

# 24 Ways Fitness has deceived you & the REAL solutions to them

**Fady Mansi NASM CPT**



**RealResultsFitness.org**

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**24** ways Fitness has  
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Please consult your physician prior to beginning the exercise, nutrition or supplementation protocols. Fady Mansi's advice is not meant to replace professional medical advice.

Fady Mansi will not be responsible for any injuries or potential death whilst following this program but that it is unlikely if you follow the program as instructed.

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# Introduction

**T**his book is for everyone that has any remote interest in their own well being. This book is for anyone that has been confused by social media, by magazine articles, by the newest fitness and food trends that claim to be the “biggest secret in the fitness industry” This is for those of you who want to live a healthier lifestyle but don’t know where to start. This is book is for YOU.

We will be dissecting the most common things that you might have read over and over, or even heard from a fellow gym member that seems they might know what they’re talking about. After reading this you will have a better understanding of health, fitness, and most importantly your general well being. I’ve compiled some of the most common lies that you might have fallen victim to in the past... but that’s behind us now! You now have the knowledge that most of these big companies don’t want you to know, in fear of you not buying their product.

Now let’s jump right into it, shall we?

## The “Best” Workout Routine

I ran into an old friend the other day at the gym who's made huge progress over the years. In between both of our rest times, he asked, 'what do you feel has given you the most progress in the gym?' I hesitated for a second then it came to me, "Staying consistent on a routine." He looked at me in agreement and we went our separate ways. It was like a light-bulb switched on for both of us when I responded. Other than learning how to intake the proper Calories & macronutrients for whatever my goal is (Which is a HUGE factor). Staying as consistent as possible with a routine is what has gauged the most progress. During this time, I've done some research, and came to find that most (natural) successful professionals have been doing this for years. Not to mention that it is tried and true through research. This is why, people that go to the gym and workout consistently, will generally have healthier, blood work, bones and might look aesthetically more pleasing than the general population. Despite what their

routine is! It's because they have been CONSISTENTLY going to the gym. Now, "Shocking" your muscles every workout works, of course it works! You are working out for goodness sake! Is it optimal? Probably not. By doing this method you can never truly gauge progress to see if you are actually moving forward. You are then forced to say to yourself that you got a good workout because your muscles are sore. Which, isn't necessarily true.

Soreness is more of an indicator that a muscle is weak and has not been worked in a long time, (we'll get into this at a later chapter).

Moral of the story is this. Stay consistent, have a plan, then EXECUTE. The last one is as important as the other two. If you hold yourself accountable and stick to the plan, the gains will come my friends! I recommend staying as close to a routine as possible for 4-6 weeks opposed to just YOLOing your workout.

## Eating Natural foods

NATURAL , ORGANIC, GLUTEN FREE. Do I have your attention yet? These are just a few buzzwords that catch everyone's attention. Once we see these words on food labels we automatically think that this makes the food better for us. Along with this thought comes the thought of staying away from foods that have chemicals in them. Most of the "healthy" foods we eat have tons of chemicals and are not as "organic" as we think. There are tons of "healthy" and "natural" foods out there such as; apples, pears, and potatoes, that all contain natural chemicals that are toxic to humans. (water is also a chemical by the way) The difference is that amount contained in them is so small that they are well below the harmful dosage. \* These fruits and vegetables go through a rigorous amount of testing and trials before even reaching the FDA. Regarding processed or unprocessed foods it is going to be generally healthier to intake non-processed foods due to the simple fact that you'll be getting in more nutrients. It's ok to live a little and have processed foods here and there but just remember to keep your diet balanced There are obviously a ton more factors but this will cover the basis. Try not to get caught up in latest trend or fad food. Remember just

because it's "natural" doesn't mean it's healthier. Cyanide and Arsenic are also natural :)

\*<http://www.lifehacker.com.au/2014/05/five-myths-about-chemicals-you-should-stop-believing/>

## Being Sore

"I had a great workout. I'm so sore." A lot of people carry soreness as a badge of honor now. They think their progress is measured on how sore they are the following days. DOMS or Delayed onset muscle soreness, is not necessarily a good indicator whether you are gaining muscle or not. Also, if there is a lack of soreness, this doesn't mean that your workout was a waste of your time. Being sore happens from a few reasons. One of the reasons being that you are a beginner. If you are new to weight training and/or training your body in general your body doesn't become sore because you are instantly gaining muscle; It is sore because it's not used to the physical stress that you have been placing on it. The same holds true if you have taken a slight hiatus from training and have started up again. If you have been training consistently for a decent period of time (4-6 weeks) and from there you change your routine up including new body parts being worked, training a muscle from a different angle, different set and rep ranges; you should also expect some soreness. Beginners tend to go all out their first week and be so sore the following weeks that they decide to take a break. This is the wrong way to approach this.

You aren't going to get a six pack in one training session just like you didn't gain weight overnight. Patience and consistency! Train hard, but be smart at the same time. Training for 3 hours a day is just simply not something that most people with a family and/or 9-5 will be able to keep up. Do what you can do it consistently! Build your threshold over time. Also unless you are completely stiff from the previous workout (and I mean not being able to get your body in a full or normal range of motion) you shouldn't shy away from continuing to workout that body part the same and/or following week. If you are worried about overtraining stop . (You'll learn how

to actively recover from workouts coming up) Our bodies are very adaptive and can handle much more than we think. If overtraining does happen it usually not due to the weight room. It is usually due to dehydration, lack of recovery (sleep, rest, stretching) lack of nutrition, or a combination of the three. Mobility work after a training session can also help you to recover faster. (don't worry I got you covered for overtraining too ) If your sore, generally that muscle is weak. Work it more!

## Best Time to Take protein

Protein... When is the best time to take it for maximal muscle growth & retention? If you've read any old magazine articles or online articles about protein and post workout nutrition, you've probably heard that there is a small "anabolic window" or a "window of opportunity" that your body needs to have protein in order to make up for the muscles you broke down during your workout. The typical time threshold is 30 minutes. Is this really necessary though? Do you have to take a post workout shake of whey protein in order to make sure you didn't just waste your workout? Multiple Studies show that it does really not make that much of a difference\*

When is it good to take protein then? If you are new to weight training, a post workout shake might be a good idea. Not necessarily because it's post workout but because you probably aren't getting an adequate amount of protein daily anyway. So this will help. If you get hungry and are used to taking a protein shake with you to the gym. That's fine, continue to do that if it helps you get your daily protein needs. What you do need to focus on more is the TOTAL amount of protein you are taking in daily. Most of the time the people that are worried about the perfect time to take protein and eat meals are the most inconsistent at both. Focus on getting an adequate amount of daily protein and staying consistent with your routine and your daily protein, not when to take your protein! A simple gauge of how much protein to take in can be as little as 80% of your bodyweight in grams. As long as you are getting in an adequate amount of protein in the following 24 hours, you have not missed that "window of opportunity"



\* (. Brad Schoenfeld, et al. "The effect of protein timing on muscle strength and hypertrophy: a meta-analysis." Journal of the International Society of Sports Nutrition 2013. 10:53. doi:10.1186/1550-2783-10-53)

## Weightlifting is going to make me look manly

If you haven't already guessed it by the title in this chapter, this is mainly geared towards women. But men, don't be afraid to read this as you can share with a friend or significant other. Heck, you might even learn something along the way ;)

I feel like there is so much research out there that covering this topic is like beating a dead horse. Right when I think the world is all sunshine and rainbows and everyone understands this, I get a new female client. With them telling me they are scared of weight lifting because of the fear that they'll look too muscular or manly. LADIES you will NOT look like Tarzan or the Incredible Hulk if you lift weight and lift heavy!

If you have been going to your local gym for a while look around. You probably see some familiar faces. Let's take a look at the opposite sex for example. Some men are actually TRYING to achieve bigger and more muscular physique and still haven't after years of training! This is not to bash anyone busting their butt in the gym but to open the eyes of women that are afraid of the weight room or lifting heavy weights. The women that you might think you'll look like that ARE very muscular and compete in top level bodybuilding have more than likely taken some form of a drug enhancements to achieve this look and increase their Testosterone levels.

Women produce testosterone at a fraction of what men produce it at on a daily basis.  
\*which is the main factor as to why it is extremely difficult for women to get "big and bulky"

There are in fact multiple health benefits to women lifting weights. I'll name a few.

- 1.) Weight Training burns body fat during and after training.
- 2.) Weight lifting can actually reduce your risk of heart disease. According to the American Heart Association, it was actually approved as a healthy form of exercise with those at risk with heart disease.
- 3.) Weight and resistance training is a great way increase bone density and decrease the risk of osteoporosis. These are just a few of the great benefits for women and weight training. If you were afraid of weights before, I hope after reading this article you have changed your mind and learned a thing or two along the way.

\*[http://wellnessmd.com/Women\\_and\\_Testosterone.html](http://wellnessmd.com/Women_and_Testosterone.html)

## Detox Diets

Now, let go over Detox diets and teas. How effective are they? If at all. just search the word detox on Google or any social media you will find thousands of different diets, teas, juices etc selling their detox system. This has become a huge fad for a while now. What are they? Well the answer is not that simple. It is usually some kind of new tropical berry, or herb that has just been discovered. The truth in the matter is that no juice, herb, or tea singlehandedly is going to make you lose weight. The reason these detoxification diets are working is because almost all of these systems require you to minimize your food consumption while using their system. Magically, after you limit your food intake, you start losing weight. It must be because this new amazing new tea is doing what it said it's going to do right? WRONG! Once you go back to your normal day to day eating your body is going to absorb everything like a sponge, and you have fell victim to yet another yo-yo diet.

Now there are products and supplements out there that will help you to reach a lot of micronutrients that we tend to miss throughout the day due to our fast paced past life

style. These can be worth looking into. That being said by no means will this erase what you did last weekend .

The only time a true detox actually happens is in deadly situations at hospitals. The following was said by Edzard Ernst, emeritus professor of complementary medicine at Exeter University;

“If toxins did build up in a way your body couldn’t excrete, you’d likely be dead or in need of serious medical intervention. The healthy body has kidneys, a liver, skin, even lungs that are detoxifying as we speak. There is no known way – certainly not through detox treatments – to make something that works perfectly well in a healthy body work better.” “Ask trading standards what they’re doing about it. Anyone who says, ‘I have a detox treatment’ is profiting from a false claim and is by definition a crook.

So there you have it. If you are looking into buying some kind of detox tea, juice, or system, look no further than your own body. Don't fall a fool into yet another health scam

\*<https://www.theguardian.com/lifeandstyle/2014/dec/05/detox-myth-health-diet-science-ignorance>

## Cardio or Weight Training – Which loses weight the fastest

This may come as a surprise to most, but this post will address the issue. Cardio, especially in excess is NOT the most efficient way to lose body fat. Next time you step into your local gym. Take a look and see where everyone heads to first. 80% of the time it's right to the cardio section of your gym; namely women. Taking a quick 5-15 minute warmup on the bike or elliptical to start your routine is fine. Anything more than that and you are draining your energy, focus, and can compromise your production for your actual workout.

An Excess of cardio will help you lose body fat, but will also strip your muscle. If your next thought is, "I have a lot of muscle and just need to burn these few lbs first" (mostly males) STOP RIGHT THERE. Put your ego aside. The Harsh truth and reality is that we all have a LOT less muscle than we think we do. Most people's assumption that they have a lot of muscle and that they are "big" is because they are infact that. "BIG" and we are not talking about the strong muscular way..

When you start cutting into your muscle, your body begins to become less efficient at burning fat. All you are doing at this point is creating another problem for yourself, which leads to people doing more cardio because they "can't get rid of that stubborn fat." The solution to all of this is:

- 1.) Make smarter food choices (portion control),
- 2.) Train heavy but safe. (Women should train heavy as well. You won't look "bulky" (refer to chapter 5)
- 3.) Use cardio as a tool for fat loss, not as the primary way.

If you are doing around an hour of cardio a day; and your primary goal is fat loss. You are more than likely over exhausting the body. If you need to do this much cardio to burn excess calories, then rethink your diet.

## Fasted Training for fat loss

Now, let's talk about a subject that goes hand in hand with our previous chapter. Fasted cardio and training. Is it worth it or counterproductive? Fasted Cardio makes complete sense right? Train on an empty stomach; that way we can burn more fat because it forces the body to dip into fat stores for fuel. This has been said and studied over and over and the research proves that the case is simply not this. This study was researched for years by the Strength and Conditioning Journal.

The conclusion was that the body burns roughly the same amount of fat regardless of food consumption before working out or cardio. Conversely, you are actually more

likely to lose muscle by exercising on an empty stomach. Part of this is due to lack of energy and therefore lack of total volume while you are training.( The more muscle we carry the more fat we burn)

Another thing to mention is that training in a fasted state decreases intensity and in turn you will burn less calories overall. "One of the studies reviewed in that report looked at cyclists when they trained after eating and when they trained while fasting. When they trained with nothing in their stomachs, about 10 percent of the calories they burned came from protein, including lost muscle, the researchers wrote" Another study showed that healthy women who consumed 45g of carbs before their workouts ate less throughout the remainder of their day \*

There it is! Not only will training fasted burn roughly the same amount of calories than training while fed, but it can in fact have a negative effect and cut into your muscle that you have been working hard for and due to less muscle you will not be losing as much fat in the long run.

\*[http://well.blogs.nytimes.com/2011/06/27/does-exercising-on-an-empty-stomach-burn-more-fat/?\\_r=0](http://well.blogs.nytimes.com/2011/06/27/does-exercising-on-an-empty-stomach-burn-more-fat/?_r=0)

## Carbs at night and the effects on weight loss.

Your body doesn't know what time of the day it is eat carbs at any time... THE END. Ok, ok. I'll get into more detail. There is a preconceived notion that eating carbohydrates at night is going to turn into fat because most of us don't workout at night. Thus what we just ate doesn't get used as energy and gets stored as fat. This seems sensible when looking at it.

The thing you have to take into effect is this. Your body is going to digest your food regardless, whether it be 8am or 10pm. Now i would not recommend saving all of your carbs for one time because (depending on what your carb goal for the day is) it may cause some indigestion. Our body burns calories regardless, whether we are sitting at our computer or whether we are exercising.(both at different rates of course) .

There is research that shows that during our first half of sleep our energy expenditure is less, thus less total calories burned( and carbs burned) BUT during the latter half of your sleep it does increase... significantly. Ultimately, you burn close to the same calories (carbs included duh ) when you are sleeping, compared to your RMR - resting metabolic rate\* ( the calories your body burns in a relaxed state). Try spreading your meals out throughout the day so that you are not having crazy insulin spikes. However, if you cannot and you reach your calories in the beginning of the day and towards the end of the day. Don't freak out, you aren't going to have a rise in weight, and if you are you should look at how much food you are eating., not the hour in which you are eating.

## Waist Training

Obviously bad for you right? Well it seems it's not so obvious for some . The more and more you search through fitness and social media, the more you see fitness "models" and your favorite "fitness athlete " promoting and wearing them. In turn now I'm seeing the general public actually wearing these things. Thinking and praying this is the solution to their problems. These products have bogus claims such as making you sweat around the midsection and shrinking your waist. Claiming the sweat is making you lose fat around that area.

1.) You won't be sweating enough to burn enough calories and get rid of that "stubborn fat." 2.). As far as it shrinking the waist physically... "Once you take the garment off, your body will return to its usual shape. It's also uncomfortable, restricts your movements, and if you wear it really tight, it can even make it difficult to breathe

and theoretically could cause rib damage.” - Mary Jane Minkin, M.D., clinical professor of ob-gyn at Yale School of Medicine. "

Think of a girdle from the 1960s. Effective but at the cost of moving some ribs around. Worth it right? Wrong!!! Solution : Get your butt off the couch and start getting active. You don't have to start by going 3/hours to the gym 5/days a week. That's a recipe for disaster! It is as simple as starting to make smarter food choices and going for a brisk walk after dinner. Just get moving! Don't forget guys. At the end of the day. Most of these people advertising these products don't use it themselves and are just trying to make a quick buck. In other words. Most of them are sellouts. [#shotsfired](#)

## Calories in vs Calories Out

Calories in vs Calorie out. I'm not sure why this is such a hard concept to grab for a lot of people. The types of food don't necessarily make you gain weight rather it is the AMOUNT of food you intake. Believe it or not, you can gain weight from simply eating too much lettuce, or salad. Which is considered a “clean healthy food”. Will someone gain weight by lettuce alone? Probably not, just because it is extremely low in calorie and can be very filling in abundance. Believe it or not you can lose weight by eating fast food and just making smarter choices. In fact there have been multiple people that have done this.

A few have even conducted their own experiments per say.

One man lost 56 lbs in 6 months from practically only eating Mcdonald's. He did this by following the simple law of thermodynamics. (Calories consumed vs Calories burned)

Now, by no means do i believe that eating out is as healthy as a home cooked meal. The main reason being is that a lot of fast food restaurants contain trans-fatty acids. These fats are hydrogenated and help to increase food shelf life. In turn this can increase LDL (the bad cholesterol) This isn't to say that all fast food places do this, but

you can make your own decision based on nutritional menus . Remember if you are talking general weight loss, the most important thing is CALORIES!

\*<http://www.today.com/health/man-loses-56-pounds-after-eating-only-mcdonalds-six-months-2D79329158>

## Do Sugars & Fruits lead to weight gain?

Are the sugars in fruits making you gain weight? There is a common misconception that we tend to hear and we NEED to learn the difference. If you have been following along, you should know already where I am heading with this. CARBS ARE NOT THE ENEMY GUYS! There are so many coaches and trainers out right now that are restricting certain types of foods such as Fruits. It is actually ridiculous and almost unbelievable when you hear some of the stories and "meal plans" that some people are on. A lot of these "coaches" are restricting their clients (or people are even restricting themselves) from fruits due to the sugar in them making them gain weight. I have a friend whose coworker recently passed out at her job due to lack of calories and carbohydrates. She is restricted from any types of fruits in her "meal prep." ALWAYS question why, this is your health and is not something that should be tested or tampered with.

Hopefully this is getting repetitive but. CALORIES IN VS CALORIES OUT. These so called "coaches" reasoning behind this is that fruit turns into glucose and this will make you gain weight. Fruits are in fact a great source of a quick digesting carb used for energy. If your body does not get enough carbohydrates and needs energy to burn, it will use whatever is available (fats/ proteins) after your carb source is depleted. This is not necessarily good, especially since the majority of us are probably not getting sufficient protein as is. Carbohydrates are not the enemy guys, it's our body's main source of fuel, and whether it be fruit, white rice, or white potatoes; It does not



supersede getting in less calories than you burn if you need to lose weight or vice versa. Enjoy your fruits guys!

## Low Carb Diets

LOW CARBS! This is the absolute only way to lose weight and keep it off right? WRONG! Probably one of the most recurring questions I get asked is some variation of "Do you do low carb dieting?" Now, to the person that doesn't know much about nutrition, this is a legitimate question. To everyone else that has had some kind of nutritional education, you will find that this is nearly impossible to do. I have stated time and time again and will continue to but, carbs do not make you gain weight! Eating an excess of carbs will make you gain weight . . . eating an excess of anything for that matter! As i just mentioned in chapter 11, even If you eat enough plain lettuce. That will also make you gain weight. The reason it doesn't happen is because the nutritional content in lettuce as opposed to, let's say that one food that everyone "gains weight" from, bread. The reason people think they are gaining weight or have a "sponge like" reaction to bread is one of two main reasons. 1.) you are eating too much of it and that is why you are gaining weight. 2.) You are eating too much of something else throughout the day that is making you gain weight!. It is really that simple and that is the case for more than 95% of people that think bread "sticks" to them.

Unless you are diagnosed from a medical professional. Stop self diagnosing and making excuses for why you are gaining weight. Maybe you ate "clean" all day but ate a few oreos. The TOTAL calories at the end of the day are what are making you gain weight. Not the Oreos alone! Stop making excuses for what you know you are doing wrong. Want to lose weight? Eat a little less than what you burn. Gain weight? Eat a little more than what you burn. It is really that simple when it comes to weight gain or loss. Please eat your carbs as they are your body's preferred energy source and stop giving carbohydrates a bad name. They have dealt with enough abuse since paleo has come along.

# Great Abs FAST

I will admit, this chapter is false advertising. If you skipped all the other chapters and just came to this one, well shame on you! Go back and read the great content you've been missing. Back to our topic at hand. ABS!

We've all seen millions books, posts, and advertisements on how to get a flat stomach or amazing abs. Truth is you can do a million different ab exercises with zero to no success in your midsection without proper nutrition. I don't want you guys to be mistaken, abs are not MADE in the kitchen, they are made in the gym; but having the proper nutrition via calories and being at a low enough body fat will reveal all of your hard work.

Another thing that will help you reveal those hard earned abs are full body exercises. Target your legs, back, shoulders. All of these will burn more calories than doing hours of doing abdominal exercises. Heck even working out arms will probably burn as much calories as doing some crunches. The only "secret" to revealing the abs that we have been working for is a combination of proper nutrition and training your abs. If you are spending an hour or longer on ab exercises, you're doing too much or just spinning your wheels. Remember focus on big body compound movements that will burn more fat (Squats, Rows, deadlifts, bench press, pullups, pushups.. etc)

On a different note, we can reveal some parts of our midsection more than others by varying exercises but the way our abs are shaped are highly dependent on our genetics.

## Trouble Areas

Continuing on the topic of abs and getting rid of fat, Let's talk about trouble areas. We all have that one trouble area on our body that is always so stubborn and the fat just won't go away. For most women it's midsection legs and back of the arms (triceps). For men it tends to be all in the midsection; front, side, rear you name it. The burning

question that is on everyone's mind is this; Is there a way to combat these areas and make them more muscular or to spot reduce the areas?

I guess you can say this is a two part answer. So my answer to you is Yes and No, let me explain. NO: If you have some love handles on your obliques or have some flab under your arms, doing ab and oblique exercises or tricep work for hours on end will NOT get rid of the fat around that area. In order to show off those strong arms or nice set of abs that we have hidden behind our fat we must lose total overall fat. How do we do this? We burn more calories than we eat, or eat less calories than we burn.

The best recipe for success is a combination of both. Get more active, walk your poor dog more often. Park towards the back of the mall/gym/grocery store. Instead of trying to find front row parking. The most obvious is get your butt up, out, and active. Join a local gym, lift weights, do cardio, kickboxing class, DO SOMETHING just get started. Get moving and create a habit, No waist trainers or saran wrap is going to help you (see previous chapter on waist training)

The more often you work a muscle the larger it will appear. A good example of this is arms or shoulders. If you want to grow a muscle you must train that muscle period! Being in a caloric surplus will help you to gain more size and muscle, but increase calories slowly. Don't go all out and eat at a buffet every day and excuse it because you are "bulking". This isn't bulking, this is just getting fat and it can be a slippery slope. Conversely if you are overweight and work out let's say arms or shoulders, you might appear a lot bigger, but once you strip that fat off you might think you're losing a lot of muscle, at best that muscle loss is minimal. You are just peeling away a few layers of fat that you thought was muscle.

So i'm sorry guys that claim to have 20 inch arms and 25% bodyfat, it's going to be a rude awakening when you decide to diet and end up having much smaller arms than you thought. Women, if you are working out those glutes and they appear bigger when you happen to eat more well... It's because it is. Once you shed some fat some of your hard work might come off, because let's face it, not all of that was hard work. Some of it was those foods we binged on earlier in the week. Our trouble areas are unfortunately are mostly based on genetics and we cannot change up our genetic

structure. What we CAN do is become more active, eat smart,(PORTION CONTROL) and BUST OUR BUTT in the gym . I hope this has cleared up some of the confusion that you might have came across with social media or with magazine articles making ridiculous claims.

## Egg Yolk

Now, let's talk about eggs! More importantly the yolk. A common concern is that when eating the yolk of an egg (because of the amount of cholesterol in it) They are bad for us. First of all there is little relation between dietary cholesterol and blood cholesterol.\*

Your body actually produces cholesterol...much more than you get from eating eggs.They are high in fat (about 4-6 grams per egg) If you are restricted on calories it is a good idea to be conscious of how many eggs you are taking in but having a couple of whole eggs here and there should not kill your diet. If it is, then you're doing it wrong.

There are actually a number of benefits when taking in whole eggs. Some of the benefits include: Almost double the amount of protein than in the egg white alone. A generous amount of Iron, and vitamins A and E.) Also the fat in eggs increase Testosterone production. Testosterone as we all know, helps build muscle that we all can use more of. Men AND Women! Moral of the story: Don't be afraid of having some yolk every now and then.

\*[http://www.huffingtonpost.ca/dain-wallis/eggs-healthy-food\\_b\\_2968318.html](http://www.huffingtonpost.ca/dain-wallis/eggs-healthy-food_b_2968318.html)

## Turning Fat Into Muscle

When talking with a new client and asking their goals. Whether they are male or female, a very typical answer is this. " I just want to lose weight, but gain muscle" or "I

would just like turn my fat into muscle." Let's get ready for some reality ladies and gentlemen. It can be EXTREMELY hard to do both at the same time. Almost . . . Typically if you are new to weight training this is more attainable than someone that has been training for years. Another way of possibly doing both is with the use of performance enhancing drugs. I am not condemning nor condoning the use of such, just stating facts.

The reason it is so hard to do both at the same time is this simple fact losing weight/fat requires you to be in a caloric deficit. (burn more calories than you eat/eat less calories than you burn). Gaining muscle mass requires you to be in a caloric surplus.

Let's take a 200lb male for example. Let's say he has 20% of his bodyfat in order to get to a certain level of bodyfat. Simple mathematics will say he needs to lose 20 lbs in order to get to his goal body. Now, that being said those excess 20 lbs won't just magically turn into muscle by proper nutrition and exercise. You will lose weight along with, even with drug use.

"Growth requires extra calories, much like you'd need extra building material to add a room to your house."\*. Those materials being calories.

You'll often see people showing transformation pictures or worse advertisements claiming that this can be done. But as we learned above, it isn't that simple and no magic, or "clean" foods will do it either. If you are new to lifting I recommend to take some time 3-6 months and eat in a surplus in order for you to gain some muscle. You'll have to learn to accept that some weight and fat gain comes with this territory. Don't go all out and expect to eat anything and everything in sight. Aim for upwards of gaining 3 lbs a month for males and about half that if you are a female. These are just averages. If you are newer to weight lifting, you might be able to get away with a little more but don't go overboard. Let the mirror and some kind of testing be a good range. (measuring body fat, hydrostatic testing, or electrical impedance testing for fat)

Unfortunately the more seasoned you are with weight lifting the harder it is to gain muscle so if you are experienced expect lower weight gain monthly. After gaining some size and muscle you can now start your diet and show off all the hard work

you've been putting in. There is somewhat of an in-between stage, called a body re-composition which would entail eating at maintenance while trying to do better in the gym. In this stage you can gain some muscle without gaining too much weight but it comes at a much slower pace.

\*<http://www.bodybuilding.com/fun/matt2.htm>

## Light Weight High reps to lose weight

I just want to "tone" and lose weight, so I'm going to go really high reps and light weight. Besides taking the word tone out of your vocabulary, you should also not be buying into this concept that higher reps, especially extremely high reps will get you "tone". First of all, when you say you want to get toned, all that really means is that you want to build muscle, so let's stop beating around the bush. Being tone just means revealing muscle. Ladies and gentleman. Tone = Muscle. If you get that concept you can now put the word tone back in your vocabulary .

Higher reps and rep ranges definitely have their place, there's no doubt about that. Even then, when people do these high reps they are doing it at such a light weight that they literally spinning their wheels. If you are going to get into a higher rep range (12,15, 20 etc) you still want to use a heavy enough weight where your form doesn't break down yet you are stimulating the muscle. If you are sweating more from just getting to 15 reps than from the actual muscle working and fatiguing then you are doing it wrong,

When you are training to get shredded or to lose body fat, or even TONE in the weight room. You should almost always train heavy (keeping your form in mind) There's multiple amounts of studies and evidence that show that training and lifting heavy keeps testosterone levels higher and for a longer period of time... ladies don't begin to

say that you don't want to get "bulky" Plain and simple women don't have nearly as much testosterone as men, which is why it is so hard for females to put on muscle. If you don't believe me look in your local gym. There have been men that have been actually TRYING to gain muscle and size year after year and some of them look the same. Why? Because gaining muscle isn't as simple as getting on 4 week training program. It takes a lot of effort, keeping nutrition in check, and most importantly, it takes time... A LOT OF TIME. The more muscle we have the more fat we tend to burn. Which in turn will give us that lean, shredded, or even TONED body we are looking for.

## Overtraining

A big question that a lot of people have is am i working too hard? Am I "overtraining?" Short answer, probably not. I'm not sure why this topic has become so popular as of late but most of us get nowhere near "overtraining". I personally don't like to use the word overtraining. There is such thing as undereating, dehydration, and not getting enough rest and recovery. Most of the time when we think we are "overtraining" it's because we are simply not refueling our body properly.

Before you ask yourself are you overtraining, ask yourself these questions.

- Am I getting an adequate amount of calories?
- Am I hydrating enough? How much water are you drinking? If you are thirsty, you're more than likely already dehydrated.
- How much sleep am i getting?

These are all factors we can control and make a huge difference in our performance and in what we might believe is overtraining. Now, If your joints and tendons are hurting this is a good time to scale back a bit on your training. I'm not saying go cold turkey and stop everything you are doing but begin to tone down your training for a bit and focus on rehabilitation.

Decrease your total volume (sets, weight, and/or reps) little by little and focus more on getting blood flow in the area. Ice, SMR (self myofascial release, i.e. foam rolling) stretching, walking, ACTIVE RECOVERY. (don't worry the active recovery chapter is coming) Focus on what you CAN do, not what you are limited to!

## Too Much Protein

'I've cut out red meats and have lost 30 lbs since.' Does this sound familiar? In this chapter I'll be discussing why taking out certain foods and macronutrients (Proteins in particular) is not the answer for your weight loss goals.

First of all to address the red meat issue. The reason why people tend to lose weight when they cut out red meats, is one simple answer. It contains less total calories. Red meats have more fat than let's say chicken breast, and let's be honest. Most of us don't end up buying very lean meats when we go grocery shopping and when we go out to eat. One way of solving the "red meat problem" is getting a leaner cut of meat instead of cutting steak out completely.

4 oz of ribeye - 290 Calories

4 oz of eye of round steak - 180 Calories

4 oz of chicken breast - 150 Calories

It's not the meat alone that is making you gain weight, it's the cut and portions you are taking in. For my vegan friends, you are not off the hook! An adequate amount of protein applies to you as well. Unless you are in fact diagnosed with kidney disease, having a decent amount of protein will not affect you.\* There are no studies that show people without kidney disease that have harmful effects of high protein in their diet.

Some of the main risk factors of kidney failure are diabetes and high blood pressure. Having a higher protein intake actually improves both. The positive effects of a higher protein diet are too many to list. Why do we never worry about the fried mozzarella sticks we order or the double cheeseburger with loads of mayo, cheese, ketchup etc?



We never worry about our fat intake and tend to lie to ourselves about our carb intake, but protein is what's making us gain weight right? Everyone is different but a good general rule of thumb is to try and get near our bodyweight in grams of protein. So remember, don't shy away from your protein, whether it be a well prepared lean steak, or some stir fry tofu

\*<http://examine.com/faq/can-eating-too-much-protein-be-bad-for-you/>

## Cheat Meals & Days

Why calling it a cheat meal isn't the best idea. Let's talk about everyone's favorite topic. **cheat meals**, and why I don't suggest calling them that. Being flexible with your diet will almost always supersede going cold turkey, and eating only "clean foods". If you haven't noticed by now one of the recurring themes in this book is portion control! Calling a meal a "cheat" meal or something as bad as "dirty foods" can have many negative effects. The one I'd like to touch on is primarily what happens when you get to that cheat meal.

Let me paint the picture... You have been working hard all week and planning your week around this glorious event that we all know as "

**THE CHEAT MEAL**" You've been potentially starving yourself the whole week and not including chocolate (or whatever your food of choice is) in moderation a couple of times throughout the week. You've been saving it for this amazing event on Friday night with some friends after a long week's hard work with your "diet".

You decide to keep it simple and go to a restaurant and order their personal pan pizza.... Well you HAVE been working hard so why not grab just a couple of beers. After all, it is Friday and you have been busting your butt all week in and outside of the gym. . All of a sudden someone decides to get some more appetizers and you join in on the festivities along with the pitcher of beer they just bought for the table. And of

course next is desert because well... You've earned it right? I hope you see where I'm going with this. Now for some of you this might seem ridiculous and a ridiculous amount of portions. But for most it's reality. I'm all for living a healthy and balanced lifestyle but with restricting certain "bad" foods out of your diet to just binge on all of them in one day can actually be worse. You can easily have 2-3,000 calories in excess of your day in your evenings cheat meal. As we know already, calories in vs calories out. This trumps everything. Even if you don't necessarily believe in that "nonsense" or don't count calories. Your body is doing it for you.

Solution: if you feel like have a few cookies during a lunch break. Go ahead enjoy them. Just know and understand that you must limit yourself and not eat the whole case of chips ahoy. You'll be better off in the long run than saving it for this epic meal that should probably be filmed on some food network.

## Rest Day

How do we reduce soreness? If you are new to weight training, or even somewhat experienced you can and/or have experienced DOMS. (delayed onset muscle soreness) For those that are unaware what this is, it is exactly what it sounds like; being sore from a workout. It is natural to want to rest after that soreness arrives, but this is actually not ideal in order to recover at the rate that you could be.

When it comes to breaking through muscle plateaus and recovering faster, Active recovery is your best bet. Active recovery is working out at a lower frequency in order to maintain blood flow and breakup lactic acid. You can do more than just do similar workouts (at lower intensity) on an active recovery (off) day. Some great active recovery activities are some form of an aerobic activity, such as a brisk walk, swim, or go outdoors and enjoy a nice hike.

Not only will this burn more calories as well but help reduce fatigue and soreness. Some other things you can do as an active rest activity are work on your imbalances through corrective exercises. Find your weakness and do some exercises that will help

you turn that weakness into a strength! One last form of active recovery can be myofascial release (MR) you can do this by getting a massage or using a foam roller. There are an array of active recovery exercises and workouts that you can do to help you recover faster and be that much stronger on your next training session. Pick one and do it for a few weeks. Just because you are not training hard that day, it doesn't mean that you can just become a vegetable for the day because “you earned it”.

Remember your body is a lot smarter than you give it credit for and can adapt to just about anything you put it up to. Now, go get moving on your off days!

## Creatine, Healthy or Not?

Creatine! Is it Safe? Who can take it? How much? If you've used, heard, or even tried creatine in the past. A couple of the "side effects" you hear of immediately about this supplement is water retention and that it's bad for your liver.

For starters, creatine can cause some water retention, this is true. The fact of the matter with creatine is, unless you suffer from high blood pressure, then you need not worry. If you are worrying about "bloating" the water retention happens in your muscles, which in turn makes your muscles appear larger. Doesn't sound bad to me! Now, onto it being bad for your liver. To date, there are no studies linked between creatine and any liver problems. There has even been studies with people that had ALS and took creatine for up to 16 months and there were no problems with the liver enzymes.\*

Plain Creatine monohydrate is one of the most studied, effective, and economical supplements out there. It is one of the best supplements for athletes looking to enhance muscular strength, power, increase lean body mass and endurance! It is also safe and beneficial for some heart patients and certain people with neuromuscular disease.

The recommended dosage of creatine begins at 2g per day and upwards of 5g/day if you carry more muscle mass. Any more can potentially be a waste. This has hopefully cleared your conscience of the effects of creatine.

\*<http://www.bodybuilding.com/fun/is-creatine-safe-how-the-king-of-supps-affects-your-organs.html>

## Are you being fooled?

This final chapter is going to be more of a rant, but I hope that you actually learn something from this. If you follow any social media fitness pages (which i'm sure all of us do) you will more than likely run into some posing photos or stills of someone in between their workout and they look sometimes too good to be true. I feel that it has been so obvious in the effects that filters make and can make. Unfortunately it seems like a lot of people still don't want to believe what they know is clearly false. So I did some searching and played around with a few apps and used my own pictures as an example.



The top two pics are taken in pretty good lighting, this I can't ignore. Lighting can make someone look like they have an extra 10-15 lbs of muscle on them than they actually do. Let's not forget angles now. There is a reason that pictures are taken from certain angles. If you don't know by now it's to accentuate certain muscles or body parts, female fitness "inspirations" that most look up to have these angles down pat!

Combine good lighting, good angles, and some amazing filters and now you have created what might look like an action figure to some. I'm sure there are better filters but this took me more than enough time to get these looking like this. Look at some of the fitness pages you follow and take a closer look. This isn't to rain on anyone's parade. This is just so you guys can see and understand reality from fiction. Don't be fooled by these pages and "get ripped fast" programs that these same pages are promoting.

When and if you see some of these people in real life, you'll understand what I mean ;) Now, there are actually a few fitness pages and people that actually do live up to the hype and it is impressive when this is seen. In that same breath, at least 95% of the time, if it looks too good to be true, It probably is. If you want to achieve an impressive physique it's going to take much more than 30 days, some magical supplements, and a few Instagram filters. The people that look the same in person as they do in their pictures have been working their butt off on that physique for YEARS. Nothing worth having comes easy. Now, GO GET TO WORK!