

FITNESS *IS NOT A* **GAME**

**“Secrets of a Fitness Competitor for the
Everyday Person”**



**By: Krystal Taylor, CTP and
Fitness Nutrition Specialist**

Secrets of a Fitness Competitor for the Everyday Person

Hey!

My name is Krystal Taylor. I would consider myself a “late bloomer” into the fitness industry. Many trainers’ resumes list their multiple degrees and certifications in all things fitness. My history is a little different. I actually hold business degrees in addition to my Personal Trainer Certification and Fitness Nutrition Specialization.

I didn’t realize my passion for helping others become healthy until I was an adult. Even when my purpose was revealed to me, I shied away from it. I didn’t accept it until I saw the results of the assistance I was providing my loved ones when they asked for workout and nutrition tips. The happiness and pride I had in their progress was a feeling I hadn’t experienced from any job and motivated me to learn more in order to help more.

That’s why I decided to put together some of my favorite tips and secrets for you. In this e-book, you’ll find a variety of topics on everything fitness. I did that because it’s not just about going to the gym or just about meal prep. There are a lot of things to consider – especially mindset.

So, please enjoy this e-book and let me know what “aha” moments you get from it. Please send any feedback you have to ktaylor@fitnessisnotagame.com.

I’ll talk to you soon!

Signed,

Krystal Taylor, CPT and Fitness Nutrition Specialist

“Your Compassionate Azz Kicker”

P.S.

If you aren’t already, please follow us on Instagram at @fitnessisnotagame and subscribe to the YouTube page at <http://www.youtube.com/fitnessisnotagame>. You can also join the conversation in our Facebook group - Fitness Is NOT A Game. I may be a little biased but I think it’s one of the best fitness support groups out there. We have a lot of fun while encouraging each other.

Little Known Secret to Eating Healthy on the Road

Like many of you, I travel a lot. I travel a lot for work, and because I travel so much, sometimes, it can be difficult to find options that will allow me to eat healthy while I'm out on the road which is why I have had to learn to just take everything that I need to stay on track instead of relying and hoping that I'll be able to find healthy food options wherever I go.

"If you fail to plan, you plan to fail."

I have found the old adage to be useful in staying on track. To me, it means that I am required to think ahead. In doing so, I ask myself the following questions:

- How many days will I be gone?
- What am I going to be doing during that time?
- Will I have time to step away for food?
- Or do I have to stay in the room that I'll be in for the entire day?

Most of the time, I will be in a certain location for at least two days which means that I need take everything with me, and that includes things that are going to be easy for me to snack on.

I'm not talking about actual meals right now. I'm talking about healthy snacks that I can consume while I'm on the road. The reason behind this is too many of us will be at the airport or driving to any given location. Sure, we might stop at a gas station, but what do we get? Chips, probably an unhealthy soda, and maybe even a candy bar or something like that. All of these things can add up in your pockets as well as on your body.

And so, something I do is I look for healthy snacks, preferably something that I buy in bulk.

I personally love roasted edamame, although my husband hates it. To me, it's like having a form of a nut – just like almonds or peanuts or anything like that – but it's higher in protein and lower in fat. That's why nuts are good for you, but nuts have more fat than edamame. So, I tend to like edamame more.

But, even if I buy almonds or pistachios, what I'll do is I'll buy it in bulk, and I'll put them in little snack-sized resealable bags. That way, you can have your big bag of almonds, edamame, pistachios, and even carbs. You can have your own trail mix. You can even create your own mix.

By using these snack-sized bags that you can just throw in your bag with you, you won't have to stop at the gas station or go into the convenience store at the airport only to pay an extreme amount of money and try to figure out what healthy food options are available. So, that's one of my favorite things to do.

But then, what I also never leave home without is a protein bar. I am not joking. I literally keep a protein bar in my car and in my work bag, I always take protein bars with me on the road.

Protein bars can save your life. There have been times when I have not been able to eat out on the road just because I have people constantly needing my attention. I can't stop, so I just snack really quickly between my edamame, my protein bar, my almonds, or whatever it is that I have packed, and I know I can make it through.

So, make sure to get snack-sized bags at the store or wherever it is that you go to get your Ziploc bags or aluminum foil. These bags are in that aisle.

Little Known Secret to Eating Healthy on the Road cont'd

Let's just be honest – and I'm always going to be honest with you – I love snacks. I love chips. Even if I have chips or something like that, instead of eating out of a big bag and taking the big bag with me, I'll put it in these snack-sized bags because this strategy is really good for portion control, too.

Now, you're getting two tips about eating healthy – how to eat healthy when you travel and how to make sure that you're keeping track of your portions. Follow these tips, and you should be okay.

If you liked that tip and you want more tips, just click the link, or go to FitnessIsNOTaGame.com/freetips, and I'll send you some freebies on how to improve your body without worrying about the scale.

I'll talk to you all later.

Have a good one!

7 Reasons It's Actually Cheaper to Eat Healthier Foods

I constantly hear people complain about how expensive it is to eat healthy and how they are unable to eat healthy because it costs too much. I hear it over and over again, and it honestly frustrates me.

“Well, I can't eat healthy because it's too expensive. Whenever I go to a store to buy anything healthy – whether it's vegetables or the leaner cuts of meat – it's always more expensive.”

Let's take a moment to think about it.

Let's take a moment to talk about options.

You can easily go get ten nuggets at a certain fast food restaurant for as little as \$1.49. But, if you wanted to get a salad, it's probably going to cost you \$5.00 or \$6.00. People will usually say, "Well, I would rather pay \$1.00 for those ten nuggets as opposed to paying \$5.00 or \$6.00 for a salad."

It simply doesn't balance out, right?

Now, let's talk about the cost of not eating healthy.

When you're not eating healthy, you're most likely going to gain weight which can eventually lead to a whole range of health issues. When you have health issues, you often need to take certain medications, and you're usually required to go to the doctor's office on a regular basis. We're looking at copays. We're looking at prescriptions. We're looking at a variety of medical expenses.

But the price you pay for not eating healthy doesn't end there. When you're gaining weight, you tend to need bigger clothes. Of course, you'll need to update your wardrobe, and that's going to cost you extra. Plus-sized clothing usually costs one or two dollars more than regular sizes – even if they're the exact same item. I personally think it's unfair that shops charge more for bigger clothes, but it is what it is.

Now that your clothes are bigger, when you're washing your clothes, you can't fit as many items in the washer and dryer as you were able to before. As a result, your utility bill and water bill go up. It all adds up!

At the end of the day, there are a lot of hidden costs that people don't take into consideration when it comes to eating healthy versus not eating healthy. Wouldn't you rather pay that extra dollar for the fruits and vegetables instead of going for the French fries that'll only make you gain weight and feel like crap afterwards?

Sure, the French fries taste good. I'm not going to lie. In fact, anybody that knows me knows that I love potatoes, especially French fries. But we always have to think about doing the thing that is best for you, your body, and your overall fitness.

7 Reasons It's Actually Cheaper to Eat Healthier Foods cont'd

Am I saying that you should never eat things that might be considered unhealthy? Absolutely not. Just make sure to do everything in moderation. It's all about balance. Anybody who's ever worked for me knows that I truly believe in balance.

Do not limit yourself to what you can do as far as saving money to be healthy. This is exactly why I like giving people as many tips as possible. I love being able to give you different alternatives that can help you adopt a healthier lifestyle versus an unhealthy lifestyle.

So, if you would like to receive more tips and ideas with a fresh new perspective on how to look at this healthy lifestyle, please click on the link. You can also go to fitnessisnotagame.com/freetips to sign up for my free newsletter.

Have a good day, everybody!

Remember, fitness is fun, but it's NOT a game.

6 Ways to Sneak a Workout Into Your Day

People often tell me that the reason they aren't working out is because they don't have the time. A lot of them say, "I would love to work out, but I just can't find the time." Nobody has time and that's exactly the reason why you basically have to make the time for working out.

As a personal fitness trainer, I understand how hard it is for people to make time for working out, but today I want to share six ways that you can easily incorporate "sneaky workouts" so that time will no longer serve as an excuse for working out no matter how busy you are. I'll show you how you can work the entire body – the upper body, the core, and the lower body.

1 – Upper Body Workout

Busy people are more likely to microwave their meals, right? Most microwavable meals take two to three minutes. Instead of just standing there, waiting for your meal to be ready, you can easily work out your arms and chest by doing push-ups against the counter.

2 – Core Workout

If you happen to be waiting on a microwavable meal and don't feel like doing the upper body workout, you can focus on your abs instead. A lot of people talk about "love handles" and the "muffin top" that nobody likes, and the best way to work on that area is just to do side bends – oblique side bends.

You can literally go side to side, making sure to activate the core so that it's nice and tight, and squeeze. When you're doing side bends, your hand should run up and down the outside of your thighs until you touch the area on the outer side of your knee.

3 – Butt Workout

Everyone wants a tighter butt, and one easy way to sneak in an effective workout for your glutes is to do air squats. Challenge yourself to do at least ten air squats every time you need to go to the restroom. Squat down until you're just about touching the seat then stand right back up again. Make sure to push through with your hips and keep your feet hip-width apart.

4 – Triceps Workout While Watching TV

The next tip is one that you can easily do at home, especially while you're sitting in front of the TV. The next time you find yourself sitting on the couch, watching your favorite show, lean to the front of the couch and do some tricep dips. Place your hands securely on the edge of the couch and dip down as low as you can then push yourself back up again.

5 – Abs Workout While Watching TV

While you're at it, why not squeeze in some ab exercises during commercial breaks? You can do leg drops which involve you lying down on your back with your feet in the air. All you have to do is bring your legs down nice and slow until you're about six inches off the ground. Make sure

6 Ways to Sneak a Workout Into Your Day cont'd

the movement is controlled and keep your legs straight. Keep doing this until the commercial break is over.

6 – Calves Workout

Calf muscles are one of the most neglected muscle groups in the body. Nobody really pays attention to their calves, but they're really flattering when they're given the right amount of exercise, and calf raises are an excellent way to make sure that your calves pop. Calf raises are so easy that you can literally do them while you're washing your hands.

That brings us to the end of the six ways that you can sneak in workouts throughout your busy day. Whether you are busy taking care of your family, or whether you're working hard on your career, I am sure that you'll be able to find the time to do these sneaky workouts no matter where you are.

Here is a quick recap:

1. Do push-ups off a counter while you're waiting for your food in the microwave.
2. Do side bends to work your core while you're waiting for your food in the microwave.
3. Do at least air squats whenever you're about to use the restroom.
4. Do tricep dips while watching TV.
5. Do leg drops every time a commercial break comes on.
6. Do calf raises every time you're washing your hands.

If you would like to receive more tips from me, I'd love to send them to you. Just go to fitnessisnotagame.com/freetips so that you can receive tips on how to actually improve your body without even getting on the scale.

I'll see you soon!

Want to Enjoy Your Favorite Foods but Still Lose Weight? Here's How!

Someone wrote in today, asking: "I'm really working out, and I'm trying. But, if I could just get rid of eating all this junk, I would do so much better. Any suggestions?"

For the record, I want to point out that this is a question I get asked a lot, and I know that being able to actually "stop eating junk" is something that a lot of people struggle with.

Now, because I'm a personal fitness trainer, a lot of people assume that I would respond to such a question by saying something like: "Yes, my suggestion is that you should stop eating all that junk. Here are some healthy alternatives..." But I honestly don't believe in that.

I believe it's all about balance. Trust me, you want to find that balance between the things that you want to eat and the things that you need to eat, and I believe that finding that balance is all about portion control and having fun and still being able to enjoy what you like.

The thing that most people fail to realize is the fact that, when you restrict something from a person, they're only going to want it more. The truth of the matter is that, by the time they finally get their hands on it, they often end up overcompensating for what they missed, and that totally defeats the purpose.

Instead of eliminating the junk, how about gradually adding more healthy food choices into your diet?

If you're having a meal and typically go for fried chicken – because who doesn't like fried chicken, right? – instead of getting four chicken wings, fries, and a side of coleslaw, just cut the unhealthy stuff in half. Bring the number of chicken wings down from four to two, then add in more healthy items like green beans or mixed vegetables.

The idea is to avoid restricting yourself from having whatever it is that you want. The idea is to make sure that you eat something "healthy" along with any "unhealthy" food you might want to eat.

When people join my program, they tend to ask me about what they can and cannot consume. "Can I drink wine? Can I eat this? Can I eat that? My answer to that is always: "Yes, absolutely." But do I want you to have a lot of it? Absolutely not, and that's why I make it a point to remind people that it's about understanding how to incorporate healthy eating habits into your lifestyle.

That's why you'll never hear me talk about being on any type of diet. That's also why you'll never hear me encourage you to get on a specific diet. Diets are short-term solution but living a healthy lifestyle will positively serve you for a long, long time.

Personally speaking, I enjoy my own little vices as well, but I eat healthy for the most part.

Today, I would like to encourage everyone to take a step back and look at your eating habits differently. Instead of saying, "I cannot have this, I should not have that," change your perspective by saying, "I am going to enjoy this, but I am also going to learn to enjoy more healthy food options as well."

Want to Enjoy Your Favorite Foods but Still Lose Weight? Here's How! cont'd

By consciously cutting down on the unhealthy food, adding healthier food options to the plate, and understanding that it's all about finding the balance in both, I believe that you will be able to reach your fitness goals and really take pleasure in your fitness journey.

I also want you to know that I'm going to be creating a series of videos where I talk about the many different ways you can incorporate healthier food choices to your daily lifestyle. So, if you enjoyed this tip and would like more tips on how you can incorporate healthy eating habits to effectively improve your body and enjoy your body more without worrying about the scale, please go to fitnessisnotagame.com/freetips.

See you soon!

How to Handle the Uncomfortable Stares from Men at the Gym

Today, I'm just providing a fun tip for all the ladies, but all the men out there can – and probably should – listen up, too. But, first, I'm going to kick things off off with a question.

Women, do you ever feel uncomfortable at the gym? Do you ever feel like the men are staring at you because you're in a sports bra and you're in a tank top and you're wearing spandex and it's almost as if they feel like they should be able to look at your curves? If so, raise your hand.

That woman I just described was me. I was that woman you see at the gym who would feel so uncomfortable with men's looks that I would take it upon myself to wear basketball shorts.

Have you ever tried to wear over-sized clothes to the gym – baggy t-shirt, baggy shorts, baggy sweats – because you were just tired of the men staring at you while working you? If so, raise your hand.

If you raised your hand, then you know how uncomfortable and distracting it is to have to wear baggy clothes. No matter how dedicated you are, you simply aren't getting the most effective workouts because you aren't wearing the appropriate clothing for working out.

If I was running, I would constantly have to hold my baggy shorts up to prevent them from falling off, and that took away from the focus that I should ideally be putting into the exercise.

Well, I figured out a trick. Are you ready to find out what it is? Listen up, ladies.

One day, I said, "You know what? I just need to put on whatever it is that's comfortable for me to work out in," and that is exactly what I did.

Of course, men being men, when they see a woman, they don't really care how your body looks. They're just going to look at it, anyway. If you have any part of a shape, they're really going to stare at you. That's just the way they are.

I always make jokes about how, for some reason, I was a magnet for people who were 65 years old and up. I was literally getting all of them – all of them sitting on the bikes, acting like they were riding the bikes even though they're really just watching women go back and forth.

I thought about it and eventually decided that I wouldn't stop wearing comfortable workout clothes just because of all these people who love to stare. I said to myself, "I'm still going to wear whatever it is that I want to wear when I'm working out, so that I can get a good workout. But, instead of feeling uncomfortable, I'm just going to look every single one of them in the face and smile."

They made me uncomfortable all this time by staring everywhere they shouldn't stare, so I'm going to make them uncomfortable by staring right back at them, dead in the face, smiling, and saying, "Good morning!"

Guess what? Staring back at them – and actually acknowledging them – makes them have to pull their eyes up because now they know that you've seen them. Now, they have to look at you in

How to Handle the Uncomfortable Stares from Men at the Gym cont'd

your face – which is something they probably haven't even looked at yet because they're so busy looking at everything else – and now they actually have to say something back.

Once I had the trick figured out, I would come in for a workout every day and I just stopped acting like I didn't see them. Furthermore, I made it a point to make sure that I address them whenever I'd see them. “Good morning!”

It didn't take long before the whole situation turned into a type of respect thing. I no longer felt like they were gawking. Sure, they're men, so they're bound to look, but I noticed that they started to treat me more like the person that I am. They started to inquire. They actually knew my name, and they found out more about me – such as the things that I've done in the past.

If you happen to be one of the many women around the world who feel uncomfortable about working out at the gym because of the way people tend to stare when you're wearing appropriate workout clothes, I hope my trick works out for you the same way it has worked out for me.

The first thing to keep in mind is that you shouldn't cower away when they look at you. Don't shy away. Don't let them control how you respond and how you act when you're at the gym.

Instead, look them straight in the eye, smile, and say, “Good morning!” or “Hello!”

Do the exact same thing that you would expect them to do when they see you – show respect.

Now, I do like to share other fun tips, but I have a freebie that I would like to give you on how to improve what you see in the mirror and they're looking at as well without even worrying about the scale. So, if you would like to receive some of those tips, click the link or go to fitnessisnotagame.com/freetips.

Have a good one, everybody!

I Know You Don't Want to, but Here's Why You Should Exercise During Your Cycle

The information I'm about to share today is intended for my ladies.

(Guys, you're welcome to listen in. Maybe you'll learn something that you can pass on to the women in your lives.)

Ladies, I want to talk about something that we all experience regularly, something that affects us in varying degrees, something that we all tend to dread. What is it? Menstrual cycles and cramps.

Many women tend to suffer debilitating cramps during their cycles, and it literally makes them not want to do anything. They'll often be found saying, "I feel like crap. I'm not going to the gym. I'm just going to lay on the couch and eat bonbons while watching soap operas and talk shows."

What a lot of women don't realize is that we should actually be working out during our cycles.

When I went to basic training for the military – yes, I am an Army Vet – all the drill sergeants were male except for two females. During one of the first few weeks of basic training, they split us up so that they would have the guys with the male drill sergeants while the females stayed back and talked to the female drill sergeants. Of course, the male drill sergeants didn't want to talk about girl stuff.

The female drill sergeant said, "Look, I don't want to hear any of you say that you can't do PT stuff because you have cramps. That crap will work on the male drill sergeants, but it sure won't work on me. I'm a lady, so I know how it goes. You're actually going to feel better when you work out during your cycle. Trust me."

Naturally, I didn't believe her. I was just like, "Oh, she's just being hardcore."

Guess what? She was right – absolutely right!

Working out while you're on your period can be really beneficial for you, but it doesn't mean that you have to do a lot of strenuous workouts in order to reap the benefits. You don't have to run five miles or get on a bike. All you need to do is go for a walk, or a jog, or lift weights.

The reason behind this is because your body releases feel-good endorphins whenever you exercise. Endorphins give you a natural high that helps to make you feel better and boost your mood.

Furthermore, endorphins help minimize stress which is one of the major culprits behind debilitating cramps. When you're on your period and you sweat it out, you are literally sweating out all the stress. You're sweating out the extra cramps which essentially makes you feel so much better.

I don't know about you, but there are days when I don't always want to get up and go to the gym or even workout at home or run out in my neighborhood. You wake up, you experience those cramps, and you literally just don't want to do anything. But, when you force yourself to go on

I Know You Don't Want to, but Here's Why You Should Exercise During Your Cycle cont'd

and get up, magical things can happen! Every time I persist, I find myself feeling better when I'm done, and I really want to pass that important tip along to all my ladies that need the boost.

The important thing to take away from this is to make sure that you do not hibernate during your cycle. When you're on your period, you need to get out there and get active. If you're cynical about it, that's fine. I was cynical about it when I first heard about it, too. But I gave it a shot and found that it really does work.

Working out during your cycle really helps to make you feel better.

I hope you enjoyed that tip and you'd like to receive more tips like this, I would encourage you to please sign up with me. Give me your email and I will send you my freebies that have more tips on how to enjoy your body and improve your body without even worrying about the scale.

If you want that information, you can go to [Fitnessisnotagame.com/freetips](https://www.fitnessisnotagame.com/freetips) or click on the link.

See you soon!

Why Not Eating Often Enough is Making You Actually GAIN Weight

When I talk to people, a lot of them will say, "I don't know why I'm not losing weight. I barely even eat at all. I eat only once or twice a day." They're always so surprised whenever I tell them that that's probably the reason they aren't losing weight – they simply aren't eating enough!

I know it sounds crazy, but you must feed your body enough to burn calories.

Your body is smart. Your body is built to protect you. That's why it's not going to let you starve yourself. That's just how the body works.

Now, I'm going to tell you how metabolism works.

When you eat, you may not realize it, but you're training your body. Your body says, "All right, I've eaten breakfast." Let's say you've had a bowl of oatmeal, one banana, some hard-boiled eggs, and lots of water. All in all, you've consumed around 300 to 350 calories. Your body will use that as storage because that's the body's fuel, and we need to start viewing food as fuel for the body as opposed to something that's harmful or bad.

Food is fuel. Food fuels your body to give you everything you need in order to get you through each day. Whenever you provide your body with enough fuel, it responds by providing you with energy to do whatever it is that you need to do.

Let's say you've eaten breakfast at 7:00 in the morning. At around 10:00 in the morning, you decide to have a small snack – maybe you snack on some almonds and blueberries or something. Your body would still be burning the fuel that it was given at breakfast, but it knows that you've just given it some more fuel, so it's going to continue to give you energy. By lunchtime, the body gets another serving of fuel, so it continues to give you more and more energy.

If you keep providing your body with fuel, it will become accustomed to burning fuel at a certain rate. Of course, you need to be providing your body with clean fuel which you can only get by eating healthy food options. When we're giving the body the healthy fuel it deserves, it's going to give you all the energy you need.

Now, let's switch things up a bit. Let's talk about those people who say, "I don't eat breakfast. I typically eat one big meal around dinnertime and that's it." What effect might that have on the body?

Remember, your body is smart. It gives you the energy that you need. If you are not fueling it properly, if you just aren't eating at all, your body goes on reserve. It says, "You know what? I can't keep burning all these calories because he/she is not going to feed me until dinnertime. If I keep burning all these calories, she's only going to end up being tired and he/she is not going to have the energy to do anything else. So, I'm going to reserve this, and I'm going to slow down until he/she feeds me again."

Your metabolism slows down, and the body decides to reserve and conserve all the energy and fuel that you've given it because you haven't given it anything else since the day before.

Why Not Eating Often Enough is Making You Actually GAIN Weight cont'd

The funny thing about most of the people who only eat once or twice a day is the fact that they typically don't even eat healthy stuff. Let's be honest. Most of these people opt for high-calorie, high-fat food like pizza, burgers, and fries.

When your body is burning fuel at a slow pace and you give it unhealthy fuel to burn, it doesn't really have time to burn calories efficiently. As a result, the unhealthy fuel doesn't get burned and it doesn't get out of your system the way it ought to. Instead, it gets stored as fat.

People who choose to eat once a day need to realize that what they're doing isn't healthy. In fact, it's one of the reasons the scale doesn't move. When you fail to provide your body with enough fuel to improve your metabolism, you end up with extra fat deposits.

You must start training your body to burn more calories by eating healthy meals in controlled portions which are given at reasonable intervals throughout the day. Once you train yourself to eat properly, you will gradually see the results you're looking for.

I know it's difficult for people who don't like the idea of eating frequently. In fact, it can be a real challenge in the beginning. I won't say that I was ever one of those people who only ate once a day, but it was hard for me to stick to having three meals plus two or three small snacks a day. I felt like I couldn't eat that frequently, but I did it anyway. It's about making the lifestyle change that you need to set you up for success.

I hope you enjoyed that tip because I have even more tips that I would like to share with you. Visit fitnessisnotagame.com/freetips and sign up to receive a freebie that will show you how to improve your body without even stepping on the scale.

Have a good one!

Do You Think You Can't Do Regular Pushups? Yes, You Can

Let's talk about one of the most effective ways to strengthen your body.

Like most people, I struggled with push-ups. I would see men doing push-ups and I would envy them because I always thought it was really cool to be able to just get on the ground and knock out a full set of push-ups.

Before I underwent basic training for the Army, I went through a special program called reception where they made sure you were physically fit. Reception only required me to a single push-up to get into basic training. But, by the time I graduated from basic training, I had to be able to do 13 push-ups in two minutes. As an 18-year-old, I was so proud to be able to complete basic training in a span of eight weeks, but I could literally only do 13 push-ups.

Now that I think about it, that's really, really sad because I'm now past 40 plus and I have zero problems with push-ups. In fact, can do a variety of push-ups with ease. I think I enjoy doing them so much just because that was such a challenge for me. So, I accepted that challenge and I continued to push myself to learn how to get better at doing them. It wasn't about just doing push-ups all day, every day. It was just a gradual strength that I wanted to build up.

In our Fitness Is Not A Game group, we do a lot of challenges, and one of them was a 100-push-up challenge. The goal was to do 100 push-ups in a day. The challenge was to see how many you could do by the end of the month. We didn't do push-ups every day. We did them every three days. You could do regular push-ups or modified push-ups.

And, yes, they're called modified push-ups, but they are not girl push-ups, okay? I feel like I really need to make that point because, when we ran that challenge, a lot of people in the group said, "Oh, I'm just going to do the girl push-ups because I can't do the regular push-ups." So, no, they are not girl push-ups. They are modified push-ups.

The tip that I want to share with you is to break it up into sets. It's all about muscle memory and strengthening the muscle. Tell yourself you're going to do ten push-ups. But make it a point to challenge yourself to do one regular push-up in that first set. This is especially useful for people who struggle with push-ups.

Challenge yourself to do at least one regular push-up in the first set. Period. Do one regular push-up, then do nine modified push-ups, Stretch it out. Give yourself a little time – maybe 20, 30 minutes, or whatever. If you're ready to jump back in two minutes later, go for it.

For the next set, challenge yourself to do two regular push-ups and then eight modified ones. For the next set, do three regular push-ups and seven modified. Keep at it until you can actually do ten regular push-ups.

Make sure not to pressure yourself too much because, most of the time, it's all in the mind. Sure, it's about physical strength, but many times it's mental. Many say, "I can't do it. I just can't do it." If you tell yourself you can't do it, guess what? You're probably right. But, if you tell yourself, "Yes, I can!" then you're more likely to figure it out. Just make sure not to pressure yourself into thinking you have to be able to do ten regular push-ups, back to back to back.

Do You Think You Can't Do Regular Pushups? Yes, You Can cont'd

Also, because the regular is more challenging as opposed to the modified, it's more ideal to do the regular ones first. You don't want to say, "I'm going to do seven modified and then I'll do three regular," because, by the time you've done the seven modified, you've already burned that muscle out.

If you would like to join one of our challenges, you can jump in with the group. Just don't tell the people who are already in the group that push-ups are coming back.

Whether you decide to join the group challenge, or if you choose to challenge yourself on your own, I hope that you will take it upon yourself to work on your upper body strength by training yourself to do push-ups – particularly regular push-ups – by following the process I've just shared with you.

If you liked that tip and would like to learn more tips on how you can strengthen and improve your body without even worrying about the scale, please join me by clicking on the link or going to fitnessisnotagame.com/freetips so that I can send those tips on over to you.

Have a good one!

2 Surprising Ways to Eat Less With Each Meal

Let's talk about food and how it relates to fitness.

People often say they eat too much, and they ask me if there is anything they can do to change how much they eat, especially since most of them have a tendency to eat too much unhealthy crap.

Now, one of the most commonly given pieces of advice is to just not eat everything that's on the plate, but that's not really practical or polite, especially when the food is actually really good.

If you want to lessen the amount of food you consume each meal, what I have found to be quite effective is drinking water beforehand. What happens is you trick yourself into feeling full even before you start eating. Once you actually dig into your meal, you're more likely to feel full after a few good bites.

Another way to trick yourself into feeling full faster is to have a serving of fruit or vegetable right before the meal. This is something I do whenever I'm preparing dinner. I might have a serving of fruit while I'm in the kitchen. I also gravitate towards eating the vegetables on my plate first.

The great thing about having fruit or vegetables first is the fact that it contains water and fiber which helps aid digestion. When fiber and water reach your colon first, it's almost like it paves the way for all the other food that's about to come in. Naturally, drinking water throughout the meal helps to flush all the food through and it all becomes easily digested by the body.

Of course, you'll want to make sure that you stick to healthy food choices. But, in the event that you do want to indulge in some unhealthy crap, try to make sure that you drink lots of water and try to trick yourself into eating less of the junk and more of the health stuff.

If you liked that tip and would like to find out more about how you can improve your body without even being worried about the scale, please click the link or go to fitnessisnotagame.com/freetip.

The Best Kept Secret for Improving Your Running Distance

Fitness is fun, but it's not a game, and it's important that we talk about cardio.

Most people like to go walking with their friends. Whether it's a quick walk around the neighborhood or taking on an actual trail, it's easily one of the most fun ways to get a few minutes of cardio activity into your day.

I'm going to give you a little tip on how you can make the most out of your cardio workouts, especially when you're strapped for time.

Intervals!

Nowadays, there's a lot of talk about HIIT or high intensity interval training, but my little tip has nothing to do with HIIT. In fact, we don't even have to go to high intensity in order to maximize the benefits of cardio.

Intervals are effective even without having to push yourself to the limits. The reason intervals work is because they simply challenge the body and, as a result, they make your body stronger.

So, how do you incorporate intervals into your cardio workouts? It's simple.

When you're out for a walk at the park, pick out two landmarks. You might choose a tree and a bench. Make sure there's a reasonable distance between the two – not too close, but not too far either. You might decide to jog from the tree to the bench. Once done, you might go back to brisk walking, then you can pick another two landmarks, but do a sprint from one point to the next.

Not everyone can jog or run a full mile. Their legs might feel like giving in, or maybe they end up short of breath, or maybe their heart can't handle it. That is exactly the reason why people have to work up and build up their bodies in order to be capable of jogging or running certain distances. It's a physical capacity that you need to build.

Intervals can be a fun way to effectively train your body to grow stronger and more capable of doing more cardio activity. Furthermore, it helps you to burn more calories.

Now, I suggested jogging and doing sprints, but there are other things you can incorporate into your interval training. For instance, you might decide to do walking lunges from one point to another. I know most people hate walking lunges, but they're actually such an effective way to really get your thigh muscles involved.

Walking lunges are especially beneficial for people who are looking to lose weight. The leg muscles are the biggest muscles in your body. Whenever the leg muscles are engaged, you're actually burning more fat than you would by working on a different muscle group. It also promotes faster metabolism.

The key thing to keep in mind when doing interval training is to make sure that you stick to a certain route. If you decide to walk a mile, you might decide to switch things up every 50 yards.

The Best Kept Secret for Improving Your Running Distance cont'd

Walk at your usual pace, then jog, then walk, then sprint, then brisk walk, then walk at your usual pace again.

You can skip. You can do walking lunges. You can do side moving lunges. You can even walk backwards. There are literally so many different things you can do to keep things fun. As long as you're willing to try different things, you will never get bored of interval training.

You will see great results once you incorporate interval training into routine. I guarantee it.

If you liked that tip and would like to receive more tips on how to strengthen your body, please click on the link or visit fitnessisnotagame.com/freetips.

I'll talk to you soon!