



### **M.A.N.E. Framework (9)**

- M – Goals Renewal**
- A – Are You Still Posting?**
- N – Fats And Carbs**
- E – Other Workout Types**

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## M - Mindset

### Renew Your Goals

It's important to keep updating your goals to help you to stay focused. By being focused, you will much better adhere to the nutrition plan, and will get far better results. Aimlessly drifting is the opposite of being focused, and this results in either complete regression (especially when temptations are greater) or, at best, stagnation. If you're serious about wanting to continue your progress into smaller clothes and to conquer challenges, then it's time to renew your goals. Be as specific as possible for even greater clarity.

If you're unsure what to write, consider the following:

Size - Are you at the size that you want to be? If not, then do you want to push on to the next size down?

Type of clothes - Are there certain types of clothes that you wouldn't wear just now? If so, would you like to get into those particular types of clothes?

Photographs – Are you confident when your pictures are being taken, and from just any angle, or are you covering up/ only getting head shots/ altering your posture / only having the pictures taken of 'your good side'? If so, would you like to be more confident when having pics taken and to be able to relax more when the phones start getting used as cameras at special occasions?

Physical challenges – Would you like to do the Tough Mudder, play tennis or ride a bike with your partner/a friend or even climb up Ben Nevis, some hills/mountains on holiday, or even to learn to swim/ improve your swimming (it could save your life some day)? How about doing indoor rock climbing for the first time in your life? How about playing with your kids/nephews or nieces or grand kids and not feeling exhausted while doing so, or self-conscious about what people are thinking while you're doing this?

Confidence – Would you like to get the confidence boost of receiving lots of amazing complements from people about how well you've done and how great you're looking?

Specific body parts – would you like to tone up your upper arms, waistline, lose the love handles, firm up your butt or shed the moobs?

Now, being as specific as possible, write down your short-term (4-6 weeks) and mid-term (8-16 weeks) goals.

#### Short-term goals:

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#### Medium-term goals:

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## **A – Accountability**

### **Are you still posting meal pics?**

Have you posted meal pics to the Facebook chat?

Are you still posting them?

If not, then why not?

If you were previously posting and have stopped posting, are you still able to eat as clean, or are you starting to let some unhealthy options in there more often? Be honest.

## **N – Nutrition**

### **Fats**

Fat has been demonised and is treated like the Anti-Christ by some slimming/diet clubs. This is for one reason and one reason only – because it is more dense in calories. However, that doesn't make fat a bad thing per se. In fact, fat can actually be a very good thing. If it weren't for the extra calories from fats, we probably never would have survived as a species. Food was sparse in the caveman times, and fat would have been essential for giving us the calories that we would have needed to get by. Fat is also required for absorption of fat-soluble vitamins.

### **Monounsaturated fats (good for you)**

These are the good, heart healthy fats, that will serve you so well in being healthy while you're shedding the pounds and inches.

If you're looking at cooking oils, look for ones that have a higher amount of monounsaturated fats and lesser polyunsaturated fats.

### **Saturated fats (fine)**

Demonised to suit the needs of a man called Ancel Keys, who doctored evidence to make saturated fats appear to be dangerous, because he was caught up in an argument that he was losing to a quiet British Scientist called John Yudkin, who was arguing that sugar was the cause of heart disease.

Mother's milk is 50% saturated fat. Going by the logic of the official advice on saturated fats, all babies should have heart disease, right?

Other natural sources of saturated fats:

Egg yolks

Coconut oil

Butter or ghee

Nuts

Dairy milk (no, not Dairy Milk chocolate ;0))

John Yudkin went to his grave without ever being taken seriously about his views on sugar being the cause of so much ill health. He was right!

### **Polyunsaturated fats (not good, especially when heated)**

Vegetable oils are typically high in polyunsaturated fats (e.g. sunflower oil). Unfortunately these fats are more vulnerable to heat, light and air.

### **Trans fats (hydrogenated vegetable oils – avoid at all costs)**

You will typically find these in biscuits, cakes, crisps and muffins etc. They used to be in many soft spreads also (those 'healthy' margarines). But due to bad PR, you will now sometimes see a highlighted 'healthy' selling point that states 'no hydrogenated vegetable oils' on the packaging of margarines.

### **Fats don't make you fat**

Sure, they are higher in calories, but that doesn't mean that they make you fat per se. Your body is better able to process fats than sugar, because we evolved on fat.

### **Fat helps to satiate you**

Consuming some fats helps to keep you satiated for longer, and can curb cravings.

### **Fat is essential for absorption of vitamins A, D, E and K**

These essential vitamins are fat soluble, so you need the fat to help you to absorb them. You will find all of these vitamins in an egg yolk, along with the necessary fats for absorbing them.

### **Having too little fat can cause various ailments in the body**

It's important to get some good, natural fats into you. If your fat intake is too low, you will likely experience a number of ailments in the body. On a personal note, I cured my irregular heart beat and 'itchy ear' by increasing my fat intake.

Your skin will be much better if you have some good fats.

Your dog's coat will likely be much shinier and healthier if you give them some coconut oil. Try it and see.

### **Great/good sources of fat:**

Avocado

Coconut oil

Butter or ghee

Nut oils

Olive oil (unheated)

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### **Carbohydrates (carbs)**

There are some 'low carb' and 'carb-free' nutrition/diet plans out there, but is this really necessary? Well not really, though there are good and bad sources of carbohydrates.

Carbohydrates are sugars and sugars are carbohydrates, in their most simple form. But that doesn't make them all bad. You don't necessarily have to avoid carbs per se, it's more a case of selecting the right ones.

There are simple carbohydrates and complex carbohydrates. Simple ones are more like pure sugars, e.g. the carbohydrate in fruit or in white rice. These are broken down in the body rapidly following ingestion and give you a quick release of energy that is short lived. The complex ones are ones that take longer to break down, and give you much more long lasting energy.

Man and food science has done you no favours in terms of the quality of carbohydrates. Man's processing of the carbohydrate foods has damaged them and made them harmful to us.

The simple rule of thumb is to select the ones on which we evolved, which are single ingredient, wheat and gluten-free ones, ideally, with minimal processing. Your body can easily digest these, so you won't bloat or get gas. You will feel so much more energetic and vibrant when consuming these.

**Top Tier (all single ingredient, wheat-free, gluten-free, with vital nutrients)**

Sweet potato  
White potato  
Squash  
Butternut squash  
Parsnips

**Second Tier (Single ingredient minimal processing, single ingredient, gluten and wheat-free, but grain-based)**

Quinoa (A pseudo grain, which has protein content also)  
Brown basmati rice  
Brown rice  
Kallo rice crackers

**Third Tier (With gluten – have sometimes)**

Rye bread (the Biona Organic one, ideally)  
Porridge (has gluten)  
Ryvita (has gluten)  
Oatcakes

**Minimise as much as possible**

Bread in general	Many types are full of chemical junk
Wraps	
Pasta	Wheat and gluten bloat fest
Granola	Sugar-laden (Lizi's branded one is much better than all of the others as it has much less sugar)
Cereals	Sugar-laden
Couscous	Gluten and sometime sugar if flavoured

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## E – Exercise

### Other workout types

You can get 'fitness' and 'training' in lots of different places locally, in a format other than Group Personal Training. Some of these options are as follows:

#### Fitness classes

K1/K2 Kettlebells (our own Kettlebell training workouts)

British Military Fitness (BMF)

Body Pump

Body Combat

Metafit

Spin

Fat Burn Extreme

Boot Camps

Hatton Boxing/Boxercise

Yoga

Pilates

Zumba

Piyo

Piloxing

Running clubs

Crossfit

Gym programme to complete by yourself

You can get fitter at any of these, though will that be enough for you to get into smaller clothes, to feel so much more energetic and to massively boost your confidence when you get great complements from people?

Regardless of what 'the workout' or 'fitness class' entails, the issue, however, is that you will not change your relationship with food, or be held accountable for your nutritional intake, purely by attending a fitness class. It's the coaching, re-education and high level (the higher, the better) accountability that gets ALL OF THE RESULTS, not 'fitness' or 'workouts'. This is the single biggest misconception in the fitness/weight loss/training industry. Make sure that you do not make the mistake of 'just going to join the gym' or attend some fitness classes only, because I promise you this...

You will start gaining the weight back and go into denial mode. (We've seen it countless times before).

#### Plan for this week:

Get your goals up somewhere highly visible (on the fridge would be good) and make sure to move them around every 2-3 weeks so that you don't switch off to their being there.