

# **BODY REVIVAL TIPS AND HINTS**

Dave Draper

You're smiling from ear to ear, standing on tiptoes and shaking with excitement; you think your heart is going to burst, joy is a lump in your throat and the inner pride is that of a Gold Medal champion. You're back in the gym in the old gym gear, surrounded by determined gym faces and irresistible gym forces. Stand back. Cut me loose. Let me at it. Outta my way (please). Umm... er... what exactly is it I do, again?

Why don't we review the basics?

To make clear the simplicity of body revival I've arranged a list of six basic keys to successful training. They are a valuable reminder of the essentials to getting started and sticking to it.

- 1. Set realistic goals -- short and long term.**
- 2. Plan an orderly and thorough routine to train the entire body.**
- 3. Make a commitment to stick to your routine for four to six weeks to realize the changes and benefits, develop perseverance and create a habit.**
- 4. Establish enthusiasm for your training, the driving force to perform successfully.**
- 5. Ease into an appropriate training program with a wholesome, thoughtful nutritional plan: proper foods, amounts and order of consumption.**
- 6. Be confident from the beginning that the application of these sound principles will produce the desired results.**

Muscle shape, leanness and a strong, healthy system are the early motivators, worthy and always before us. However, gather the riches along the way that develop solidness, depth and width to the character and mind. Each and every workout provides reward, encouragement and good cheer. The gym experience never fails; the lifting, the straining, the winning and the losing make you stronger.

Every workout is an uncovering of fortitude, the further excavation of patience and persistence and a prosperous mining of discipline and humility.

The uncomfortable truth is too many who begin exercise and wholesome eating habits give up, quit, abandon the glorious tasks too soon to realize their sub-surface bounty. The qualities they lacked to keep them going are among the qualities they were about to discover. Strength is a product of strength. A charge to your advantage: Be strong and courageous; above all, be wise. Reach, but not too far. Too rigid a menu plan or too ambitious a workout scheme will be discouraging.

## 12 NUTRITION RULES

Good nutrition, like good training, is simple -- learn the basics and practice them consistently. A little knowledge and a lot of discipline is the secret. Apply yourself diligently; look ahead, don't look back and don't look for shortcuts. There simply aren't any.

First, let's clear the air and put a few things in order.

**RULE #1**—Be tough. Stay away from nasty fats, excessive salt and simple sugars. This eliminates ninety-nine percent of the fast foods, munchies and soft drinks. Who needs them?

**RULE #2**—Eat a basic breakfast of complex carbohydrates, protein and fat to establish your metabolism for the day and provide fuel and muscle-sustaining ingredients. In a detail-bare nutshell, protein builds muscle and carbohydrates and fat supply fuel for energy. Breakfast can be an easy-to-prepare meal from a quality protein shake to a bowl of oatmeal or a scoop of cottage cheese and fruit. If you don't feed yourself a wholesome meal in the morning, your body will draw on your muscle stores as a source of energy, putting you in a slump and muscle deficit.

**RULE #3**—With whatever effort it takes, feed yourself every three to four hours throughout the day; again, each meal consisting of protein, fat and carbohydrate. Any combination of the following is perfect: tuna and brown rice, hamburger patty and red potato, cottage cheese and fruit, chicken and salad, etc. A super protein powder can act as a meal replacement for those on a musclebuilding-weight loss program.

**RULE #4**—Newsflash: To gain weight, eat more. Assuming you're hitting the weights, be prepared for solid bulk weight; lean muscle mass exclusively is a daydream. To lose weight, eat less, still as often. Don't starve yourself; you'll lose muscle and energy and good health as you store fat. Scary but true.

**RULE #5**—With your attention on fat reduction, lean muscle production and high-performance, emphasize your protein intake and rely less on troublesome sugars and excessive simple carbohydrates.

**RULE #6**—Between-meal snacking is okay for the trainee looking to gain weight, if the snack is truly nutritious—no junk. Don't let snacks be a substitute for a complete meal or become a weak habit. You, who are seeking weight loss, consider snacking counter-productive.

**RULE #7**—Simple carbohydrates (sugar, honey, soft drinks, candy and cakes) provide us with a quick pick-up, but let us down just as quickly. Excessive sugar plays havoc with our insulin metabolism and leads to fatigue, poor performance and fat storage.

**RULE #8**—Fuel up before your workout. Eat a small, easily digested meal about an hour before you train. With protein and complex carbohydrates in your system, you'll train harder and longer and with more enthusiasm and reward.

**RULE #9**—Similarly, you need to eat a hearty protein meal with plenty of carbs within forty-five minutes of completion of your workout. This is necessary to provide the muscle-building materials to repair depleted tissue and begin the process of building new muscle. Big Tip -- whey and casein protein drinks work great here, and for pre-workout meals as well.

**RULE #10**—The most important ingredient in your body is plain water. The quality of your tissues, their performance and their resistance to failure is absolutely dependent on the quantity of the water you drink. Flood yourself throughout the day, especially during the workout. Guzzle, gulp, gulp.

**RULE #11**—Sleep, rest and relaxation are of prime importance. It's during periods of sound sleep that our bodies recuperate and build muscle tissue. Speaking of R'n'R, nothing diminishes killer stress as effectively as vigorous exercise. Amplify those hormones and neuro-transmitters, and thwart the enemy in all its deceptive forms. Conquer.

**RULE #12**—Regard the twelve rules listed and the underlying premise to build muscle and lose fat as a regular life-long, life-rewarding priority, one that hones discipline and is honed by that same discipline.

Logical, easy to understand and time-tested, these basic precepts and their observation are not a disciplinary nightmare and do not lead to depression and withdrawal. Pause for a moment: Think clearly. You have not taken on a project like cleaning out the garage or improving your golf swing. You have undertaken the life-long process of fitness, building and maintaining vital muscle, losing burdensome fat.

The task is easy, a daily practice performed without beating yourself, expecting perfection or scrutinizing the subject daily.

**Do this:**

-- Hop on a stationary bike and get those pedals turning and your heart pumping. Take it easy, five or ten minutes serving you well during the first days and weeks. There's plenty of time to increase the time and the resistance, you being in for the long run.

-- Move directly to the midsection exercises where you'll practice five minutes of floor crunches and leg raises to warm up, stretch out and strengthen the torso muscles—1-2 sets of crunches x 25 +/- repetitions (reps) and 1-2 sets leg raises x 10-15 reps

-- On to the gym floor to perform the following exercises in order for 2 sets of 10-12 reps

1. Hammer chest press
2. Seated lat row
3. Barbell curl
4. Dip machine
5. Leg press
6. Partial deadlift

You did it; you're an inspiration, a hero, a legend, a star and a cool cat. Keep it up throughout the month, alternating the days you work out and staying busy on off-days or adding off-day aerobics for the fun of it to accelerate your initial conditioning process. As the workouts proceed, your desire to add sets, exercises and intensity naturally increases. By this time you are month old, well invested as a trainee and the awareness of your needs are unfolding.

Look for our weekly email newsletter for more tips and motivation. We won't let you down.

Dave Draper  
<http://davedraper.com>