolve to suddenly adapt to this new 'fuel' (which is of course what your food is). Remember that this 'fuel' is going right into the middle of your body. All of the chemical content and massive sugar content is highly damaging to your body, and is attacking your very health whenever you place this inside of you. Your body is your vessel for life. Treat it with the utmost respect.

Let's look at some examples of food processing.

Margarine vs Butter

For decades we were told that margarine was better for us due to the polyunsaturated fat being 'good for us' while butter's saturated fats were allegedly bad. There is actually no real evidence of this whatsoever. Margarine is actually naturally grey, before they dye it with beta carotene to make it an attractive yellow colour.

Margarine contains hydrogenated vegetable oils (trans fats), linked with causing cancer.

The truth:

Butter is much lesser processed and is actually better for you.

Natural

Sugar in fruit
Fructose
Plain porridge
Home-made soup
Potatoes/sweet potatoes (1 ingredient only)

Any vegetables

Fish
Eggs
Nuts
Coconut oil
Fresh meats

Almond or cashew butter
Seeds

Food Processing

Table sugar (sucrose)
High fructose corn syrup (in fizzy drinks)
Instant porridge (added sugar)
Tinned or Cup-A-Soup
Bread in supermarket (10+ ingredients + chemicals, + sugar)
Oven chips (8 ingredients + poor quality fats + wheat)

Laden with sauce fish

Cream eggs
Honey roasted nuts (high sugar and salt)
Sunflower oil (bad due to the processing)
Barbecue sauce laden meats
Sausages (the lower the pork% the worse)

Nutella
Crisps

Brown sugar vs white sugar

Although many people are of the opinion that brown sugar is a healthier option than white sugar, the truth is that they only have marginally different nutritional values. White sugar is actually 99.9% pure sucrose, while brown sugar is 97% sucrose, 2% water and 1% other substances.

Organic vs non-organic

Many years ago all veg was organic, without being named as such. Then the pesticides and other means of reducing the cost of production came into effect (more messing with nature, worsening the products). Organic is better for your health. Some vegetables and other foods will be affected more by the processing than others. The higher the amount of chemicals used in the farming process, the worse the food becomes.

Natural fruit vs dried fruit vs fruit juice or smoothies

Solid fruit has fibre present, to slow the digestion of the sugars. By squeezing the juice out, you remove the fibre and you end up with pure sugar. Smoothies are much the same if the fibre is removed. Dried fruit has the fluid dehydrated out, retaining all of the sugar with much less bulk, meaning that you will eat far more of it than you would normal sized, natural fruit.

Beware the 'All Natural Ingredients' selling point

Watch out for 'all natural ingredients' with a tick next to it, on the packaging of products. Sugar is natural, so they can get away with making the product unhealthy through its high sugar content, yet making it appear to be healthy by stating that it has 'all natural ingredients' (increasing the chances of you buying it).

The more that something is processed, and the more it is removed from its natural form, the more likely it is to cause damage in your body, leading to disease. The incredible quantities of sugar will also lead to weight gains, diabetes and heart disease, plus a whole host of other illnesses.

Changing over what you eat to the most natural alternatives possible will work wonders for your body weight and size, your health and also your daily energy levels. The opposite happens when you choose processed convenience foods. Choose your food and drinks wisely for best results.

E – Exercise

The Best Type of Workout

There are many different types of workouts out there, but which is the most effective for getting the best possible results, and where can you do these workouts?

The answer is that you're already doing them. Resistance-based workouts using resistance of any type, including machines, dumbbells, kettlebells, barbells, resistance bands, weight disks, sand bags, or even just your own body weight, can not only get you more toned (though building muscle) but will also get you stronger, increase your bone density (preventing osteoporosis) and give your body better shape.

By performing resistance-based workouts with minimal rest times in between exercise, you will also get the added benefit of working your cardiovascular (cardio) fitness. (Most people do the opposite when training by themselves in gyms, typically sitting around in between exercises for far longer than the amount of time that they're actually moving weights)

There is no requirement for cardio only workouts, unless you are competing at a cardio discipline e.g. running, swimming or cycling. In fact, doing cardio only workouts can cause your body to dispense with lean muscle tissue, which slows your metabolism and would not do much for your body shape either. Your lean muscle tissue gives you your body shape, so it's vitally important to work resistance. Cardio only workouts have the added risk of repetitive strain type of injury due to the high (sometimes extremely high) amount of repetition of the same moves over and over. Running also produces quite a lot of impact, and in my time I've known of far more injuries from running than from any other type of workout.

Always remember though, that if you don't change what you eat, then your body fat level will remain the same, no matter what type of workout you're doing. You could be building muscle while maintaining the same body fat level, and your muscle wouldn't really show through. You have to eat clean to get lean, so keep minimising the sugar and wheat-based products, and your body fat will continue to come down, and use the resistance workouts to build strength and lean muscle tissue, for the best possible results.

Over A Period of Time, Your Workouts Must:

Stimulate lean muscle growth and increase strength.

Make you feel amazing afterwards. (Energetic and buzzing, not stiff in joints and struggling to move properly).

Keep you coming back for more.

Keep you free from injuries.