

Health and Fitness - Prevention is better than a cure. Take control of the wheel and stay in the driver's seat.

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Health and fitness – In my mind's eye, I just see a poster of the muscle man with bikini fit lady(s) by his side. Like something out of the 80's. It most probably came from the years growing up hanging out with my older brother as he trained in the gyms! They had the Arnie posters on the walls with half-naked women drooping themselves over him.

What do you see when these words come up? Do you see yourself attaining the goal you want to attain, or do you try to avoid it as it "hurts" too much!?

Whatever it is we associate these words with, we know it is one of the most important areas of our lives. Once our health goes, we can kiss all the other areas goodbye as it has an earth shattering effect on them.

I have been into fitness and health for as long as I can remember. I used to do martial arts as a kid along with cross country. Then it developed into gym routines, then to MMA, to doing just enough to stay lean enough that I wouldn't feel too awkward to take my top off at a beach.

It hasn't been a major issue for me, apart from a few health scares. However, it is a big deal, and a big deal for a lot of people. It is likely a big deal for you. When your health is compromised then all the other areas of life can go out the window! For me, prevention is better than the cure!

I have broken what I have studied and utilised myself into easy actionable steps to help get you moving, taking responsibility so you feel more energy to do the things you love in life.

When you feel better in your skin, you have confidence. When you have confidence, you will make better choices as you see life through a better state. Your life will then get better. The knock-on effects are profound. So, are you ready to get started? Let's see shall we.

Chapter 1 - What is it you actually want?

It will really help to know why you want to get fit! If you don't have a why that has some emotional pull, then when the tough gets going the fat will keep growing!

We are going to have to fight temptations, pain from exercise and restrictions, judgment from others who are in your social circle, and going out of your comfort zone and into the territory of the unknown. I hope I haven't put you off before you even get started!

In order to overcome this, I want you to think of why you are doing this. What is it really?

It can be deeply emotional. There are women who have extra weight in order to make themselves less desirable to men due to unwarranted attention when they were younger, and so do not want to face that again. An unconscious decision that gives them a result, but it isn't addressing the issue and they are left unhappy and alone.

You may want to be with your family and not worry about keeping up with your children or partner.

You need the energy to take on the projects at work or managing teams.

You could be doing it to feel good and attract a possible partner.

Action Step

What is your why? Write it here.

Now you have a why - what would the cost be if you do not make a shift and carry on as you are?

What is stopping you from getting what you want, is a simple choice. However, that choice will mean you have to overcome a part of your brain that is called the basal ganglia which is where habits form. You need to find the triggers throughout the day that result in your behaviour.

For example, Fred is at work and at a point in the day he gets up and gets himself a cookie from the staff kitchen. I mean, it is only one, however, this compounds over time and suddenly the belt notch is increasing one hole at a time.

There are five things to look out for based on James Clear's habit loops:

1. Time - There could be a time of the day that triggers you to have that sweet, cigarette etc. When you next get up for a naughty treat, check the time and write it down. This maybe a trigger, if you are doing certain habits at sporadic times then this is unlikely to be the trigger for your destructive habits.
2. Location (Environment) - Can have such an unconscious shift on your behaviour. You could be in a certain place and be triggered to do that thing you do that you know is not healthy. When you are next driven by that habit, record where.
3. Preceding Event - This is when you are triggered by another event. For example, you could be in the middle of something, but you hear your phone beep. You check it then you see another notification and you check that and suddenly an hour has passed and you are staring at cat videos!
4. Emotional Triggers - When you are feeling a certain way, you may load up and eat whatever you can find to help change your state of mind. You are now numb and not dealing with the emotions that came up previously. Examine the state you are in the next time you do something destructive.
5. Other people - You are the people you keep, if you are around people who eat the foods that have got them fat then you will likely eat it too (up to 57% likely to get obese if they are). When you are out with your friends next time, watch what you eat and do compare it to when you are alone.

You can of course use each trigger as an advantage to help you, instead of hindering you.

Flip the habit to trigger positive responses.

Chapter 2 - A new paradigm shift

When you hear of a new diet fad, what do you do? Jump on it, say you are still on the last one (and getting nowhere), or just roll your eyes and say not another one!!!!

We are all unique, we have different bodies, skin types, blood types, and much more. Yet, there are diets that claim they are the panacea for everyone! This cannot be.

We know this is not true, science has backed it up. If you are 'O' type blood, then you will have more acidity in your stomach than an 'A' type blood type so we will react to foods differently. This is just one example of many.

The industry is worth tens of billions of dollars and most, if not all of it, is garbage. We are confused with the information from the companies that peddle the products (that they rarely use themselves). I know I am!

Great news! A new shift is happening and that is in the form of DNA testing.

There are companies out there that take your DNA, gets it tested and builds a program based on your individual needs. No more guessing, no more diet fads. The truth of what YOUR body needs to take you to the next level.

We have different muscle types and our body reacts to different kinds of training from one person to the next. If you are with a very seasoned personal trainer, they will eventually know how your muscles respond to certain training. With DNA testing it could get you there that much quicker.

What space in your mind and life would that create for you if you don't have to worry about this area? With the tools in this book, as you go through the following chapters, you will have more time for things you actually want to do, and not have to worry about your health and being given early warnings about possible genetic problems. This can be a thing of the past if you really want it.

The challenge can be that we build up an identity around these diseases and unhealthy lifestyles. It's all we know. To separate ourselves from this and be free, healthy, and full of energy, is so alien to us that this unknown is scarier than the actual disease itself. Once you are aware of it you can then make a choice. Do I hold on to these beliefs or step into the unknown?

Action Step

What do you choose? _____

The problems surrounding our health can be used to our advantage. You could be using your weight issues as a manipulative tool to make people feel sorry for you, to do things for you, to make you be seen and the centre of attention.

As Tony Robbins said - The biggest addiction is not drugs or alcohol, at least in the Western World it is problems. Problems also allow us to get a connection with people, to have people care and sympathise with us.

What health issues do you believe you have?

Do you share these problems with others?

Who with?

Let them know you are sorry for bringing up these problems and you no longer want to do it. The more you talk about it the more real it is. You want to move on from it and take control and not be identified with the problem. Tell them to give you a sign when you do it!

Chapter 3 - Keep it simple, eat fresh and keep track.....

We now have DNA to indicate what type of fitness is best designed for our bodies and it doesn't take a DNA test to know that eating fresh foods will be optimal for your health.

The most energetic I have felt was living on fresh live foods such as fruit, vegetables, salads etc.

However, based on your body type certain foods can have different reactions and what we think should be good for us may in fact having the opposite effect. For example, bananas are great for some people, however, if you suffer from mouth ulcers they can actually add to the problem! Apparently.

So, with the help of DNA testing and keeping a journal (steps to follow) we can stop leaving it to chance and actually know what works for us.

However, this does take work! Yes, writing down what you eat, being aware and actually evaluating how you feel after eating certain foods, after fasting (later chapters) etc.

We get taken over by our habits, as mentioned in the first chapter. You know how to deal with triggers. Though with Sequential Strategy* we want to increase our odds of being sure we tackle this problem once and for all.

* The laws of quantum physics show there is no certainty, however with sequential strategy we will increase our odds of getting close to certainty by having more than one option to achieve our desired goal.

To take this on we have to make it easier for you to record the data and make a commitment to doing it. So, for at least 1 week, record everything you eat.

Do it on your phone or notepad. You will then create a conscious habit that every time you are going to eat something, you know you have to write it down and the act of writing it will bring it into your awareness and thereby help break the habit. No more unconscious eating and piling on the pounds. It works for smoking!!

After a time, the act of taking the phone or pad out to write foods down can be so laborious that you may say to yourself it just isn't worth eating that thing. Which is pretty awesome!

Action Step

When will you start and finish?

How will you take notes?

What do you think the challenge will be to sticking to it?

How will you overcome that challenge?

Great, now get going!

Chapter 4 - Times of the day

There is a lot of evidence to suggest that it matters more when you eat than what you eat.

Diets are limiting and can leave you feeling restricted. We do not want that, yet we want to be fit and healthy. This is where Time Restricted Eating comes in (TRE).

Studies have been done to prove that what is just as important or even more important is not what we eat but when we eat.

I first heard about this on Joe Rogan's podcast where he interviewed Dr Rhonda Patrick who is a biomedical scientist and expert on nutritional health. She knows her stuff!

The experiment was done on mice, as usual. The results of them eating whatever they wanted but during the allotted times were as follows.

- 9-hour of access to food caused 26 percent weight gain in the mice
- 15-hour access to food caused 43 percent weight gain
- 24-hour access to food caused 65 percent weight gain

Same calories, but because of timing and access.

I have done further research and found that anything other than water starts the clock for the day.

Now with this in mind, I am not saying stop eating the things you love eating, I am suggesting you eat them between the chosen hours that work with your schedule.

Just be sure to keep the window to under 9 hours or less a day when you have nothing but water.

For me the most vibrant I had ever felt was fasting on a Monday for 24 hours and the rest of the week I ate between 12-17:00 every day. This allows my body to help clean itself so by the time I went to sleep my body was not working hard to clear food out but had time to rest and work on other things. You wake up so energised.

If you are to go by the Cartesian clock, that was a theory brought to light by Descarte in the 1600's. He believed that the human body worked with this clock, specifically the *Pineal Gland.

*The pineal gland sits at the top of the vertebrate brain and produces melatonin, a serotonin-derived hormone that modulates sleep).

There will be hunger pains for the evening if you finish around 17:00-18:00 but it will only be for a few days and will soon disappear.

Let's get clear where you currently are so we can set you up with this proven method that will give you outstanding results.

Action Step

What time is the first thing you eat or drink?

What time of day is the last thing you eat or drink?

How many hours is that from start to finish?

Comparing that to the mice test, where do you fall into it?

You now have an awareness and can do something about it by measuring the time. All you need to do is delay or finish sooner.

You choose which one suits your needs. I gave my suggestion of 12-17:00. Experiment and record how you feel each day and look back at what you have written down, and you will see when you felt the most energised to when you felt lack of energy.

Chapter 5 - Program yourself to train away

How do you set yourself up to win? What can you do to remind yourself before the chatter that gets between the moment of doing the exercise and telling you to not bother?

Mel Robbins, a really fantastically gifted and funny woman created the 54321 strategy to overcome the voice in your head that stops you from moving so that you take the action necessary.

The science behind it is that when you count down you interrupt the thought pattern that would otherwise take you away from the action. Mel created it as she found that before she hit the snooze button on the alarm when she woke up, there was this short window of self-talk before pushing it. So, she said 54321 and up she got! This transformed her life.

So, how can you use it for fitness and health? Well, you know that there will always be challenges when it comes to getting your gym gear on and going for that run, no matter if the weather is ideal for that run or not. You can always find an excuse not to.

What you need to do is set yourself up.

What can you put up on the wall of your bedroom so when you see it first thing, it triggers (habit) you to get up and start moving.

I have a habit in the first 30 mins to 1 hour when I do a meditation, then I follow it straight away with 20 mins of exercise no matter what.

It is now a habit. We need to create these triggers for you.

The poster or phrase is one, your gym stuff next to your bed is another one!

Action Step

List at least 5 triggers you could use to have you get your ass up and get moving! You already have 2!

Now, we can attach this to habits you already have throughout the day. Like brushing your teeth, this can trigger you to do the plank for 2 minutes (google plank abs and you will see). Or every time you go to the toilet you can do 20 push ups! Get creative. Every day, little by little, it will have a profound effect on you.

When I was an actor, I was working for her majesty's prison service as a prisoner (acting) to prepare prison wardens for what it would be like to work in a prison. I had to be very real in order to create a context for them. I was so real that the neighbours of the nearby prison complained of the shouting going on. To say I was committed was an understatement. As I was there for long hours, we would see around 25 people a day. I told myself I would do 20 push ups before and after each person. That equated to around 500 push-ups a day. It was hard at first but after a while it was natural. In fact, it became such a habit that if I finished the exercise with someone it felt as if something was pulling me to do it.

You want these constructive habits to pull you away from destructive habits.

It is extremely empowering and effortless once you have formed it, but it does take initial hard work. However, it is worth it.

With intermittent fasting and habitual exercise, you won't even recognise yourself in 1 month!

Chapter 6 - Value your health

If you have read my other books, you may recall that I have mentioned values. Your actions are dictated by what you value and if you have a self-image that is a certain look, then you may revert back to that image you hold of yourself. Like a rubber band, it will stretch but once you let go it will go back to its original state.

Before we break down and go into your values, I want you to write down what your self-image is at this moment.

Action Step

How do you see yourself?

How do you think other people see you?

How would you like to be seen?

I want you to now visualise how you would like to see yourself, look at all aspects of your body. If you have a heart condition, or you are on tablets for your health, or you are a diabetic. What would it be like for you not to have this anymore? How would it feel to be free from these conditions? How would your life be different if you let go of past beliefs that have been influenced by your parents or people around you?

We talk ourselves ill. Just by being around others who are eating poorly or not exercising, will have an effect on us. We can change this with epigenetics. (Epigenetics control our genes, which can be activated or even turned off. They are affected by the environment, how you sleep, who you surround yourself with, how you exercise!)

Write down what you saw.

Now in order to shift this, we need to look into your values.

Your life is dictated by your actions and it stems from your thinking.

Whatever it is for you, it is nothing to be embarrassed about. I have clients who tell me their dreams and it's as if they are waiting for me to point my finger and laugh at them for having them. As if they do not deserve it, or don't want to look stupid.

This is ridiculous and it is time to allow yourself the freedom to express your desires and dreams to the world. Yet, we must start with seeing it ourselves first.

To begin with, in order for you to move forward in the direction you want to take with your life we must get clarity and awareness.

What is it you think about (like how you want your life to look)? eg. I think about adding value to my clients, I think about how to improve myself, I think about business, I think about human behaviour and the mind. My home where I will be in the future with my family. No one has to remind me to think this, I do it anyway. I do not repress it and now I act on it.

What do you surround your personal space with? eg. I always have my laptop, books, and fitness stuff with me. It is what I do with the laptop that is of value. I research, write, learn and do my work from my laptop. My books are on the human mind, biographies etc. Fitness stuff is of course personal - it is what I value. This can also include your personal space at home, or work where you call it your space.

What do you spend your money on? E.g. My money (as you may have guessed by now) is spent on education, seminars, books and on my business.

You can go over the last 3 months of your accounts and circle what is there and put it into categories. Yolt is a great app to do this for you.

Otherwise think of 3-5 things you spend your money on.

What do you have energy and time for that no one has to tell you to do? E.g. I have time for my rituals, fitness, work, and teaching people.

It is not about looking good here, just be honest with yourself.

What is it you talk about? Something that inspires you that once you talk about it or hear someone approach that subject, you light up and have more energy than you did before. E.g. When I talk about the human mind, the potential people have, taking action, then I end up with more energy than I did before I started.

You will see a pattern based on what you have written that will give you a clearer awareness of what it is you value.

When you see that there is a blank area of something you want to value like finance or health etc. You can see it isn't on any of the answers to the questions above. You can involve the linking process.

What is it you would like to start to value more in your life?

How would having this higher up in your values structure benefit you?

Linking - What is it you want to value, how does it serve to better that which you value currently? Write between 20-30 examples. E.g. I value family - I want to value fitness. When I get fit, I will have more energy for my family, I will be in a better state and they will see this and benefit too, I can be an example for them...etc.

Once this has been linked, you will know because your actions will change. Your outlook on life will change as your new values will now dictate the course of your life.

We have different values in certain periods of our lives, so this needs readdressing over 6 - 12 month periods.

Chapter 7 - Organic...simple!

With the research done over countless studies, it is unanimous, organic food is far healthier for you than regular food! Shock, horror! Well, it better be with the extra cost. Your health is worth the investment isn't it? Absolutely, it is. Not only that, it tastes better. It has more antioxidant compounds (for better health) than non-organic foods. Non-organic food also has higher levels of toxic metals and pesticides where organic food has far lower, if any.

When the plants have pesticides sprayed on them, they work that much harder to try and rid the chemicals through creating antioxidants which means a lot of the benefits are lost by the time they end up in your shopping trolley.

With these extra chemicals inside you, your body also has to work that much harder to rid these chemicals and over time this can cause health problems.

The reason most people choose organic is either for healthy eating, *animal welfare, avoiding chemicals, and environmental reasons.

Action Step

What would your reason be?

There is a little more cost to having organic food than “non-organic” though over time I believe the normal food will have a bearing on your energy, mind and health. It may be so gradual, as with the power of compound interest, over time it will have such a contrast between someone who eats organic food to someone who doesn’t. If you were to measure the results between both of these people from the start of their journey. I am sure there would be a difference.

If you have less energy, you will not show up as your best self. It will effect all areas of your life, you will likely earn less and not move as much which can result even more problems.

So, organic food may cost a little more now, however it will save you in the long run.

What do you currently spend on shopping for the week?

If you were to take on organic food, what would the difference be?

You may have to sacrifice a dinner out knowing the produce most restaurants use. Your organic produce will be better quality and more nutritious than the food in the restaurant. Bear this in mind the next time you are out for your shop. You want to put less chemicals in your body. So, where is the closest organic market for you and your family?

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn’t enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself, “Why did I create this?”. You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com