

Rhymer Reasons Newsletter Vol. 2 Issue 3

Newsletter Mission Statement: Sharing science, experience, and questions with friends, family, and clients as we strive to live the perfect fitness lifestyle.

In this issue: Nutritional Success – Installment 4!

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I. I did it! I fell into that old trap that gets even the best of us! It's hard to know what to call it. It isn't really procrastination because I have been working hard and doing some fitness writing. It's more like "perfection anxiety". In fact, that's what I'll call it. Who knows, maybe I'll end up in one of those fancy medical journals someday. Here's how perfection anxiety works. I'll use writing this newsletter as an example.

Since we last spoke (uh, I mean you read my thoughts) I have had about 20 different article ideas rush into my head. But as I sit down to write my newsletter..."Boom", its information overload. Some of my thought processes include: "Should I submit this idea or wait to the next issue? Would this topic be too edgy for my readers? Do they even care that I'm writing to them?" And days go by...more good ideas ...more second guessing myself about the newsletter...round and round I go...wanting the perfect newsletter to just appear. Does this sound familiar?

Now, think about other areas of our life where we go through perfection anxiety. It often leads to "paralysis by analysis" and the rut gets deeper and no progress is made. I have a new client staring with me on Wednesday who commented that she had put off calling me for too long. She used a great metaphor that "she felt like she needed to clean the house before the maid came." Why can't we be like the Nike commercial and "Just Do it"? Everything doesn't have to be perfect for great progress to happen. So let's make a deal: the next time I get 2 or 3 good ideas that I think will impact your training success, I'll immediately send them in a newsletter. And the next time you think, "Oh, I just need to workout, but..." immediately stop your thought process and do it! Perform a quick set of lunges or squats, a 10 minute walk around the block, a quick set of push-ups off the edge of your couch, whatever it is that will make you feel better, just do it! Suddenly you have replaced negative THOUGHTS with positive ACTIONS and more good things will follow.

II. So, I've been harping on this whole eating thing for the past four issues of our newsletter, and you are probably thinking, "Ok, we get it! Let it go, and let's get back to talking about training!" Well, if you polled all of my clients (and most people in general), they will tell you that the main reason they workout is to look better. You

know...“lose weight”...fit into their old jeans...wear a bathing suit in public...etc. I firmly believe that about 75% of what determines the way you look is based on your nutrition. This is frustrating for me because I can only spend so much time with each of my clients. The other 165+ hours per week is up to them. I can greatly affect the way they move, the strength levels they attain, and most other physical skills that they want to achieve. I, however, cannot be with them for those 5-6 meals they need to be consuming every day.

So, I'm going to simplify your life right now with the **One Rule Diet**. I heard this idea originally from Alwyn Cosgrove, a great strength and performance coach in California. He gives his clients this one rule...are you ready?

No PROCESSED foods.

That's it. It takes a little while to fully grasp it so I'll let it sink in. Your motto should become, “If God didn't make it, I don't need it.” To put it another way, if most of your meals come out of a box, you are probably living on a lot of processed foods. Two key ingredients that are in most processed foods are partially hydrogenated oils and high fructose corn syrup. Partially hydrogenated oils refers to that new buzzword you see on all the labels, *trans fat*, and is linked to diabetes, cancer and heart disease. High fructose corn syrup is basically a cheap sweetener developed in the 1970's. Hmm, it's interesting that that is also the decade of the start of our current obesity epidemic. If you want to read more about these two killers, click on the links below or just do a Google search.

http://www.recoverymedicine.com/hydrogenated_oils.htm

<http://www.washingtonpost.com/ac2/wp-dyn/A8003-2003Mar10?language=printer>

Also, this *no processed food* goal makes shopping very easy. You know that big open section of your grocery store with the sprinklers and great smells? Go there! If you are going up and down those isles of boxes, cans, bags, and stuff that doesn't need refrigeration...shame on you. Now shopping will be easy. Hit the produce, hit the meats, hit the door!

This is interesting because if you had asked me 3 years ago what to eat, I would have gone off on some dissertation about the glycemic index and which fruits and veggies were good and which were bad and what time of day you needed to be eating them. Now, I realize there is a bigger battle to fight: people aren't eating real foods at all! Eric Schlosser said it best, “The main foods humans have been consuming over the last thirty years were never consumed during the previous 30,000 years.” Before the 70's, most of us ate fresh veggies, fruits, nuts, legumes, and meats. We've got to get back to the basics of the way our body was made and what it needs to function properly. If

you are still not getting it, please shoot me a note and let's set up a private nutritional consultation, at no charge, just to get you squared away.

III. Listed below are some great resources of online food journals. Journaling is a great way to track what you are really eating and see what changes you need to make. Coach Charles Staley's famous line is *you can only manage what you can measure*. At the very least, jot down what you're eating. For more advanced management tools to measure and plan your nutritional success, check out these links:

www.fitday.com

www.nutritiongenerator.com

IV. Exciting news! I was interviewed today for homegymsecrets.com! Check out this site developed by coach and friend, Kyle Battis. I'll have more information next week about making this information accessible to you.

Also, I'm excited to announce that I will be speaking to CMOM (Charlotte Moms of Multiples) next Monday, April 18, on pre- and post-natal fitness. If you are in the Charlotte area and would like to attend, please respond to this email or give me a call.

So, that wraps up our nutritional series...or does it? **Not quite...**I have many other nutritional thoughts coming your way, plus we are going to be exploring more about fitness, behaviors, and reaching our goals.

Thanks for reading...I'll bug you, I mean "inform" you, next week with another Rhymer Reasons.

Happy training,
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