

The Bodysport Diet is The Diet That Works!

By Kevin Myles

Have you ever wondered how the really fit and lean people get and stay that way? Is there a program that includes all of the things they do regularly that you can follow to reach your goals? The leanest women in the world, like the ones you see on Bodysport.com who do fitness and figure competitions and professional fitness modeling, do have a number of things in common. The following is an overview of all the things you need to do in order to maximize your weight-management program. Use this as a checklist to see where you might possibly need to make a change. I would like to claim that I was smart enough to have invented or discovered all of this. The truth is I am just relaying and explaining to you the types of things that are standard practices in the fitness industry and with the people I coach and advise. This information has been tested over a number of years. Nothing works better, period. Even though you may never want to be onstage competing against others, you can use these same principles and techniques to help you reach your weight-loss goals and achieve your ideal physique. Some of this may seem new to you, but everything here is true, healthy, and based on how the body and metabolism really work. I have seen and helped both men and women of all ages and walks of life incorporate these principles with amazing success. Give this program a try. You have nothing to lose but unwanted pounds and inches!

Remember when you learned your ABC'S? Remember how we learned them in a particular order (even in song) to make sure we knew all the letters. Many times when it comes to diet information, we learn things so randomly that there are holes, "missing letters", we aren't even aware of. The following is a sequence of vital weight-loss information that you need to know and use in order to ensure maximum long-term success. Further explanation of these principles (how they really work and why they are so important) can be found in my e-book "**The Diet That Works**" (AKA **The Bodysport Diet**) which is available at www.Bodysport.com. Just missing one or two of these techniques can stop your progress in its tracks. The best way to be maximally successful is to start from the beginning and get everything right. Just like your ABC's.

1. Establish a goal for yourself What is it that you want to accomplish over the next several weeks or months? This can be a general goal like improving your eating and exercise habits, or more specific goals like losing a certain amount of inches or working out a

certain number of times per week. Proceeding without some type of goal is like driving without a clear destination; you probably won't wind up where you most want to be. The key is to give yourself positive focus and direction.

2. Understand and accept the need for change if you want to make improvements. You cannot continue to do (or not do) the exact same things you have always done and expect a different or better result. The necessary changes may be quite small and should be easily manageable, but be prepared to have to implement something different to some degree.

3. Create a detailed and accurate food log. Write down everything you eat and drink along with the times you eat them for 5-7 days. This is to give you information about your current diet and to help you create an awareness of your own habits. Having this information will allow you to make the necessary changes to the appropriate degree. Without knowing what you are doing, you won't know what to change.

4. Look to eliminate the obvious obstacles first. These are the things that you know are not helping you, the "fun foods". This doesn't mean that you can never have them. It just means that you must make sure not to have them to the extent that they will keep you from progressing at the desired rate.

5. Stay out of starvation/survival mode. Remember, our body "thinks" in terms of survival first. If it's not getting what it feels it needs, the metabolism slows down and it starts conserving energy. At that point your body wants to hold on to everything it has (fat) and everything you feed it. It also wants to minimize energy output which it will do by reducing muscle since muscle burns calories when we are at rest. The last thing you want is to have your body trying to hold on to and store fat, while simultaneously eliminating the muscle which keeps our metabolism active. The two big factors for keeping out of survival mode are as follows:

6. Regularly eat 5-6 meals a day. Ideally you want to progress to the point where you are eating at least 5 meals a day and approximately every 3-3 1/2 hours. This is extremely important. By feeding ourselves regularly, we give the body the nutrients it needs to keep our metabolism active and keep it out of survival/starvation

mode. Also, when we do go prolonged periods of time without eating, our blood sugar get too low which can cause cravings and give us less control over making the right choices. Then, when we eat, our blood sugar elevates too rapidly and to such a great degree that we secrete insulin to get that excess sugar under control by converting it into stored fat. Eating frequently throughout the day helps stabilize the blood sugar and helps prevent this from occurring. If you are only eating 2-3 meals a day, work up to eating at least 5 by adding another meal every week or two.

7. Make sure to have protein with every scheduled meal. The difference between eating “five times” a day and “five meals” a day is that a meal has a set structure. Every single meal should have an adequate amount of protein. This will vary from person to person based on body weight, goals, etc., but generally speaking at least 20-25 grams of protein for women and 30-35 grams of protein for men should be consumed with *each and every meal*.

This is one of the biggest changes for most dieters and there are a few good reasons why this is so important. If you don't give your body protein regularly throughout the day, when it needs amino acids (the building blocks of protein) it will break down your muscle tissue to get them. This loss of lean mass makes your metabolism that much slower. Plus, if you eat meals that contain only carbohydrates, it has that previously mentioned effect on the blood sugar which also leads to more stored fat. Having protein each meal helps to stabilize the blood sugar level, build/maintain lean tissue, (muscle) and also slows the digestion rate which causes you to expend more calories to process your foods. For a great many dieters, especially women, the biggest reason for a lack of success is getting too little protein at each meal and throughout the day. Simply changing the protein/carb ratio in your diet, even without a reduction in calories, can have a noticeable and lasting effect on your long-term progress.

8. Have complex carbs with the first meal and fibrous carbs with the last meal. You should never completely eliminate carbohydrate foods from your diet. They contain too many quality nutrients like vitamins, minerals, anti-oxidants, fiber, water, etc. Plus, they are a great source of energy which is key for those of you who are working out as part of your fitness program. You simply need to have them when your body will most need them and use them. This means having an adequate amount of complex carbs with your first

meal (remember every meal has a set amount of protein) to help “break your fast” and the lower-calorie fibrous carbs at your last meal when you will be less active. For your other meals, use your energy needs to help determine if you should consume complex carbs and how much you should have. Always ask yourself, “What will I be doing until my next meal?” At the times you will be more active, you will want to eat more complex carbs. At the times you will be less active, you would be better served eating a minimal amount of complex carbs or only fibrous carbs at that meal. This gives you more control over your diet and ensures that you will have energy during the times of day that you need it, but are not taking in excess energy calories to be stored when you don’t. This is a lot more effective than simply evenly dividing calories up throughout the day. Try it and you’ll see.

9. Don’t try to lose weight, try to lose fat or get leaner. A lot of people focus too much on simply changing the scale. This can be deceiving. You should focus on losing fat and getting leaner. You should also focus on building and/or maintaining muscle to keep your metabolism as active as possible. A good exercise program will go a long way towards making these things happen. Remember, the combination of exercise and diet will always be more effective than either of them alone. I talk extensively about the role of exercise and how to implement it in my book, but generally speaking you need; cardio training for fat lose and aerobic conditioning, weight or resistance training for strength, muscle development and tone, and stretching for improved flexibility, recovery, and maximum functionality.

10. Think both long and short term. Pick a date or event approximately 3-4 months away as extra motivation to focus on as a target. Everyday as it gets closer, it will keep you aware of trying to reach your goals. But for the immediate future, focus on the changes you need to make to get 5-7 pounds leaner. Remember, your body will only change so fast so all you need to do is make and/or continue the necessary changes and adjustments that keep you moving in the right direction. Imagine the “new look” you will have by the time that date arrives.

11. Believe in yourself. Believe in your ability to reach all of your goals and accomplish the things you want. There is no reason you won't be successful with time and effort. Enjoy the fact that you have started your journey and that you are now on your way!

The information provided is not intended as medical advice or to diagnose, cure, or prevent any medical condition or problem. Always consult a physician before following this or any nutrition or exercise program.

www.Bodysport.com

www.Elainefit.com

© 2006 Kevin Myles and Bodysport.com