

Nutrition Crash Course



Get an “A” on Your Fat Loss Report Card

The A-Food, B-Food Lecture: How to Get Good Grades on Your Food Choices

This very minute, old cells in your body are dying and new ones are replacing them at a rate of about 50,000 cells per second. The raw material for new cell construction comes directly from the foods you eat. You are literally what you eat. The condition of your body today is the result of the sum total of all the food choices you’ve made in the past. The condition of your body in the future will be the sum total of all the food choices you make today. Most people take their food choices very lightly, not realizing that everything they eat has an impact on their physical condition. Even worse, some people give no thought at all to what they eat every day – they choose anything without any consideration to the long term consequences.

Choose low-grade foods and you’ll have a low-grade body. Choose high-grade food and you’ll get leaner, stronger, healthier, more muscular and more energetic. The problem is, how do you know what to choose? Which foods get good grades and which foods get bad grades? When you walk down a supermarket aisle or look at a restaurant menu, you’re faced with a dizzying array of choices. Label claims like “low cholesterol,” “low fat”, “30% less fat,” “all natural,” and “100% organic” grab your attention and seem to scream, “pick me!” But how do you really know good choices from bad choices? Worry no more, because I’ve created a one-of-a-kind rating system you can use to “grade” your food choices. First, you figure out what “grades” you’re getting now, and then you start working on improving your grades.

This rating system is set up in a scale like grades, because food choices don’t simply fall neatly into two categories; “pass” or “fail.” Rather, food quality can range from very poor, to poor, to fair, to good, to excellent. It’s a scale or a spectrum – the same way temperature and color are spectrums. At what temperature does hot become cold? At what volume level does loud become quiet? Where does black become white? Black and white are simply two ends of a spectrum. It’s the same with food choices. Food quality can range from highly processed with zero nutritional value on the low end (an “F”) to all natural with high nutritional value on the high end (an “A+”).

Here’s an example: an apple is an A-grade food. An apple is a raw food found in its natural state, untampered with by man. Now, what about unsweetened applesauce? It too is nothing but pureed apples, but still, it’s not in its MOST natural state, so now it’s a “B” (still a good “grade,” mind you). Turn it into apple juice and you’re

down to a “C” (still a passing grade). Then if you add sugar (sweetened applesauce or apple drink), now you’re down to a “D”. Finally, if the apples eventually become an apple pie, now you’re down to an “F”.

You could take nearly every food type through this type of scale to “grade” it. Your task is simple: look for places in your diet where you can improve your grades...then improve them. If you have straight A’s already, the chances are extremely good that you’re in great health and in excellent shape.

Ask the Million Dollar Question

“A” foods are those that are NOT man made and are NOT processed or refined. How do you know if a food is in its “natural state” or not? Simple, you ask the “million dollar question”: “Did this food come out of the ground or off the tree this way?” If the answer is yes, then it’s all-natural and it’s an A-grade food.

“A” foods should make up the majority of your calories, but if you only ate A-grade foods and nothing else, this means your diet would be somewhat restricted and limited (an A-grade diet is a strict diet). It might also make it difficult to gain weight, because many A foods lack the caloric density required to stay in caloric surplus. That’s why it’s okay to use “B” foods like pasta or whole wheat bread sometimes – especially on a muscle size-gaining program.

A Simple and Easy Way to Improve Your Food Grades

Before we move on to the actual grading system, here’s an easy way to quickly and easily improve your food grades: Shop in a health food store, natural foods market, or a gourmet supermarket. Not only will this improve your grades almost automatically, but you’ll also find a much greater variety than you would in a regular supermarket. For example, you’ll find shelf after shelf of whole grain, natural cereals. In a regular supermarket, there are only a few brands that fit the bill. Shredded wheat is one. Look at the ingredient list: 100% whole wheat. PERIOD. Nothing else! Pretty bland, but this type of food gets a high grade. You can always slice up strawberries or bananas on top of the cereal to sweeten it.

A+ Foods

An A+ is the highest grade a food can receive, and it’s not easy to earn. To qualify as an A+ food, the food must not only be natural, but also extremely nutrient dense. These top-of-the line “super foods” are packed with vitamins, minerals,

antioxidants, carotenoids, phytochemicals, essential fatty acids, fiber and other healthy stuff that’s extremely good for you.

For examples, red peppers are the only food with an entire day’s worth of vitamin C. Tomatoes contain cancer-fighting lycopene. Spinach is rich in calcium and vitamin D. Orange veggies like carrots, sweet potatoes, and butternut squash are packed with carotenoids. Asparagus is loaded with vitamin K. Deep leafy greens like spinach are nutritional powerhouses with ample quantities of Vitamin K, carotenoids, calcium, iron, potassium and vitamin C.

There’s only a small handful of starchy carbs in the A+ category, including yams (sweet potatoes), black-eyed peas, lentils, beans (navy, pinto, kidney, garbanzo), barley and old-fashioned unsweetened oatmeal. These are the starches that are 100% natural, eaten almost exactly the way they come out of the ground. They are also either low on the glycemic index or they have a nice balance between carbohydrate and protein, which causes them to be released slowly into the bloodstream as glucose. Even on competition diets, these are the carbs of choice for physique athletes (body builders and fitness competitors).

Most nutrition experts would put a lot of fruit on the “A” list; especially nutrient-dense fruits like blueberries, strawberries, etc. However, coming from a physique-enhancing and body-composition-improving standpoint, fruit only gets an A-grade in my book because fruits are simple carbohydrates. Fibrous carbohydrates like green vegetables get the highest grade possible not only because of their nutritional value, but also because of their effect on helping reduce body fat via low calorie density.

A+ carbohydrates

- Spinach
- Kale
- Broccoli
- Brussels Sprouts
- Asparagus
- Collard Greens
- Red Peppers
- Tomatoes
- Yams & Sweet Potatoes
- Barley
- Oatmeal (old fashioned unsweetened)
- Beans

Black-eyed peas
Slow cooked, brown rice (long grain/basmati)
Lentils

A+ proteins

Salmon
Rainbow trout
Herring

A+ fats

Flaxseed oil
Udo's Choice essential oil blend
Fish Fat (salmon, trout, herring, sardines)

A Foods

An A is the second highest grade a food can receive. To receive an A grade, a food must be 100% natural (not refined or processed in any way), and must be fairly high in nutrient density, while low in calorie density. Like A+ foods, A foods are also high in nutrients such as vitamins, minerals, antioxidants, carotenoids, phytochemicals, essential fatty acids, and fiber. The A grade starchy carbohydrates like yams are staples for energy in training athletes, bodybuilders, and fitness buffs. A-grade proteins are the LEAN, complete proteins (those containing all the essential amino acids). A-grade fats are those high in omega-3's and other healthy essential fatty acids. An A-grade is a great grade. Eat mostly A-grade foods and you'll get great results.

A-grade carbohydrates

White potatoes
Red potatoes
Carrots
Quick brown rice
Quick Oatmeal (unsweetened)
All fresh fruit (not including canned, sweetened, or juice)

A-grade proteins

Chicken Breast
Turkey breast
Fish
Shellfish
Egg whites

Non fat cottage cheese
Top round steak, eye or round
Whey protein

B Foods

A "B" is a good grade. Not the best grade, but "good" nonetheless. Physique athletes often drop out B grade foods prior to competitions, opting for 100% A-grade choices.

There are many good B grade foods that you can and should eat regularly. Whole wheat bread is one example. The only reason whole wheat bread doesn't get an A is because it is processed. Although it may be whole grain, a loaf of bread doesn't grow on a tree does it? It's unsweetened (except for a tiny amount of corn syrup) but it is slightly processed. AN all natural food is one which you eat in the same form that it came from the ground or off the tree/plant.

B-grade carbohydrates

100% whole grain, unsweetened boxed cereals
100% whole grain pastas (amaranth, spelt, quinoa, wheat, etc)
100% whole grain breads (100% whole wheat, rye, spelt, etc)
Whole grain, unsweetened muffins
Grits
Cream of rice
White rice

B-grade proteins & dairy products

Flank Steak
Extra lean top sirloin
Low fat sliced turkey breast
Low fat sliced chicken breast
Non fat sour cream
Non fat cheese
Non fat cream cheese
1% low fat cottage cheese

B-grade fats

Olive oil
Canola oil
Natural peanut butter
Nuts & seeds

C Foods

A “C” is an average grade; not poor, not failing, but not good either. If most of your diet consists of “C” grade foods, your results will be average...not poor...not absent...but not good either. Breakfast cereals like Cheerios are C list foods. Cheerios only get a C because even though they’re made from whole grain oats, they’re sweetened with white sugar. If you go to a health food store you can often find generic brand Cheerios (usually called “oat o’s or “oat circles” or something like that). This would bump the grade up to a B. Any cereal that’s sweetened with refined sugar automatically gets bumped down to a C. If the cereal is mostly sugar it gets a D or an F. C-grade carbohydrates are those which are processed or sweetened slightly, but still made from whole grain. C-grade carbohydrates also include those that are very calorie dense, like fruit juice. Fruit juice is a fairly healthy food, but it’s also very calorie dense; which is not good when your goal is calorie control for a fat-reducing diet, C food proteins are those which are moderate in fat and or processed or cured with flavor enhancers, sodium additives and/or preservatives.

C-grade carbohydrates

Pasta made from enriched flour (durum semolina)
Bagels
Cheerios
Sweetened and/or flavored oatmeal
Kellogg’s raisin brain
Total cereal
Unsweetened fruit juice
Sweetened low fat yogurt

C-grade proteins

Sliced low fat ham
Low fat sausage
Regular ground beef
Chicken thighs
Turkey, dark meat
Turkey, ostrich, emu-jerky
Low fat (2%) cream cheese
Low fat (2%) cottage cheese
Low fat (2%) sour cream

D Foods

A “D” is a poor grade, no doubt about it. If you’re eating a lot of D-grade foods, your results will be poor for sure. D grade foods are also bad for your health. D foods are those that are high in refined sugars or made primarily from bleached white flour. D-grade foods also include proteins that are high in total fat or saturated fat and proteins that are highly processed and refined.

D-grade carbohydrates

Sweetened boxed breakfast cereals with no whole grain
Bleached enriched white bread (i.e. “wonder bread”) or white bread products
Crackers, muffins and baked goods made with white flour and hydrogenated oils

D-grade fats

Sour cream
Cream cheese
Cottage cheese (regular, whole-fat)

F Foods

F foods are the foods you should almost never eat. And if you do ever eat them, it should be a rare occasion indeed. These are the foods that not only spell disaster for your physique; they’re also horrible for your health. F-grade foods include the following categories: 1) food containing trans fats, 2) food high in saturated fats, 3) Highly processed or refined foods, 4) highly sweetened foods or foods that are pure sugar, 5) foods that are high in refined sugars and fats, 6) processed, high fat meats.

Foods high in saturated fats & trans fats

Palm oil
Palm kernel oil
Hydrogenated oil
Coconut oil
Anything deep-fried
Dairy products made from whole milk
High fat cuts of red meat such as porterhouse and prime rib

Foods made mostly of white sugar or other refined carbs (corn syrup, etc)

Candy
Chocolate
Cookies

Soda (coke, pepsi, etc)
Sugared sweetened beverages

Baked goods high in fats and sugars

Pies
Doughnuts
Croissants
Cinnabons
Cakes
Pastries

Foods high in refined carbohydrates and saturated fat

Doughnuts
Fettuccine alfredo
Potato chips
Hot dogs on white bun
Fast food burgers on white buns (even worse with cheese and bacon)
Sweetened peanut butter (“skippy”, etc)

Processed, high fat meats

Hot dogs
Beef jerky
Salami
Ham
Sausage
Bacon

Your Score?

So how did you do? Did you pass? Did you get straight A’s? Did you flunk? Don’t worry, if your “grades” weren’t so good, it doesn’t matter. What’s in the past is done. What matters now is that you look ahead and make a concerted effort to improve your grades. Don’t feel like you must get straight A’s starting today. In fact, if you get mostly A’s & B’s, you’ll get fantastic results. Just do your best to improve your grades by improving your choices, starting with your very next meal.

Remember – everything you eat helps or hurts; moves you forward or backward. From a cellular and physiological standpoint, there’s no such thing as standing still or “maintenance.” One of the few things in life you can always be certain of is change. Make sure your body is changing for the better.

Terrific Twelve: The Right Foods to Eat

Foods That Burn Fat, Foods That Turn To Fat

This recommended list of “fat-burning foods,” also known in the Burn the Fat, Feed the Muscle (BFFM) program as “the terrific twelve,” might be the most valuable resource you’ve ever laid your hands on. Although the possible variety in your food choices is nearly infinite, these twelve are the staple foods that should make up the foundation of your program. Variety is important, but you can’t go wrong with these foods and they are the ones you’ll keep coming back to time after time.

I. Oatmeal

If I could only choose one source of complex, starchy carbohydrates for a fat loss program, this would be it! Oatmeal is the one carbohydrate food that virtually 100% of all bodybuilders and fitness models eat on a daily basis. What makes it so great? Well, although it’s a starchy carbohydrate, oatmeal has a nice balance between carbs, protein and good fat. The low glycemic index, combined with the presence of protein and fat makes oatmeal a very slowly released carb – exactly what you’re looking for when you want to get lean.

Make sure you choose the all-natural oats; either old-fashioned oats (such as Quaker) or the quick oats. Stay away from the sweetened and or flavored oatmeal packets. Oatmeal is delicious with natural (sugar-free) applesauce and cinnamon. Or, try some crushed walnuts or flaxseeds in your morning oats, which will give your “porridge” a nice crunchy texture while adding those desirable “good fats” we all need. For a complete meal, try a couple of scoops of Vanilla Praline flavored protein powder in your oatmeal. If you get tired of oatmeal, there are plenty of other cooked whole grain cereals in the “oatmeal family”. Look in your local health food store (or a gourmet supermarket) for barley, wheat, triticale, rye, oat bran and flax cereals (or a multi grain combination of the above).

2. Yams (and Sweet Potatoes)

Right behind oatmeal, yams (and sweet potatoes) are probably my second favorite starchy carbohydrate. Flavorful, all-natural, low in calories, and packed with nutrients and antioxidants like beta-carotene, it’s no wonder yams are a favorite carbohydrate among bodybuilders, fitness competitors and health seekers alike. According to Brian Rowley, science editor for FLEX magazine, “Bodybuilders use

yams when cutting body fat because they are low on the glycemic index. Waxy white potatoes (boilers) are high on the glycemic index, so they make an excellent post-workout meal, but nothing compares with a yam the rest of the time.”

Although the glycemic index is a secondary factor when making carb choices on the BFFM program, if you're carb sensitive or if you're on a very strict diet (like a contest diet), then the glycemic index should be given more weight in your choices. Yams are one of the best. Sweet potatoes are not exactly the same thing as yams (they're slightly higher on the glycemic index), but they're otherwise similar, which also makes them good choices for fat burning diets. You can identify a yam by its darker orange color, pointier ends and unusual sizes/shapes. Combine a yam with a green veggie, a chicken breast, lean red meat or fish, and you've got your self a perfect fat-burning, muscle building, metabolism boosting meal.

3. Potatoes (white or red)

Potatoes have earned an undeserved reputation as a food to avoid on a fat loss program. But think about it; Potatoes meet every criteria of a great carbohydrate: potatoes are a complex carb. They are all natural. They contain fiber, vitamins and minerals. They are filling. They are low on calories. So why do people avoid them? One reason is because they confuse a dry potato with a loaded potato. Smother a potato with butter, sour cream, and bacon bits and then you've got yourself a fattening, calorie-dense ensemble. Eat it dry or top it with butter sprinkle, salsa or your favorite low fat, low calorie topping and you can't go wrong.

Another reason people might avoid the potato is because they are using the glycemic index as their primary gauge for choosing carbohydrates. Potatoes are high on the glycemic index, which means they are absorbed as blood sugar very rapidly. What most people don't realize however is that when you eat your potato as a whole meal with your favorite lean protein, the glycemic index of the entire meal is much lower. Most people also don't realize that some white potatoes are higher in the GI than others. Baking potatoes are higher in amylose, a slow releasing starch, so the glycemic index is lower. Russet potatoes are also moderate on the GI. Waxy potatoes or boilers are high GI foods. If you're extremely carb sensitive or hypoglycemic, then you might want to eat more yams than white potatoes, but generally speaking, white potatoes make a superb addition to almost any fat burning diet. I personally eat white potatoes right up until the day of a bodybuilding contest and I have no difficulty reaching a 3-4% body fat.

4. Brown Rice

Brown rice is another staple of food bodybuilders and you often see the “muscle ones” chowing down on platefuls of rice, both in season and out of season (in smaller quantities during the “cutting-up” season). Prior to contests, bodybuilders sometimes reduce the amount of rice (starchy carbs) and add more green veggies (fibrous carbs), but rice is a solid year round staple, as long as you keep your calories in check. Obviously, this means avoiding fried rice or other rice dishes that may have added fat and calories. Steamed or boiled rice is the way to go.

Of the many types of rice, slow-cooked brown rice or basmati are your number one choices. Instant (pre-cooked rice is fine when you're in a crunch for time, but the instant rice burns much more quickly and is processed in the body more like a simple carbohydrate. The same goes for white rice., especially the sweet variety that's usually served in Chinese and Asian restaurants (including sushi rolls). White rice is the processed version of brown rice. Although it's still technically a starchy complex carbohydrate the white rice burns faster and has been stripped of much of its nutritional value. When you're on a very strict fat loss diet, stick with the slow-cooking brown rice for best results.

5. 100% whole wheat and whole grain products

The “baseline diet” can and should contain a wide variety of bread products with one condition: they must be made from 100% whole grains (and the label must say, “100% whole wheat” or “100% whole grain” as the first ingredient). White bread and anything made out of white flour is not allowed in any quantity on this program (except the occasional planned “cheat meal”). If you're particularly carb-sensitive, the bread – even the whole wheat variety – is one of the first things to go.

A small handful of people – usually one in 200, depending on what source you listen to – have sensitivity to the gluten in the wheat. Gluten is a protein found in wheat products and, much like lactose intolerance from dairy products, gluten intolerance can cause digestive difficulties and bloating in certain individuals. Most competitive bodybuilders drop out all pasta and bread products for the 12-16 week dieting period before a contest then usually put them back in for off season maintenance. On very strict fat loss diets, wheat and bread products are usually eliminated completely. Generally speaking, however, 100% whole wheat and other whole grains are perfectly acceptable to a healthy diet for long term body composition control, it just depends on how “strict” you want or need to be with your nutrition.

6. Green fibrous vegetables (broccoli, green beans, asparagus, lettuce, etc)

Fibrous carbs are your number one choice for fat burning carbohydrates. Green vegetables, also known as fibrous carbs, hardly contain any calories (they have a low calorie density). It's virtually impossible to overeat green vegetable. Eat them liberally and eat more of them late in the day. A diet of green vegetables combined with lean proteins is one of the best methods of getting lean as quickly as possible.

7. Fresh fruit

Whole fruits are a fantastic, healthy food suitable for nearly any fat loss program. Although there are some "guru's" in the bodybuilding industry who claim, "fruit is fattening;" this statement is somewhat misleading. It's true that a diet of mostly complex carbohydrates will give you better results than a diet of mostly simple carbohydrates, but that's not the same thing as saying "fruit is fattening." Although fruits are simple carbohydrates, they are natural simple carbohydrates. Most fruits are low in calories, low in carbohydrate grams (compared to starches) and high in fiber.

Some fruits such as raisins are extremely calorie dense and best avoided when you're on a strict fat loss program and your calorie allotment is small. Fruits like apples, peaches, grapefruits, and oranges, at only 60-80 calories apiece (or less), are a great addition to almost any nutritional plan. Just make sure the majority of your carbohydrates are of the complex type. An all- fruit or mostly fruit diet won't be as effective for fat loss as one that is mostly green fibrous carbohydrates with lean proteins.

8. Skim milk & nonfat dairy products

"Dairy products" cover an entire category of foods including milk, cheese, yogurt, sugar –free frozen yogurt, and cottage cheeses. To make it on the BFFM "approved" list, a dairy product must be labeled "fat-free," "skim," or 1% low fat. Whole milk dairy products are not allowed, as they are high in fat. Even 2% low fat milk is still 37.5% fat by calories.

Dairy Products are a "combination food" – they contain carbohydrates and proteins. Because the protein found in dairy products is high quality, complete protein, a high protein dairy product can count as an exchange for a protein instead of a serving of lean meat. Non-fat cheese can also boost the protein content of a meal. Yogurt tends to have less protein than cottage cheese, so a single container of

yogurt wouldn't count as a full serving of protein. In fact, yogurt would count more as a simple carbohydrate exchange than a protein (although, you could mix in a scoop of protein powder into your yogurt to make it high-protein yogurt).

9. Chicken breast (and turkey breast)

Chicken and turkey are probably the number one most popular protein sources among bodybuilders and fat loss seekers. Remove the skin and get the light meat found in the breasts. The thighs are higher in fat and calories. Naturally, your poultry should be broiled, grilled, or roasted and not fried.

Also, we're talking about the real bird here, not the sliced lunch meat you find at deli's or pre-packed in supermarkets. Lunch meats are processed proteins. Some nutritionists call them "fabricated foods" because they are made from a mix and poured into a mould before being cooked and wrapped. While these are acceptable occasionally, don't make them a staple in your regular daily diet. Lunch meats are loaded with sodium, preservatives, binders, fillers and other nasty chemicals that you don't want floating around in your body!

10. Egg whites

The name of the game in fat-burning, muscle building nutrition is to eat a lean protein with every meal. With zero fat, egg whites are as lean as lean proteins get. Egg whites are right up there with the chicken breasts as one of the top three lean proteins of choice for losing fat and gaining muscle. Eggs are a super-high quality protein. The problem with the whole egg is the high fat and calorie content. Fortunately, 100% of the fat is in the yolk, while the protein is split evenly between the yolk and the white. This doesn't mean you have to throw out all your yolks, but it does mean you should limit your yolks. I'd recommend one yolk for every six whites you eat. Just crack them open, and separate the yolk from the white using the edge of the shell. Or, even easier, simply use "Egg Beaters" or another packaged egg white product. There must be hundreds of ways to make eggs, so use your imagination: Omelets, frittatas, scrambled, fried (in nonstick spray), over easy, sunny side up, hardboiled or any other way you like them, use egg whites liberally.

11. Fish and shell fish

Many people complain about the lack of variety in a bodybuilding –style fat – burning diet, which typically has you eat egg whites, tuna and chicken day in, day out. What most people don't eat enough of is fish and seafood. By using different types of fish

and shellfish as protein sources, you can add an incredible amount of variety as well as getting those valuable good fats. Here is just a partial list of fish to consider: salmon, tuna, haddock, flounder, mackerel, trout, snapper, sea bass, swordfish, mahi mahi, perch, orange roughy, marlin, sole, halibut, herring cod, and catfish.

As with other meats, eat your fish baked, grilled or broiled and avoid fatty, high calorie sauces and butter. Most fish are very low in fat and high protein. Some fish, such as salmon, mackerel, sardines, herring and trout, are high in fat. However, because fish is so high in omega 3 fatty acids, these fish can and should be used liberally. Shellfish have many of the benefits that fish have and it can add some variety to your diet if you're getting bored of egg whites and chicken. This category includes shrimp, crab, lobster, mussels, etc. By the way, when you're eating in restaurants, fish is a great choice as long as you make sure there are no hidden bad fats or extra calories.

12. Lean red meat

Bodybuilders are quite famous for loving their red meat. Many bodybuilders believe that red meat helps muscle growth, and there may be much truth in that statement. Red meat is high in protein, B-12, iron and creatine. The problem with most cuts of red meat is the high fat content. However, not all cuts of red meat are the same. It's a mistake to label the entire red meat category as a no-no because of high fat content. If you carefully choose the leanest cuts possible and keep your portion sizes small, red meat can be a great addition to a fat burning program. For example, a 6 oz serving of lean, trimmed top round steak has only 9 grams of fat, while a 6 oz of untrimmed porterhouse has only 9 grams of fat (and the 18 oz porterhouse you're often served in a steak house has over 100 grams of fat!)

Portion Control

One of the key ways to lose weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%.

What is a Serving Size?

Use the list below to gain a perspective on how much food a recommended serving size really is; it may be much smaller than you realize.

According to USDA, 1 serving equals:

1 Slice of whole-grain bread	3/4 cup vegetable juice
1/2 cup of cooked rice or pasta	1 medium apple
1/2 cup of mashed potatoes	1/2 grapefruit or mango
3-4 small crackers	1/2 cup berries
1 small pancake or waffle	1 cup yogurt or milk
2 medium sized cookies	1 1/2 ounces of cheddar cheese
1/2 cup cooked vegetables	1 chicken breast
1 cup (4 leaves) lettuce	1 medium pork chop
1 small baked potato	1/4 pound hamburger patty

A good guideline to help you understand portion sizes is to translate the abstract information represented by the serving size into something visual that's easily remembered. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of particular foods to familiar physical objects. For example, a single serving of:

- Vegetables or fruit is about the size of your fist.
- Pasta is about the size of one scoop of ice cream
- Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers)
- Snacks such as pretzels and chips is about the size of a cupped handful
- Apple is about the size of a baseball.
- Potato is the size of a computer mouse.
- Bagel is the size of a hockey puck.
- Pancake is the size of a compact disc.
- Steamed rice is the size of a cupcake wrapper
- Cheese is the size of a pair of dice or your whole thumb (from tip to base).

The best way to determine the amount of food in a given serving is to look at the Nutritional Facts label and measure it out.

Although this may not be that much fun, if you can take the time, you'll soon be able to "eyeball" the amount of food and know whether there is too much or too little.

For example, filling a measuring cup with the proper sized portion of vegetables, rice, etc. and then emptying it onto a plate will help you learn what these serving sizes look like. Take note of how much of the plate is covered; this will help you in the future, even if you only do it once. Simply by having and implanting this knowledge, you will have taken an important step in managing your weight.

Size Matters

At Home

- Use smaller dishes at meals.
- Serve food in the appropriate portion amounts and don't go back for seconds.
- Put away any leftovers in portion-controlled amounts. Consider freezing the portions you won't likely eat for a while.
- Never eat out of the bag or carton.
- Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without even realizing it.

At restaurants

- Ask for half or smaller portions.
- Eyeball your appropriate portion, set aside the rest, and ask for a doggie bag right away. Servings at many restaurants are often big enough to provide meals for two days.
- If you have dessert, share.

At the supermarket

- Beware of "mini-snacks" – tiny crackers, cookies, and pretzels. Most people end up eating more than they realize, and the calories add up.
- Choose foods packaged in individual serving sizes.
- If you're the type who eats ice cream out of the carton, pick up ice cream sandwiches or other individual size servings.

I love to struggle!

Foods to eat if you hate success but love struggle and failure

Part one of this special report listed the twelve foods that "burn fat." This second installment in the series will teach you which foods "turn to fat." One of the best ways to learn what you should eat is to learn what you shouldn't eat. Then, by a process of elimination, you'll be much more likely to eat the foods that will give you the best results.

In this report, you'll discover that the food that "turn to fat" all tend to have certain things in common:

- High total calories
- High calorie density per unit of volume
- High total fat
- High in unhealthy saturated and trans fats
- High in refined sugar
- Low in nutritional value (low nutrient density)
- Flavor enhancers, fillers and other chemicals
- Artificial colors and flavors
- High Sodium

It only gets worse. Many of these fat and sugar filled "junk foods" have negative nutritional value. They subtract from the good you're doing when you pick the right foods. For example, anything high in white sugar is going to leach minerals from your body. None of the foods on this list should ever be eaten as part of your regular daily diet. It's wise to allow yourself one or two cheat meals per week, but save the "junk foods" on this list for the very occasional cheat day. If and when you do eat them, make sure you continue to obey the law of calorie balance (too much of anything gets stored as fat and small amounts of bad food usually won't get stored as fat).

I. Ice Cream

I'm sure a lot of people will be mad at me when they see their beloved ice cream as number one on the hit list of foods that turn to fat, but here goes. Ice cream is Bad news with a capital B! Ice cream is loaded with fat, sugar and way more calories than you need; an evil fat-storing triad. Not to mention, the artificial colors, artificial flavors, preservatives, emulsifiers and stabilizers.

Now let's talk about the fat. One cup (that's a pretty mall serving you know), contains approximately 350 calories and 20 grams of fat – mostly saturated. And that's just regular premium vanilla ice cream. A cup of Haagen Dasz Belgian Chocolate has 660 calories and 36 grams of fat. But that's nothin'! Ben & Jerry's have them all beat! A cup of wavy gravy ice cream has 660 calories and...gulp...48 grams of fat – 20 of them saturated!

There are so many delicious alternatives to ice cream like fruit sorbet or even sugar free, low fat frozen yogurt; it boggles the mind that more fitness conscious people don't make the switch. Are you a Ben & Jerry's freak? Skip the wavy gravy or chunky monkey and have the Cherry Garcia yogurt instead (if you must)...it's only 340 calories and 6 grams of fat. Healthy Choice makes a low fat chocolate mint chip ice cream with only 200 calories per cup and just 4 grams of fat. Best of all, Kemps makes a sugar-free non fat frozen yogurt that contains only 240 calories and 0 grams of fat. It's made with skim milk and is sugar free.

You can have your ice cream and eat it too; you just have to watch your portion sizes, read labels, choose your brand carefully, and go with a reduced fat or even fat free version. Usually I hear, "but it doesn't taste the same." Maybe true, but if regular ice cream is a regular item in your weekly or daily menu, you can rest assured that a lot of those calories will be turning to fat.

2. Fried foods

All fried foods are really BAD NEWS! (With all capitals!) Fried foods are harmful in more ways than one. First of all, they are high in calories and mostly fat. Take a McDonald's super size fries, for example. Polish off the whole batch and you've got yourself 610 calories and 29 grams of fat, 10 of them saturated. Large Burger King has browns – 390 calories and 25 grams of fat, 15 of them saturated. KFC fried chicken breast (extra tasty crispy) – one serving alone sets you back 470 calories and 25 grams of fat.

Second, the type of fat is highly saturated and/ or trans fat. Frying destroys essential fatty acids (EFA's) by twisting their molecules from the cis-configuration in which they're normally found to the unnatural trans shape. To make matters worse, shortening and margarines have replaced the lard that was traditionally used for frying. These contain large amounts of chemically altered trans fatty acids to begin with, so you get a double whammy of artery clogging, health destroying "funny fats."

According to Udo Erasmus, the world's foremost expert on fats, there is no such

thing as safe frying. "Safe frying is a contradiction of terms," says Erasmus. "When food turns brown, they have burned. The nutrients in burned material have been destroyed. Proteins turn into carcinogenic acrolein. Starches and sugars are browned through molecular destruction. Fats and oils are turned to smoke by destruction of fatty acids and glycerol."

Folks, stay the heck away from anything fried! (By the way, did you know that "sauté" is the French word for "fry?")

3. Doughnuts and pastries

Like ice cream, doughnuts are one of the all time no-no's when body fat reduction and good health are your goals. Doughnuts contain that king of fat storing combinations: refined sugar and saturated fats.

A small plain or powdered doughnut contains about 170 calories and 10 grams of fat (by the way, that's over 50% fat by calories). Your larger doughnuts contain anywhere from 200 to 420 calories and up to 22 grams of fat – much of it saturated.

The flour in donuts, of course is white flour – stripped of any nutritional value with no trace of the original grain left intact. And heaps of sugar are added on top to add insult to injury.

Donuts also contain chemical agents designed to keep them soft, mono and diglycerides, propylene, glycol mono and diesters, coloring agents including FD & C yellow, number 5 and preservatives such as BHT and BHA.

If you want a chemical cocktail loaded with fat, sugar and calories, donuts fit the bill nicely. By the way, did you know they deep-fry those things? And one more thing; did you know a Cinnabon has 670 calories and 34 grams of fat? Stay away from Cinnabons, pastries, éclairs, and anything else in the "donut family."

4. white sugar, candy, chocolate, and sweets

One of the biggest misconceptions is that carbohydrates make you fat. This is an incorrect statement. A correct statement would be; refined carbohydrates make you fat... and that means white sugar, candy and sweets. Of course, calories are the bottom line... it's not necessarily sugar that makes you fat, it's too many calories that makes you fat. But guess what? Refined carbs are incredibly calorie dense, making it extremely easy for you to eat too many calories.

Even if you could “get away with” eating sugar because your calories were below maintenance, you wouldn’t want to. You see, sugar is “empty calories”. No vitamins, no minerals, no fiber, no nothing...just calories.

Refined sugars wreak havoc with your blood sugar levels and they increase insulin levels, which can also increase fat storage and prevent fat from being released.

It only gets worse. Nancy Appleton, author of “lick the sugar habit”, has compiled a list of over 100 reasons that sugar is disastrous to your health and fitness endeavors. Here’s a shortened version:

1. Refined sugar can be the contributing factor to gaining body fat
2. Refined sugar can increase the bad LDL cholesterol
3. Refined sugar can decrease the good LDL cholesterol
4. Refined sugar can increase triglycerides
5. Refined sugar can suppress your immune system
6. Refined sugar can deplete your body of important minerals
7. Refined sugar can contribute to the development of numerous types of cancer
8. Refined sugar can cause hypoglycemia
9. Refined sugar can decrease growth hormones
10. Refined sugar can contribute to diabetes
11. Refined sugar can cause food allergies
12. Refined sugar can increase serum insulin

If you made only one change to your nutritional habits today...that is, to reduce your sugar intake...the difference in your health, energy levels and body composition would absolutely blow your mind. Get the sugar out!

5. Soda

It was 1767 when British Scientist Joseph Priestly discovered how to carbonate water. Quite simply, pressurized carbon dioxide gas is pumped through the liquid and that’s what creates the bubbly fizz so many people have come to love.

Since then, soft drinks have become a multi-billion dollar industry all around the world. In fact, Coca Cola is one of the most valuable and recognized brands in the world. According to the Beverage Marketing Corporation, the total consumption of carbonated beverages in 2001 was 10.3 billion cases. The average person consumes...get a load of this...55.7 gallons of the fizzy stuff every year. But what’s good for the cola companies definitely isn’t good for what ails you.

Soft drinks are mostly water, but the amount of sucrose and high fructose corn syrup used to sweeten regular soda is more than enough to do its share of damage.

We’ve already talked about the ills of sugar, but liquid sugar is even more insidious when it comes to throwing a wrench in your fat burning machinery. Several studies have shown that when you consume liquid calories, you tend to not to compensate by cutting back on the food you eat. The result is that you drink excess calories in addition to all the food you normally eat.

Liquid calories of all types are best avoided on fat burning diets.

6. Fruit “drinks” and other sugar sweetened beverages

Ditto (same as for soda)...don’t drink your calories, especially if they’re full of sugar! And don’t be fooled by the labels that say, “Contains real fruit juice” Do your homework and read the ingredient list. If you see sugar, sucrose, corn syrup or fructose corn syrup on the label, STAY AWAY!

7. Bacon, Sausage

Bacon has almost become a standard feature on the typical American breakfast. Too bad! The center for Science in the Public Interest says that bacon and sausage are one of the worst foods you could possibly eat. One strip of regular pork bacon has 130 calories and 13 grams of fat, 5 of them saturated. By the way, that’s 93% fat by calories –Yikes!

Even if you choose turkey bacon or reduced fat bacon, you’d better check the label carefully. “Reduced fat” doesn’t mean much. If the fat is reduced from 90% fat to 70% fat or even 50% fat, that’s not much improvement.

Suppose you find a really, honestly lean bacon or bacon substitute. Still not a good choice. Why? Because it’s a processed food. The same warning goes for processed fats and processed carbohydrates go for processed meats. You’re not eating pure, real pork my friend! You’re eating a “meat product” that contains some pork in a mix of fillers, sodium, sugar, and nitrites that are used to cure the meats. Stay away from all fatty meats and all processed meats and stick with lean proteins like chicken breast, turkey, fish, and egg whites. Your body will thank you.

8. White bread

The average American eats 54 pounds of bread each year. Most people think bread

is fattening. This is largely due to the popularity of low carb diets. The problem is they're eating the wrong kind of bread. White bread is treated in the body the same way as white sugar. White bread is a refined carbohydrate with no nutritional value. Whole grain breads (100% wheat, rye, etc) are another story.

Some breads are made from 100% whole grains with all the vitamins, minerals, and fiber left intact. Other breads are all mostly refined white flour. These breads have been stripped of most of their nutrients. The milling and grinding of the whole grain reduces the particle size while increasing the calorie density and turns the whole grain (a complex carb) into a simple carb that's no better than pure sugar.

When proponents of low carb programs "flame" dieters for eating "too many carbohydrates," what they often fail to mention is that the problem is not carbohydrates per se; the problem is refined carbohydrates. What most people miss is the fact that refined carbohydrates include not only white sugar and its derivatives (like corn syrup), but also white flour as well.

That's right! This means that anything and everything made from white or enriched flour is a food that will more readily turn to fat! That includes cereals, pretzels, bagels, breads, pitas, crackers and anything else made from white flour. If you're not sure whether a food is whole grain or not, simply read the ingredients list on the label. If the food is whole grain, then the first ingredient will say something like "100% whole wheat."

If you want to burn fat, give up the white flour completely and go with the grain-whole grain that is.

9. Potato Chips, Nachos, Corn Chips

In Robert Kennedy's book "Rock Hard, Supernutrition for bodybuilders," he wrote, "far too high sodium content makes potato chips almost lethal, especially if you are predisposed to high blood pressure. One popular brand contains 680 milligrams of salt, compared to the 4 milligrams of sodium found in an average baked potato."

Sodium's not the only thing chips have against them. Let's see...we've got lots of calories, tons of fat, flavor additives and the refined oils that are used to fry/cook these buggers. The potato chip is not even close to the nutritional value of the raw potato, sodium, and fat notwithstanding. The nutritional value that was in the raw potato has literally been "fried right out." What's left is mostly calories from fat from the refined oil used in the cooking process.

Oh by the way, Nachos and Dorito-type chips are on the out list too (sorry).

These days you can find fat free chips at a health food store, which are definitely an improvement, but keep one thing in mind: packaged and man made foods are NEVER as good as foods eaten the way they are found in nature. Pretzels are better because you're losing the fat, but since they're made from white flour, pretzels are NOT as big of an improvement over potato chips as many people think they are.

10. Hotdogs, fast food burgers

Hamburgers and hot dogs are as American as Chevrolet, baseball and apple pie, Unfortunately, America's love for fast food has turned it into one of the most obese and unhealthy countries in the world.

Out of the two, hamburgers are the lesser of the evils (but they're still pretty evil). Hot dogs are not pure meat – they are a "meat product" consisting of some meat, mashed up with fillers, stabilizers, sodium, preservatives, artificial colors and artificial flavors. They're a veritable mishmash of chemicals and additives... a "fake food" so to speak. A three ounce regular hot dog has 16 grams of fat – 7 of them are saturated.

If you simply must have a hot dog, these days, you can find low fat hot dogs or turkey dogs by companies such as healthy choice. However, keep in mind that all hot dogs – low fat or not – are processed meats. The same rule applies to carbohydrates applies to protein as well; that is: Natural foods are always better than refined foods. Stick with natural lean proteins like chicken breast and egg whites and avoid the refined and processed meats as possible.

Hamburgers, while they may be made from real meat, are made from some of the fattiest meat available. There's no such thing as "lean ground beef." Even the leanest beef is still relatively high in fat. Read the labels and do the math for yourself.

Oh, one last thing...The nitrites used to cure the hot dogs have been linked to cancer.

11. Cookies, cakes, pies

Cookies, cakes and pies fall into the same category as donuts – fat and sugar joined at the hip (and they'll end up on your hips too, if you're not careful!) Just because they're baked and not fried doesn't mean they're any better.

Fat and sugar is the worst of all food combinations and they're both found in

abundance in cookies, cake and pies. They also harbor untold amounts of dangerous trans fatty acids.

Save the café for once a year on your birthday (okay, maybe a slice of pumpkin pie for thanksgiving). The rest of the year, avoid these like the plague.

12. Sugary breakfast cereals

According to the book “Cerealizing America”, by Scott Bruce and Bill Crawford, the cereal industry uses 816 million pounds of sugar per year. Americans buy 2.7 billion packages of breakfast cereal each year. If laid end to end, the empty cereal boxes from one year’s consumption would stretch to the moon and back. 1.3 million Advertisements for cereal aired on American television every year, or more than 24 hours of cereal advertising per day, at a cost of \$762 million for air time. Only automobile manufacturers spend more money on television advertising than the makers of breakfast cereal.

Most of the boxed cereals found in supermarkets contain large amounts of sugar and some contain more than 50% sugar (sugar smacks have 53% sugar). Cereal manufacturers are very clever in their marketing, making many cereals appear much healthier than they appear by “fortifying” them with vitamins and minerals. Oh, lovely – you now have vitamin - fortified sugar!

Before you eat any cereal, read the ingredients list and see how high sugar appears on the ingredient list. Then check the “Nutrition facts” panel.

There are actually only a small handful of national commercially branded cereals that are made from whole grains and are sugar free. Shredded wheat is one. If you shop at a health foods store instead of your local supermarket, you are much more likely to find a healthy, whole grain, sugar free (or very low sugar) cereal. But watch out- some of the health food store boxed cereals are sweetened with fruit juice or fructose. Although this may be an improvement over refined white sugar, this can really skyrocket calories.

Although there are some good boxed cereals available, you may find it interesting that body builders and fitness models – among the leanest athletes in the world – almost never eat boxed cereal – even the better brands. Instead, they opt for unsweetened old fashioned oatmeal (not the flavored, sweetened packets). This might surprise you, but most commercial breakfast cereals, with their hidden sugars and clever marketing, are foods that turn to fat. Leave ‘em on the shelf!

10 Fat Loss Mistakes

“Eat healthy foods and exercise.”

You’ve already heard the many variations on this advice. You know what you’re supposed to do to succeed. But what about the things you’re not supposed to do?

Did you know, for example, that drinking diet soda can make you fat? And so can eating low-carb protein bars and eliminating fruit!

Here, for a refreshing change of pace, are the top 10 things you **shouldn’t** do if you want to lose weight and keep it off long term:

1. **Eat too little or infrequently.** Keep moods and energy up, hunger satisfied, and metabolism in high gear by eating three meals and two to three snacks a day. Don’t skip breakfast!
2. **Eliminate all fruits.** Extremely low-carb diets that forbid fruit are punishing and invite cheating. Stay on track with moderate portions of fiber- and nutrient-rich strawberries, raspberries, blackberries, kiwi, grapefruit, or peaches.
3. **Eliminate Fats.** Several Studies at Harvard and elsewhere prove that low-fat diets result in weight gain. To lose weight, you need to increase your consumption of good fats (monounsaturated or polyunsaturated fats).
4. **Get snacks out of your kitchen.** Snacking helps with weight loss. Make sure you replace commercial baked goods, candy, crackers, cookies, and pretzels with healthy snacks such as hard-boiled eggs, cheese, celery, nuts, sugar-free gum, homemade “slow-carb” bars and muffins, protein shakes, cucumbers, yogurt and sugar-free JELL-O.
5. **Splurge away from home.** Your healthy eating program is a way of life. Try to stick to your new behaviors and habits everywhere you eat – at restaurants, friends’ homes and while traveling.
6. **Consume lots of artificially sweetened foods and beverages.** Artificial sweeteners trigger cravings for additional sweets in some people. Others gain “false fat” or bloating cause by the body’s inability to digest sugar substitutes.

7. **Count Calories.** Hormone (insulin) levels, not calories, are what determine your metabolism – the rate at which you burn fat. Eat balanced meals to keep your insulin levels steady and your metabolism working efficiently.
8. **Eat lots of commercial low-carb products.** Many companies have jumped on the “low-carb” bandwagon with high-calorie, low-nutrition snack foods that will not help you change your eating habits or lose weight.
9. **Adopt a rigorous exercise routine.** Exercise is important, but daily activity that you enjoy and can sustain over a lifetime is more important than killer workouts that are hard to stick with. The name of the weight-loss game is adopting habits that become second nature.
10. **Load up on protein, eliminate carbs.** Protein-loading has serious health risks, and few people can stay on radical, high-protein, low-carb diets long-term. Switch to a balanced diet that features healthy amounts of protein balanced with lots of high-quality “slow-carbs” – carbohydrates that convert slowly into blood sugar.

FAQ

Are there any prerequisites?

All of our exercises are scalable to most fitness levels. With that said, you should be able to jog for 30-60 second periods. Slow jogging is fine. We perform very short runs and in order for you to participate with the entire group, a minimum of slow jogging is necessary.

Secondly, you need to have the right attitude. We want people participating that have a genuine interest in achieving fitness goals. Even though our camps are fun with lots of great people, this isn't social hour. We expect everyone to come have a good time BUT get an even better workout! If you have an underlying health concern or injury, this may not be the right program for you at this time.

Where is the location of The Body Firm's Boot Camp?

Fort Worth – near our studio (3537 W 7th Street) at Alumni Plaza on the UNTHSC campus

HEB – at our studio at 466 Mid-Cities Blvd

What time will we meet?

Fort Worth – The morning camp is held every Monday, Wednesday and Friday for approximately one hour. Camp starts promptly at 6:00 am. The evening camp is held every Monday, Wednesday and Thursday and starts promptly at 5:45 pm. We recommend everyone arrive early.

HEB – The morning camp is held every Monday, Wednesday and Friday for approximately one hour. Camp starts promptly at 5:30 am. The evening camp is held every Monday, Tuesday and Thursday and starts promptly at 6:00 pm. We recommend everyone arrive early.

What items do I need?

An exercise mat (yoga mat), comfortable shoes and a reusable water bottle. You can purchase most items from Target, Wal-mart or others. Most stores that carry sporting goods will carry these items.

What can I expect to achieve from camp?

If you come to each class and put in the effort, you will lose fat and tone up your trouble spots. You'll notice an increase in your daily energy levels and a dramatic improvement in your fitness level. Our program includes many exercises and activities that will help firm up your thighs, help flatten your stomach, tone your

arms and help you get rid of your unwanted body fat. By increasing your metabolic rate (metabolism), you'll lose fat and gain muscle.

Our goal is to drastically improve your fitness capacity...that's what's going to help you firm up. You'll also share the experience with other like minded people who want to make healthy lifestyle changes and get awesome results like you.

Why should I join your boot camp?

You should only join The Body Firm's Boot Camp if you're serious about making dramatic improvements to your body. You'll experience a positive environment with other people getting in great shape and having fun at the same time. We expect everyone to make noticeable changes to their body composition and you will if you join our camp and put forth the effort required.

There are no miracle fat loss programs! Our program is successful because it's very challenging and is structured for maximum results in minimum time. It requires you to actively participate in your fitness by interacting on a daily basis. Fitness results don't happen by osmosis, so your level of participation will dictate the type and amount of results possible.

What is the Pre-Camp Evaluation?

We will take a few simple measurements to get an idea of where you are prior to beginning camp. We don't care what the measurements are, they're strictly for a post-camp comparison. These measurements and all other personal information will be held in the strictest confidence.

We will record your weight, take circumference measurements and measure your body fat percentage. Again, the numbers don't matter. We just want to be able to measure your improvement. Don't be surprised if you see a 2-4% reduction in your body fat and a loss of several inches over your first four weeks! Remember, the more consistent you are, the better the results will be!

Will I be sore sometimes?

Most people feel soreness for the first several days. After that point, there's residual soreness, but nothing you can't handle. It's part of the process that allows your body to adapt and improve! Get used to being uncomfortable. If you're not uncomfortable, you're not improving!

Who will be attending camp?

People just like you. Some may need a change to their fitness programs. Some need

a jump start to their fitness or weight loss program. And those wanting to tone up, lose weight, and feel better will also be joining you.

We welcome a variety of participants: from people who have never participated in a structured exercise program to people who recreationally compete in fitness/sporting events. The majority are somewhere in between.

How does your guarantee work?

Attend all your scheduled camp days within your registered four-week camp. If you're not happy with The Body Firm's Boot Camp, then we don't want your money. We'll simply refund your registration fee by mail within 21 business days of your written request.

If you plan on attending camp to reap the benefits and then asking for a refund, please do yourself a favor and the rest of us at camp a favor and don't register. We want people who are motivated to achieve a greater fitness level who understand it's completely within their control to achieve results.

So, if you're serious about getting in the best shape of your life, then a refund will be moot. You won't need it because you'll see fantastic results.

What is a typical day like at camp?

That's difficult to say since each day is intentionally different to achieve better fat loss results and alleviate boredom with your exercise program. You can expect some moderate running, resistance training, stretching, core training, agility, and/or plyometric drills and other activities each week. You'll always have fun but be challenged more than you ever have. Remember, this is a group exercise program and you'll be performing the exercises right alongside all the other participants.

You'll be supervised throughout the program and will have nearly 24-hour access to me whenever you have questions. I'm here to help you get in shape!

You'll experience exercises you've never heard of and ones you've probably avoided at all costs...there's something for everyone! The goal – to get YOU in shape!!

How soon will I see results?

Your performance will improve right away. Depending on your commitment level and effort level, it's common to see a client drop 2-4% in body fat within the first camp. We've had people lose over 15 lbs in the first 30 days. Is that typical? No... but it's possible.

Remember, everyone's body is different so your results will differ! Everyone is expected to progress regardless of where you're starting. If you aren't getting results, then you're not putting in the effort – you're missing your scheduled camp days or you're not following what we tell you for the best results.

What will I do after camp is over?

You will get re-measured and tested to show your progress and success in the program. Most campers (up to 99%) are so happy with their results that they keep enrolling month after month. That's the type of person we're looking to enroll. So, if that's you...then secure your spot today.

Remember, this isn't just four weeks and you're done. Our camp is a recurring four-week fitness program. Fitness isn't just for a specific period of time, it's a lifestyle. Don't think you'll get results in four weeks and then that's it! Make exercise and supportive nutrition part of your everyday lifestyle and you'll be rewarded generously with a body to die for!



Get fit. Get firm. Get fired up.