

Contents

Introduction.....	2
1. Nutrition	3
2. Protein	5
3. Carbohydrates	7
4. Fats.....	9
5. Fibres.....	12
Free Healthy Eating Guide.....	14
6. Water.....	15
7. Processed food.....	17
8. Learn to read the label	20
9. Coffee	22
10. Awareness is the key to healthy eating	24
11. Eating healthy does not mean chicken and broccoli	27
12. Why do we move?.....	29
13. How to be more active?	31
14. Exercise correctly	33
15. Mobility.....	35
16. Energy balance	38
17. The down side of cardio training	40
18. Physical exercise.....	42
19. Sleep	45
20. The awareness journal	48
21. Applying what you learned	51
About me	54

Introduction

When it comes to making permanent changes, we often forget the fact that they take so long. This is the reason to search for quick fixes. We hop on a diet, aiming to lose 5 kg, or sign up a gym membership and never use it. Instead of learning how the system works, we just want to have the cheat code for it.

This book aims to teach you the very basics. How nutrition, and exercises work? How to recognize the signs from our body and respond accordingly. What does those signs mean? And much more.

It consists of 21 most important topics in regards to health and fitness that you should be aware of. Each one contains easily digestible information, tips and suggestions, with the one and only goal. To teach you the right way to approach health.

It is a small book, but it has all you need to change your life.

The goal of this book is to show you the right path. To spark your interest. To make you understand how easy it is, to change your life and be healthier.

It is a *small book, with big value.*

Enjoy!

1. Nutrition



Do you know what we eat? Do you know why we eat it? What does food give us? Let`s find out.

Food is not just a taste. We kind of know that. But, is it enough?
Food in general can be divided to macronutrients and micronutrients.

Macronutrients

Protein, carbohydrate and fat. Even though they are carbs, I like to think of them as a separate macronutrients: Fibers.

These 4 are the substances or the building blocks of everything we eat. Regardless whether it is healthy or not.

They are what keep us alive.

They repair damaged tissue, give us energy to move, help the production of hormones, etc... They are important for the smooth work of our gut and absorption of vitamins.

Speaking of vitamins. There is another group of nutrients that we get from the food we eat, called:

Micronutrients

These are all the vitamins and minerals that our body needs, in order to function at its best. Why?

Micronutrients support mainly the small, tiny processes that are almost unnoticeable. Hormone production and transportation, signal carrying, optimal work of our brain, etc...

Our body is like a car. It needs certain type of fuel to run. And just like the car needs oil and coolant and brake fluid to run smoothly, our body need various nutrients in order to work as it is meant to.

Food is not just a taste. But, it is not just energy either. Food gives us the resources that we need to not only stay alive, but to live at our best.

2. Protein



The first and arguably the most important macronutrient is protein. And it is not for the building muscles thing. Here is why.

Protein is the building block for our tissues.

See, if we compare our body to a car, it is pretty similar. As we put miles on that engine, all the parts slowly get worn. The difference is that we can rebuild our engine during the night. And the source for that damaged tissue is protein.

It is responsible for rebuilding the damaged, broken down tissue. It is the building block for muscles, ligaments, nails, skin, and hair. It carries oxygen through the body. It is responsible for the replication of DNA.

In other words, it is an essential part of every living organism

Break down of the protein

Have you heard of the term, amino acids? Protein gets further broken down to amino acids.

Out of all 500, 20 are found to be encoded directly in our DNA. 9 of which are considered essential. This means that they can't be produced from the body when needed, so they must be obtained with the food. This is why having various types of protein in our diet is important.

Sources of protein.

Animal products, such as meat, organ meat, eggs, and dairy products are the most protein dense and are found to contain all of the 9 essential amino acids.

Plant based protein sources are nuts, beans, legumes, sprouts etc... Keep in mind that not all plants contain all of the essential amino acids so having a wide variety is highly important.

Be careful of food allergies and intolerances. Dairy intolerance, nut or sprout allergy is very common.

Be cautious.

3. Carbohydrates



Have you heard about saccharide? No? What about sugar? That rings a bell, right?

Carbohydrate is a group that includes sugar, starch and cellulose. It is simply sugar molecules that are binned together in a different way. This is our body's preferred source of energy. They are very accessible and easy to digest. Carbohydrates are mainly found in plant foods as well as in dairy, in the form of milk sugar, or lactose.

There are several different ones depending of the type of structure. But in order to make it easy, we will divide them in 2 groups.

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Slow digesting, starchy carbs.

These are the type of carbs that are made out of more complex molecules and therefor it takes longer to be digested. That gives the body slow and steady rush of energy. Examples are rice, potatoes, wheat, pasta, etc...

Fast digesting carbs.

These are the ones that take less time to be digested and are quick source of energy. They are easily recognized by the sweet taste. Examples of fast digesting carbs will be, pure sugar, honey, sweets, cookies, fruits, etc...

Carbohydrates are not bad for the body, if used in moderation. Today's food industry uses mainly carbs as source of texture and flavour. The problem with carbs is that they are tasty, and not very satiating, making them a great source for overeating.

Note that they are not essential, which means that, our body can produce them if needed. However, they can be a good substitute to a healthy and balanced diet.

4. Fats



No, not belly fats. The third micronutrient essential for our body.

Fats are often demonized, for the correlation of the increased rate of heart problems in the presence of high fat diet.

Why fats are important.

They are used as a storage of energy and thermal isolation. Fats are responsible for digestion, absorption, and transportation of fat-soluble vitamins such as: A, D, E, and K.

Fun fact: *The hormone Leptin (hunger inhibitor) is secreted by adipose (fat) tissue.*

Human body can produce the fat needed, but not all. Essential fatty acids, such as omega 3 and 6 fatty acids, must be taken with the diet.

Fats are pretty important, however in some cases can be detrimental for our health.

Fats are divided in 2 groups.

Unsaturated, further divided to Monounsaturated and Polyunsaturated

These ones are liquid at room temperature. They are found in plant based oils, such as cooking oils as well as in fish.

And Saturated.

Usually solid at room temperature. These are the animal fats, such as skin, lard, as well as animal products like dairy lactose.

There is a general statement that the saturated fats are unhealthy and are linked to a coronary disease, but my opinion is that if you are getting healthy fats, whether saturated or unsaturated, from a whole food sources, you will be far from heart diseases.

The really dangerous fats are Trans fats, which are refined oils, used by the food industry as a cheap and sustainable source of fat. Found in all fast foods, processed food, packed deserts,

etc... These are full of toxins that are poisoning our bodies. Often linked to unlock number of autoimmune diseases and cancer.

Consuming fats in **moderation** is nothing but healthy and nourishing for our body.

5. Fibres



Eat your vegetables! Why?

Fibers are basically carbohydrates with a bit larger function than just energy.

Fibers are components of the plant that cannot be fully broken down by the human body. However fibers are essential for digestion of other foods as well as maintaining the healthy function of the gut.

They help the digestion and optimal gut health, by encouraging healthy **gut microbiome**.

A collection of microorganisms, bacteria, viruses, protozoa, and fungi, and their collective genetic material present in the gastrointestinal tract (GIT).

If there is imbalance of the gut microbiome, there is no optimal or sufficient digestion. Fibers help ease or prevent constipation as well, by allowing more water to remain in the stool, making it easier to pass through the intestines.

You can find fibers in most of the vegetables, however the green leafy ones are superior. Berries are a good source of fibers too, as well as nuts and seeds.

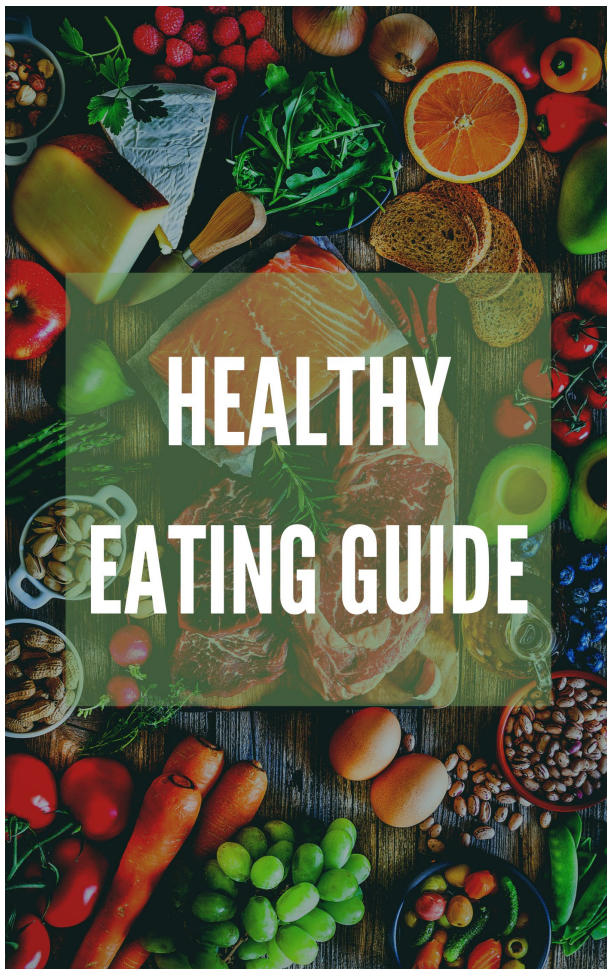
It is well known that vegetables are not only source of fibers or carbohydrates. They are a great source of vitamins and minerals, crucial for sufficient hormone production and signal carrying.

Vegetables are not preferred by a lot of people, but are definitely a better and cheaper source of essential macro and micronutrients than any supplement of that sort.

A salad per day, keeps the doctors away.

Free Healthy Eating Guide.

Are you interested in learning more about macronutrients? Do you want a complete guide with over 200 sources of proteins, carbs, fats and fibers. If you want something to guide you while doing groceries, head over to **[Fitlifeblueprints.com/freeresources](https://fitlifeblueprints.com/freeresources)** and download the healthy eating guide for free.



Make The Right Choices When Selecting Food.

6. Water



Yes it is important to drink water. But why? let's find out.

Well since 80 % of our body is water, it seems pretty obvious that it is kind of important to, drink water. But what does it mean to be 80% water?

Well it simply means that a lot of processes in our body are happening with water.

For instance: Some vitamins, such as vitamin C, vitamin B6 and B12 are water soluble.

What does that mean? It means that those vitamins can be dissolved and digested only in the presents of water.

Water helps with removing waste and toxins out. It helps the kidneys to filter and remove the toxins easily. It also lubricates joints and help production of fluids, needed to our body to function as it is supposed to.

Another good reason to drink water, believe it or not is dehydration. As we constantly lose water by breathing, sweating and digestion, getting enough water per day is crucial for avoiding dehydration.

Water helps to regulate the temperature of the internal organs. Crucial for our body's optimal function.

Why water? Why not juice?

There is no juice without sugar. And even if it does exist, it has some sort of taste enhancing substances that are not needed for the body.

Yes, you do get water by drinking juice, and of course it is better to drink juice than not drinking anything. But the issue is that the sugar that we get with the fizzy drinks and juices is just empty calories. Meaning that is just energy, which if not burned, is going to be stored in fats.

There are no calories in the water. It is vital for our lives so if you can get at least 3 liters per day, you will be more than great.

7. Processed food



I am not a fan of restricting any type of food. However, if there is any that you should try to avoid, that is 100 % the processed food.

What is processed food?

This is all the food that has been heavily treated, in order to extend its shelf life, palatability and desire.

It is usually full of toxins, preservatives, taste enhancing compounds food dyes and who knows what else.

Believe it or not, the food industry spends thousands of dollars in research for the best shape, texture, color and feel of the food they make. This result in addiction to artificial tastes. It is sad to see a kid that associates the taste of strawberry with a candy, rather than the real fruit.

Another bad point of processed foods is that the majority of it is just carbohydrates in their most clean and empty way. In other words, it is food that contains calories and nothing more. No essential fats or proteins. No fibers or vitamins. Just calories that if are not burned, end up in excess fats.

The problem lies even deeper with processed food.

It is hard to not overeat.

Try to overeat chicken breast. Or strawberries. It is hard. What if I give you a piece of cake? Different story, right? The taste is so artificial and so pleasant, that makes us to want it more and more. Makes it hard to control, and even if we feel full, after 2 hours we rather eat the piece of cake then the chicken.

Behaviour towards food.

When it comes to eat for the sake of nourishing our body, we should try to eat variety of whole natural foods, full of goodness. Processed food can feed us and give us the energy we need, but it all stops there. All the rest of the essential stuff are not present. Or there is any, the ton of artificial chemicals that make up for it.

You 100% can enjoy burgers or ice creams from time to time. But the when it becomes a habit, issues start to knock on our door.

Try to follow the Healthy Eating Guide for 2 week and you will be amazed of the way you will feel.

8. Learn to read the label



Have you seen this? It is a great tool for determining the value of the food that you buy.

The nutrition labels always have the amount of calories, protein, carbohydrates, fats, sodium, and vital vitamins or minerals and fibers, if there are any.

It states how many portions are in the package. The daily recommended value and always the amount of nutrients per portion and in 100 grams.

What you need to look for.

The most important thing that you should check is the added products.

If there is a lot of added sugar or sodium, it means that this product is highly processed and the taste is enhanced and not natural.

Depending of the product, you can have a sufficient amount of fats, which is normal and another one that is extreme.

If you are looking at a dairy product, meat or oil for instance, it is OK to see high amount of fat. However, if there is high amount of fat, especially saturated in a carbohydrate product, such as cookie, or deserts like a pudding for instance, it probably means that unhealthy fats are added to enhance the texture and the flavor of the product.

I highly encourage you to try this exercise.

Next time, when you go to the store, look at the value of any product that you buy. This will help you gain awareness and knowledge of the content of the products that you get.

9. Coffee



Believe it or not, it is the most addictive drug after sugar.

There is no doubt that it feels good. There is no doubt that it taste good and it for sure works.

But just like everything else, if we overdose it, it becomes toxic.

Caffeine raises a hormone, called cortisol. This is a stress hormone that makes us ready, alert and focus. That hormone is released during a stressful situations and it help us to go through difficult moments.

On the other hand, when we sleep, we recover from the stress that we have endured during the day. We must be in a state of recovery in order to achieve that. If we are in a stressed state (the one that caffeine puts us in) it is hard to switch to this relaxed state.

So overall caffeine and sleep are not good friends and I think that is obvious.

But some of you will say that coffee doesn't affect you, and even if you have an espresso late at night, you can still go to sleep without problems.

The question is how good you sleep.

Coffee and its lasting effect.

Every substance that enters in our body has half-life. This is the time needed to the body to eliminate fully it.

The way it works is simple and i will give you example with the coffee.

If you have 200 mg of caffeine in your system. After 6 hours you will have half of it, so 100 mg, after another 6 hours you will have 50 mg left. After another 6 hours 25 and so on and so forth. So even if you have one coffee in the morning, some of the caffeine is still in your system during night.

Now considering that the very average double express has around 100 mg of caffeine, how much caffeine you ingest per day only from coffee? And what if you have an energy drink as well?

10. Awareness is the key to healthy eating



Avoiding processed food, for sure, is going to eliminate a lot of toxins from your body and ease digestion. However, if you really want to get the most out of food, it is highly important to know your body.

Common intolerances and allergies, can be way more detrimental for health, than processed food.

For instance: Let's say you have nut allergy. Well, nuts are healthy, but if you are allergic. You will be way better off staying away from them.

It is important to know our body and to feed it accordingly.

That's why awareness is so important.

We must learn to read the signals from our body, because it knows better which is good and which is bad.

Most of the time we know about certain allergies and we usually avoid them. But with intolerances is different.

Very common ones are dairy and gluten intolerance. A lot of the time they are silent, and we don't even know they exist.

Intolerances often result in gut inflammation and a common bloating effect. Here is the time we should apply awareness and curiosity.

Bloating is not normal. It occurs due to an internal inflammation and our job is to find it out and eliminate. If we see that bloating usually happens after a heavy bread or pasta meal, it is a sign to reduce it or eliminate it from the diet. If bloating accrues again then the problem lies somewhere else.

Awareness is not a one way process. And it doesn't apply only in body issues.

A lot of times, we won't be even aware how much processed food we eat for instance. So awareness can apply in situations when we think we eat 3 – 5 meals that contain empty calories or maybe we think we have soda only 3 times per week, but in fact in reality, we are way off that prediction.

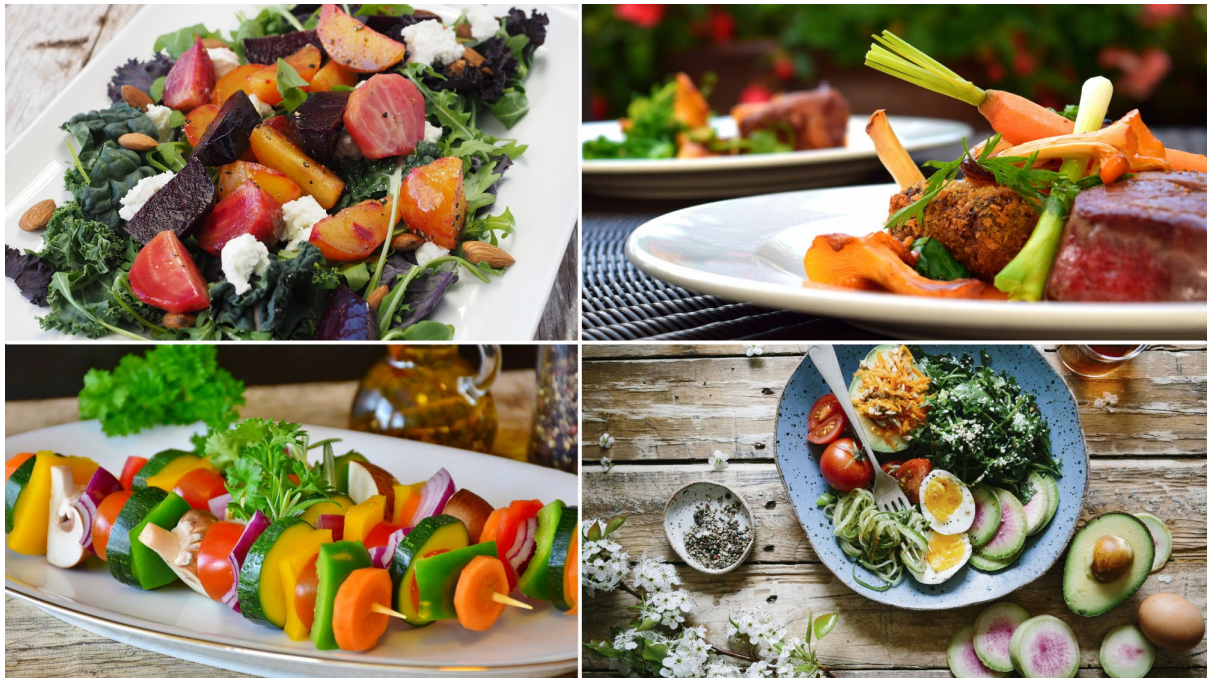
The best way to gain awareness of what and how we eat is to track what we eat. It is the most relevant way to get to learn our habits and behaviors, and learn from that.

I highly encourage you to roughly track the food that you eat. Not the quantity, but the types of food that you eat.

Do it every day for around 2 weeks and get what kind of choices you tend to make.

Remember. It is crucial to be honest with yourself.

11. Eating healthy does not mean chicken and broccoli



For some reason, people associate healthy eating with blind and tasteless food, stored in a fridge for days. Let me tell you the truth.

Food is as tasty as you make it.

You need to make sure you have sufficient amount of protein that is going to deliver all the building block for your body. As well as various types of vegetables and fruits, to ensure you get all the minerals, vitamins and fibers, your body needs.

The only thing you must do, is to make sure you get the products in their pure and natural form. Of course I don't mean to raise chickens in your flat. I mean to buy raw products that require cooking, and cook them, the way you want.

Try to combine different products, use various seasonings and spices, different methods of cooking and what not.

The only barrier for taste is your imagination.

Here are two recipes that are completely improvised, but so delicious, so easy and cheap to make. And healthy, of course:

1. If you like fish, this white fish with vegetables and peanuts recipe is for you. It is nothing but different types of stir fried vegetables and white fish.
2. Or if you are a fan of pork you can combine it with some vegetables and enjoy a delicious and nutritious meal.

Super easy and customisable. Super healthy and nutritious. And relevantly cheap if I have to be honest. For sure a burger with fries will cost at least twice more than either of those meals.

Eating healthy is not hard. You just need a bit more applicable knowledge in regards to food and products.

Find those and much more recipes at:

www.fitlifeblueprints.com/blog/categories/food

12. Why do we move?



I am not sure that there is an accurate answer to this question. All I know is that we evolved moving all the time, and it does make sense, our body to be designed with the ability and desire to move.

We are busier than ever and yet, the most sedentary we have ever been.

Think about it. We commute to work and we sit. We sit while working, then we sit on the way back from work, sit to relax, sit when we eat, and sit when we watch TV. We even sit and wait until the food gets delivered to us. That leads to a lot of problems we currently have. Posture issues, chronic inflammations, back pain, obesity and what not.

Why do we suffer from not moving?

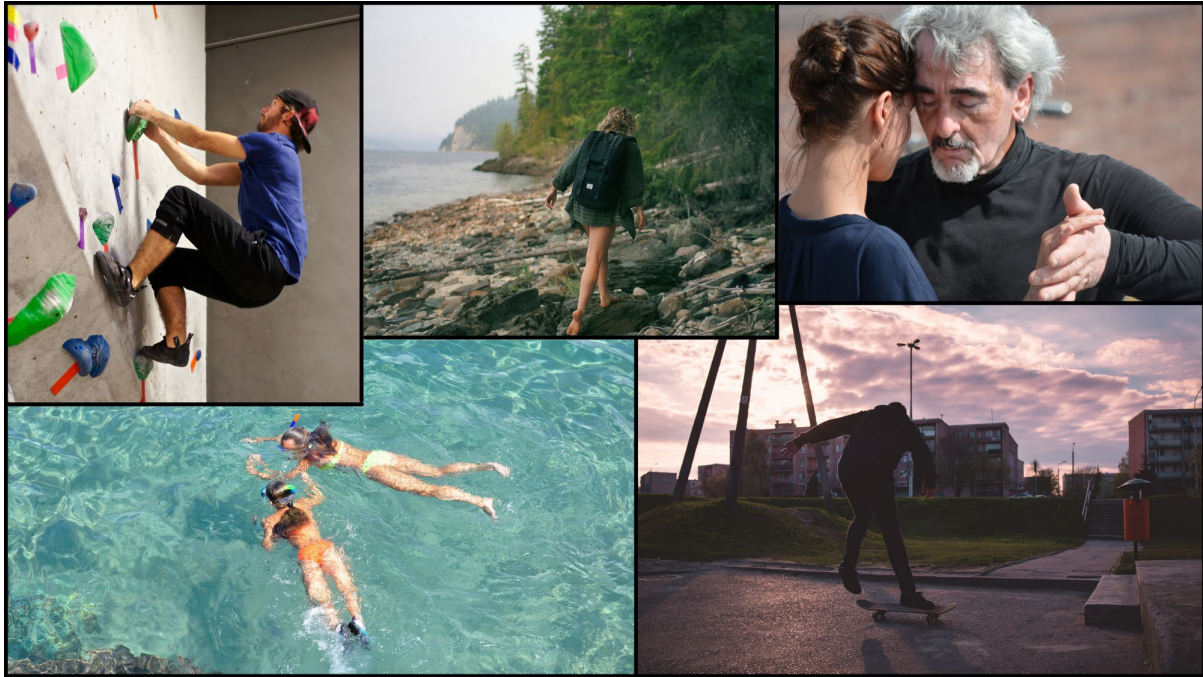
Well, we have been moving forever. Running long distances, hunting an animal, carrying it back to the camp, building houses and fighting. We evolved to walk on our feet, right? Sooner or later after we are born, we learn the ability to walk, so it makes sense to keep using it. It is in our genes to move and be active.

I am not saying we should start to live in a primal way. But we should make time for moving. Because our body needs it. Our body wants it and it seems to not be very happy without it. The problem is that we are very good at ignoring those signals and mimicking the pain with pills.

Everybody can move and everybody should move. It doesn't matter your age or condition. Movement for some can be strength training or running miles, while for others, just walking a bit more every day.

Movement is an important part of our health. Not addressing it is like, putting petrol in the car, but not oil in the engine.

13. How to be more active?



Being active is an important part of our life, but in today's busy, but sedentary lifestyle it is not easy to keep up with it.

The first advice for becoming more active is to create excuses or a demand for it.

It does sound like a cliché, but it does work if you park as far as possible from the shop. If you take the stairs rather than the elevator, or go to the furthest bathroom, cleaning the car more often, doing household stuff, etc...

Furthermore you can invest in a bike and start going to work biking, or maybe just ride for 30 minutes every day. Just for fun. Maybe getting a dog could push you to go for a walk twice per day. You can start implementing regular walks every day, just for the sake of being a bit away from everything.

Every phone has a step counter, so if you are a bit competitive, you can try to set a goal and achieve it. A good practice is to implement 10 minute walks. After every meal, just get up, set a timer for 5 minutes and start walking. After the timer beeps, come back and voila. You have 10 minutes logged in. 3 times equals 30 minutes additional walking per day.

Another important advice is to find preferred activity.

Hiking, dancing, jogging, swimming, biking, golf, ping pong, tennis and what not. Find something that you enjoy doing and look forward to. It is going to make a massive difference.

Just being active is obviously not going to give you the desired shape, but we are not looking for it anyhow. We want to be healthier.

To improve quality of life. To feel more energetic, experience less pain and more joy of life.

Go out for a walk!

14. Exercise correctly



When it comes to physical activity and even more to resistance training, there are few crucial elements or behaviors that you must follow.

1. If you chose to do resistance training, exercise the biggest muscle groups.

In other words, do compound movements that involve the activation of as many muscle groups as possible. Do exercises such as squats, pistol squats, deadlifts, pull ups, rows, bench presses, push ups, dips, overhead presses, handstands, leg raises, planches etc... these are going to give you the biggest bang for your buck. Or the loudest signal to change.

2. Don't just go through the motion. Learn how to do the exercises.

The better you become at performing a certain exercise, the most benefit you are going to get from it. Just like any other skill. No one was born with knowledge about technique. The greatest athletes are great, because they have spent countless of hours perfecting the skill. It is a craft. Take your time. Hire a personal trainer or study extensively the techniques you want to learn. I can't stress that enough. Whatever type of exercise you chose to do, treat it like a skill. Try to perfect it.

3. It takes time, so be consistent.

It never comes easy. Nothing in this life does. Be realistic with your expectations. Even if you apply everything that you have learned so far to a T, it will take time to see results. For some will be months, for others years. Strength or gains or fat loss don't come over night. Fats didn't come to your body overnight, so don't expect to lose them as fast either.

Trust the process. Aim to be better.

Remember:

If you improve with 1 % every day, in one year you will be 365 % better than now.

15. Mobility



Mobility is the best insurance against injuries.

What is mobility?

Mobility is the range of motion of the joints that we own. In other words, the position of the joint where we are strong in.

It is not just being flexible.

You are flexible if you can do a split. You are mobile if you can stand up from that split.

It is the strength in those ranges of motion that you possess.

And let me tell you something. Most of the injuries does not happen in the gym while people lift heavy, or when someone is trying to stretch.

Injuries, most of the times happens in the daily life, when we try to bend over to pick up something, or when we twist to the side, trying to catch something, or may be while reaching somewhere.

This happens, because we put ourselves in positions that we do not have control in, and then injuries happen.

Mobility is tightly connected to posture.

As we live in today's sedentary lifestyle, we tend to spend most of our time in the same position. And just because our brain is very good at efficiency. It will get rid of the mobility we do not need.

In other words, the more we sit, the harder it is going to be to stand up. The more we slouch forward, the harder it is going to be to stay upright.

What should we do?

Move more. That is going to create a demand for different ranges of motion. If you don't use it you lose it. Start using it more often.

Perform mobility exercises.

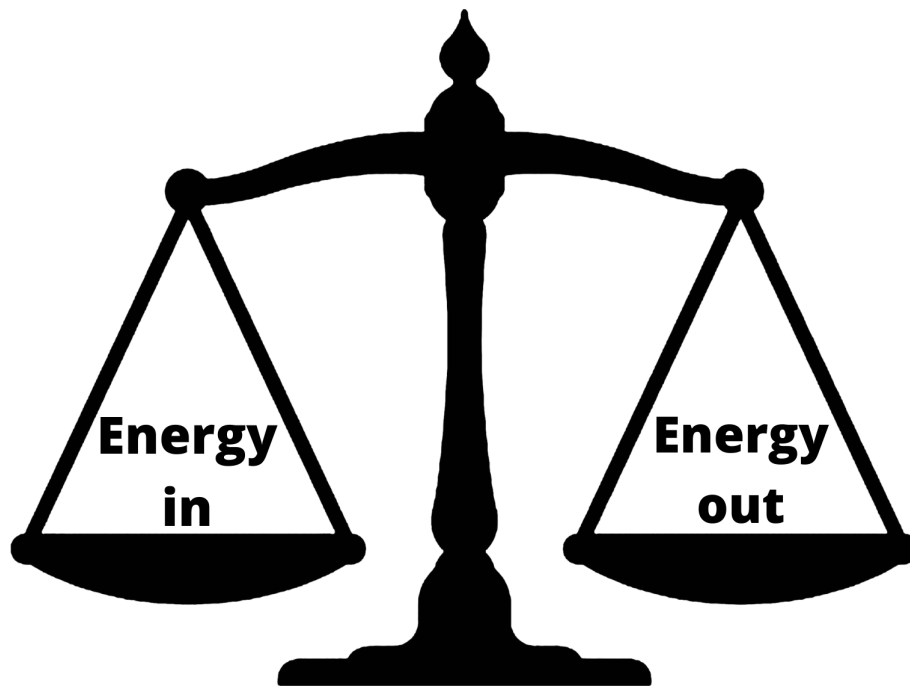
Perform exercises that are challenging those ranges of motions. Strengthen your muscles in them and sooner or later you will feel the difference.

The two easy ones I recommend are **prone cobra** and **90/90**. They are easy to be performed almost everywhere, and it won't take you more than 10 minutes per day.

Learn how to perform and much more at:

[Fitlifeblueprints.com/post/how-important-is-mobility](https://fitlifeblueprints.com/post/how-important-is-mobility)

16. Energy balance



(Law of thermodynamics)

Why do we lose weight and how do we gain more? It is not very difficult. It is all down to the balance of energy.

See, every single day as we move, breathe or even sleep, we burn certain amount of calories. Since our body doesn't like changes, we usually average the same intake of calories too.

This is called basic metabolic rate. It is not hard to find it out. The best way would be to strictly track calories for 2 weeks and average the amount of calories you eat per day.

For most of the people that is somewhere between 1200 and 3000 calories.

However if we are to change that we will create a misbalance which can be in two different direction.

The first one is to burn more calories than we consume, or to consume less calories than we burn.

Either way, we will need energy from somewhere in order to maintain life, so our body will use part of its storage (fats or muscles) to restore the energy balance. **This will result in weight loss.**

The second one is to consume more than we burn, or to burn less than we consume.

In this case we will have energy in excess, which won't be burned and can only be stored. In some cases that would be fats, in other, muscles. **But the overall result is gaining body weight.**

Both cases won't work forever.

Our body likes homeostasis. Or balance. So sooner or later in both cases we will hit a point where we will stop changing. This will mean that our body has already adapted to the changes and has adjusted its BMI (basic metabolic intake).

I don't recommend counting on devices that track how many calories you have burned or constantly measuring your food. However if you want to create changes, it could be a good reference point to track food and activity and start manipulating from there.

17. The down side of cardio training



Everybody at some point has tried to lose weight by just running, swimming or any other cardiovascular activity.

And don't get me wrong, these are great for endurance. They are great if you want to have well developed cardiovascular system and endurance.

But the truth is that cardio is not going to make you lose fats.

Every activity has its adaptation. Resistance training helps you build muscles cardio makes you burn it. But why?

Let me explain.

If you ask your body to be able to run long distance, it will try to be as efficient as possible and sooner or later it will adapt and start to burn less calories.

If you imagine two cars, one with small and the other with big engine. If you drive them for let's say 200 km. Which one is going to burn more fuel? The big one, right?

It is the same with the body. But the difference is that our body will try to adapt by removing the metabolically active tissue that is responsible for burning energy.

So what ends up happening is that you lose a bit of weight. You hit a plateau. Then you either reduce calories, which is not easy, or you increase the running time or distance, which is not easy either.

What you end up with is slow metabolism that is thought to be efficient with calories. Meaning that in order to stay in shape you have to constantly be in strict diet and run 2 hours per day.

It is not impossible, but neither healthy nor sustainable.

If you enjoy running or swimming and you do it for overall health, by all means, do not stop.

However, if you expect to be in shape or to be able to eat more food and not gaining weight, cardio type training, for sure is not going to get you there.

18. Physical exercise



In other words resistant training. A stimuli that builds muscles.

Why would you want it?

Apart from being not active enough, we have a lot of access to food as well. More food means more energy intake. Less activity means less energy expenditure. Combine those together and the result is 80 % of the population being overweight.

We can't stop eating less. And we can't really move that much either.

If you have one hour 3 times per week for exercising, your best shot is resistance training.

Look. Muscles are metabolically active tissue. It means that they constantly utilize energy. The more we have the more energy we will need as we walk, breath, even sleep.

There is no other type of activity that is shown to build muscles like resistance training.

Every activity works by triggering adaptation process. We build muscles if we need to. We get faster if we need to. And by sending the right signals to the brain, we can get the desired outcome.

Resistance training can be body weight or free weight.

You don't necessary need to go to the gym. You can try to use your body as a weight and start slowly to progress to more complex and challenging moves.

Resistance training makes you stronger.

Regardless of your sex or the type of training you do, there is nothing more empowering than knowing that you can lift your body weight or move it in a certain way.

It helps with mobility as well by challenging ranges of motion and strengthening weak links.

I highly encourage you to try. It takes time and dedication. But it is enjoying to see results. It can make you stronger it can make you fitter, and it can allow you to eat more.

What else could you possibly want?

19. Sleep



I will sleep when I die. Hmm!

Why we sleep? Apart from being tired.

Do you remember when we talked about how our body has the ability to recover from the acute damage? It happens during the night.

Sleep is the time when the body is in this parasympathetic state. Also called recovery state.

When we sleep our brain is relaxed. It doesn't need to constantly process sensory input, such as sounds, objects conversations etc... it is the time when the brain can focus on rebuilding the damaged tissue, learn new patterns and skills, chooses which memories to be stored in the long or the short term.

Sleep deprivation is detrimental for productivity, relationships, alertness, muscle building, fat loss, and even linked to Alzheimer and dementia disease.

Fun fact:

If you are one hour sleep deprived, you are 20% more likely to be involved in a car accident.

7 to 9 hours is the optimal amount of sleep for a human being. Any less than that, can lead only to detriments.

Quantity of sleep is not enough to ensure sufficient recovery.

Quality is of high importance. REM sleep is the time when the magic happens. It is when we usually dream and is the one that we lack, if we **don't address quality of sleep.**

How to do so?

Minimize caffeine consumption, create routine, dim light at night, minimize electronic or screen exposure late at night. Don't eat right before bed and sleep in a chill room.

Signs for sleep deprivation you can notice:

Mood swings; lack of focus; tiredness; need for coffee;

Lack of sleep is not going to kill you instantly, but can put you in a dangerous situation more often, decrease your productivity and

overall quality of life. If you are looking to get healthier, looking at your sleep should be one of the first things you should do.

20. The awareness journal

We are almost at the end of this hike, but the journey doesn't stop here. A very important aspect of living healthy is to be aware of how our body feels. To be able to note how certain food or behaviour can affect us.

I am not a fan of always tracking. Counting food or doing journals are not my thing at all and I don't think that if you are fanatic, they are healthy practices either. However tracking is a great tool to gain awareness.

If it takes us 3 weeks to get used to something and adopt a habit, then 2 to 3 weeks should be enough to get accurate base line about our body if we track the way we eat and feel.

There is no better way to learn behaviour patterns than observing. That's why I think that if we observe the way we behave, we will learn a lot from it, and be able to do the correct changes.

You can download the awareness journal for free at [Fitlifeblueprints.com/freeresources](https://fitlifeblueprints.com/freeresources) or create your own based on the example given below.

I believe that those 5 aspects are the most accurate factors of health and the most common reasons for someone to decide to change.

1. Energy – Did you feel rested this morning? How motivated were you to do the daily tasks? Do you feel lack of energy or hyperactive body that feels like it is going to burn out?

2. Mood - What emotions did you feel today? Happiness, anger, sadness, frustrations etc...? Were your emotions stable, or all over the place?

3. Stress – How stressful was your day? Was it too much to handle or it was manageable? How did you approach the stressful situations at work, at home, with yourself? Did you create the stress, or you only get exposed to?

4. Pain – Physical pain, achiness, agony. Where does it hurt? Could you handle the pain? How did you handle it? Is it chronic? Is it more or less?

5. Sleep – How did you sleep? Did you wake up during the night? Did you wake up rested, or more tired? How easy was to fall asleep?

Use the 1-10 system. Note that with stress and pain it is the opposite. The higher the number of energy, mood and sleep the better. The lower the number of stress and pain the better.

Don't try to improve the numbers yet. Just record at the end of the day and acknowledge.

Same with food. Don't be fanatic. If you had beef steak with broccoli and bear then add it just like that. If you had frozen pizza and ice cream then add it like that. Don't add the exact amount.

At the end of the course, evaluate. Cross reference the two tables and note any differences. You will be amazed how much food can influence our quality of life.

Example:

Time	Food (complete meal)	Snack/Dessert	Drink
9:30	3 eggs, Smoked salmon, 4 slices of bread	Tiramisu 1 pc	Glass of water
11:00		2 biscuits and 4 pc of chocolate	Can of coke
13:00	Chicken fillet with rice and steamed vegetables	Chocolate brownie 1 pc	Latte
16:00		1 apple	Glass of water
20:00	Lasagne 1 pc	Popcorns	Glass of water Glass of wine

	Score	Additional info
Energy	8	managed to walk 10000 steps
Mood	7	happy and motivated
Stress	5	overall good, nothing I couldn't handle
Pain	4	slight knee pain
Sleep	6	woke up fine, didn't dream

21. Applying what you learned

Look, it can't happen overnight. It takes time to learn a new skill or behaviour. In fact, do you know how learning works?

There are 4 stages in the learning process:

Stage 1

Unconscious incompetence. I don't know or I am not aware that I do not know. Every person goes through this stage whenever they start something new.

Let's take a dance for instance. You always wanted to learn salsa, but have never ever tried. You are super excited to start. You are all in, you think about it, you try to prepare and visualize what is going to be. Without realizing that it is going to take a ton of practice.

Stage 2

Conscious competence. You know that you don't know.

A lot of nonsense probably, but this stage is essentially your first lesson. You become aware that you don't know how to dance, and it is going to be super hard. You try some steps, 1, 2, 3, 4... you are already lost. Your feet do not listen to you and you are getting more frustrated every second. This is the hardest stage, as it requires the most dedication and sacrifice. You know that you are not good and there is a lot to learn ahead. Just keep swimming.

Stage 3

As you are putting the work and time into learning the skill, you are starting to slowly get the moves. This stage is called: conscious competence.

You are doing the moves, the steps are not that hard anymore, and you are catching the rhythm of the music. However, you still think about it. You are counting in your mind, you are observing the others, looking at your feet, constantly thinking about the skill that you are practicing.

Stage 4

The final stage comes when you don't know that you know.

Unconscious competence.

As you progress in salsa lessons, you are now doing everything automatically. You don't have to count steps, you straight away catch the rhythm and even become confident enough to go on a dance floor of the club and just feel the beat. This is the final stage, where you have already learned the skill and doing it by default.

You can't expect to fly through these stages in a day. How long did it take you to learn to walk, or to ride a bike, or to speak a foreign language for instance? Take your time.

1. I recommend you start first with the awareness journal. Take 3 weeks to gain awareness of how you behave.
2. You can also try to just cook more often. Nothing specific. Just cook the food that you eat. Of course by cooking I mean grilling a steak or boiling rice, not microwaving frozen pizza. Use the Healthy eating guide as a reference. There are so many products that you can choose from, experiment and enjoy.
3. Refer to this book or any of the blogs I write, any time you are curious about how your body works. Check out the Instagram or Facebook page. I try to be consistent with adding as much useful and easily digesting information there. Links down below.
4. Do not hesitate to ask me questions. Send me an Email, or text with anything you want to know and I will do my absolute best to answer all your questions and help you get better.

You don't need much to start living better, healthier and fit life. A bit of dedication, strive for improvement and a bit of curiosity.

You are as good as you want to be. But there is always a way to be better.

About me



My name is Petyo. I am a personal trainer, writer, health and fitness fanatic, and a fighter against health and obesity epidemic, and the health and fitness industry. I do believe that a lot of the diseases we have these days are due to our way of living and the only way to fight back and truly heal is to learn and understand how the body works and what it needs to operate at its best.

I do not sell magic pills, universal diets or workout plans. I teach basics of movement, nutrition and self-understanding.

I teach you how to catch a fish, rather than just give it to you.

Thank you for believing in me and purchasing this book!

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