



Nutrition & Fitness Guide

By Nicolas Romo

I've prepared this Nutrition and Fitness Guide to provide you with a better understanding of what it takes to get in the shape of your life. You will learn about nutrition, resistance training (weight training), cardiovascular workouts, and the healthy way to lose body fat. There are no secrets to losing unwanted fat and getting in shape. I can show you how. I look forward to helping you achieve your health and fitness goals. Good luck to you! I know you CAN do it!

Setting Goals

Before you pursue your health and fitness goals (or any goals, for that matter), it is imperative that you have the discipline, perseverance, and motivation to carry them out...to succeed. The first step is to make the decision to change. Second, develop a positive attitude and believe in your heart that you will reach your goals. Imagine it as though it has already happened. Doing this will greatly improve your chances of achieving your goals. Once you have decided that you want to improve your body and have set clear goals, you need to have a plan. How are you going to reach your goal(s)? Unfortunately, most people don't have a clue as to how they are going to attain their goals. They simply "shoot" aimlessly not knowing what their target is. Write down your goals and the steps that you are going to take to reach them. You are more likely to reach your goals if you write them down. Writing your goals and keeping track of your progress in a journal is an excellent way to keep yourself motivated and on track.



This can be accomplished by simply taking a couple of minutes every night to write your goals down for the following day. Your journal should contain long-term goals as well as short term goals. An example of a long-term goal is: lose 15 pounds of fat by the end of the year or run a mile in 6 minutes within five (5) months. An example of a short-term goal could be as simple as: go to the gym three (3) times next week or go for a jog tomorrow. You will be surprised how *powerful* this simple task can be. Try it today. You can find a Free Workout Log at www.eternalfitness.com that will assist you greatly in keeping track of your progress.

Change your Body...
...Change your LIFE.

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Knowledge

If you don't know how to work out or simply lack the motivation to learn to exercise and eat properly, purchase some books on nutrition and exercise or ask someone who is knowledgeable to help you out such as a certified personal trainer. Books are a good starting point, but they will *not* be effective at teaching you proper exercise form (biomechanics). It is best to have someone teach you how to perform exercises properly to help you prevent injuries and to *maximize* your efforts and *results*. A personal trainer can serve as a great motivator and instructor to keep you on track to ensure success.



Patience

You need to be patient. For those of you trying to shed unwanted pounds, you should lose 1-2 pounds of fat per week. Losing more weight is not recommended, and basically, not safe. Losing more than 2 pounds usually means that you either lost water or muscle (two things that you don't want to lose). Most people will *initially* lose more pounds at the start of their exercise program and the weight loss will taper off as you continue your exercise regimen. It is important that you understand that it is best to keep track of your body fat percentage as opposed to keeping track of your weight on the scale.



The reason that you don't want to lose muscle is that muscle is metabolically active. What this means is that muscle burns calories while at rest. As a matter of fact, one pound of muscle burns between 35-50 calories while at complete rest. So by losing muscle, you are actually lowering your metabolic rate, which will translate into more fat being stored by your body. Another important piece of information regarding muscle is that muscle weighs more than fat. In other words, one pound of muscle is denser than one pound of fat and, as a result, takes up less space. Interestingly, one pound of fat "looks" as if it is heavier than one pound of muscle due to its "bigger" size. Therefore, solely monitoring your weight on the scale is not a wise thing to do because as you exercise (specifically weight train), you gain muscle mass which can give you the impression that you are not losing any weight or that you are possibly even gaining weight. Gaining muscle is a good thing for both men and women. So, instead, you should monitor your body fat percentage and pay particular attention how your skin is becoming tighter and how your clothes are starting to fit better. You should check your body fat every few weeks or so to ensure that it is going down. There are many methods for monitoring your body fat percentage. The most common method is with a fat caliper. A personal trainer trained in using this equipment can help you discover what your body fat percentage is.

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If your goal is to gain lean muscle mass, you should gain approximately two pounds of muscle per month (10-12 pounds of muscle per year). It is more difficult to gain lean mass (muscle) than to lose body fat. It is imperative that you understand this. People don't get out of shape over night, so please don't expect to get in shape over night as well. Please have patience.

Now, let's jump right into the gist of things. We'll begin with probably one of the most important topics – Nutrition.

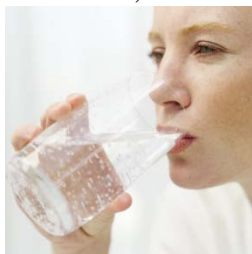
Nutrition

They say, “You are what you eat”, right? That statement is so true. If you tend to eat unhealthy foods, you will most likely not look or feel your best. On the other hand, eating nutritious foods will help you feel great as well as improve your appearance. Choosing healthy foods, coupled with a weight-training and cardiovascular program is what is going to help you shed unwanted pounds. Missing any of those pieces will undoubtedly derail your progress.

**You are...
...what you eat.**

Now, before we get into the gist of a sound nutrition program, I am going to suggest that you invest in a food weight scale and measuring cups. You will need these items to correctly measure the amounts of foods that you will be eating. Also, get into the habit of reading food labels as they contain very important information.

First of all, you need to increase your water intake. Most people do not drink enough water and, as a result, are missing out on the many benefits that it provides. You should drink at least one liter (32oz.) of water per day to *start* if you are not accustomed to drinking water and gradually increase your consumption. As a matter of fact, you need 64oz (8 cups) of water per day (more if you exercise, are a “large”, or tall person). Exercising during hot weather will also call for more water consumption, as your body loses a lot of fluids through perspiration in an effort to cool itself. A good-rule-of-thumb is to drink approximately 8 ounces of water thirty minutes to one hour prior to exercising, a few ounces every 15 minutes while exercising and approximately 2 cups for every pound lost at the conclusion of your workout to replace lost fluids.



Juice, milk, and sports drinks count toward your “water” intake because they are essentially composed of water, *but* they also contain calories mostly in the form of carbohydrates accompanied with some vitamins and minerals. Therefore, be careful when drinking juice or sports drinks such as Gatorade. Unless you are a distance runner, tri-athlete, etc., too much juice or sports drinks will add to your waistline, because of the many calories they contain. Most

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adults shouldn't drink more than 2 cups (16oz) of juice per day, especially if they are inactive. Increase your water intake gradually to allow your body to get accustomed to the fluid increase. A good indicator that you are drinking enough is when your urine is clear. Drink more water if it is yellow.

As a matter of fact, ease into everything that you do, especially if you have never worked out or have not worked out in a long time. Starting off "Gung Ho" style is not recommended because people usually burn out and quit before they see any results. So, increase your liquid intake over time.

Drinking plenty of water will help you lose extra pounds and will also help your body get rid of toxins, and flush out your system. Very important! Other benefits of drinking water are that it gives color to your complexion, giving you a healthier appearance. Plus, it keeps you hydrated. Even the slightest dehydration will give you the impression that you are hungry when, in fact, you are thirsty. If the weather and your health allow, drink cold water; your body will burn a few extra calories in the process of warming it to body temperature. The same is true when drinking hot liquids -- your body, in a thermogenic response, will burn a few extra calories cooling the water to normal body temperature. In my opinion, every calorie counts.

Following are some facts regarding water:

75% of Americans are chronically dehydrated. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as 3%. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study. Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day? (No kidding, all of the above is true.) Drink up! (Taken from a fitness magazine, author unknown)

It is recommended to drink 2 cups of water upon waking up and 1 cup before meals. Besides hydrating you, this makes you feel full, which ultimately keeps you from overeating.

Second, you need to eat breakfast. Many people skip breakfast and, as a result, are losing out on the many benefits of eating this most important meal. A *recommended* breakfast meal would be 1/2cup of oatmeal or 1 cup of whole-wheat cereal (such as Wheaties, Total, etc.) with one cup of non-fat milk. Obviously, if you can't drink milk for health reasons, you are going to have to use water or soy milk. Drink 1 cup of orange juice, 1-2 slices of whole-wheat toast (dry) and a

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couple of egg whites (boiled) or cooked with Pam Olive Spray or use olive oil, which is a good form of fat. Again, this is only a recommended and sample breakfast. The portion sizes, etc. will vary greatly depending on whether you are a female or male, whether you are very active or somewhat sedentary and are just starting to exercise. Saturated fat (the one that is hard at room temperature and comes from animal sources, such as butter) should be *limited* or not eaten at all. Eat the yolk sparingly. Although an egg yolk has many nutrients, it also contains a lot of fat and cholesterol (250mg). Two *whole* eggs, as a matter of fact, have more cholesterol (500mg) than what our bodies need (300mg) on a daily basis. The egg white is also one of the best forms of protein. So, since most of us want to lower our body fat, it is recommended to limit or exclude the yolk. Occasionally having the yolk is recommended to add flavor, to meet your daily fat intake requirement, as well as to help your diet from being boring and tasteless.



Breakfast should be eaten within one hour of waking up so that your metabolism is kick started. Breakfast will also give you the energy that you are going to need to get you through the morning and will also prevent you from overeating at lunchtime. Two to three hours later, you should have a snack (apple, orange, pear, peach, grapefruit, cucumber, cantaloupe, strawberries, non-fat/low-fat cottage cheese or non-fat/low-fat yogurt, half a turkey/chicken sandwich, or healthy snack of your choice.)

Eat fruits alone, preferably on an empty stomach. The fiber in fruit helps clean your intestinal tract, preventing colon cancer, especially in men. Also, your body is better able to fully absorb all the nutrients (vitamins and minerals) when you eat the fruit by itself.

Thirdly, you should eat every three hours (3 meals and 2-3 snacks) to maintain your metabolism elevated and to provide you with steady energy levels throughout the day. Believe it or not, you have to eat to lose fat. However, you must eat healthy/quality foods most of the time. Fat is also required by your body because it needs it for many functions (keep us warm, protect our organs, survival, breakdown of carbohydrates and protein), but you must keep it at a minimum (under 50 grams per day). Preferably, you should be "cheating" (eat anything you want) 1-2 times per week. Aim at eating healthy during the week (M-F) and treat yourself once or twice over the weekend, but don't overeat if you can help it. It is important to satisfy your taste buds once in a while to keep you satisfied and motivated. Make sure, though, not to binge all weekend. You can basically eat anything you want for your "cheat" meal, but do so in MODERATION. For example, instead of eating 4 slices of pizza, have 1-2 slices. *Gradually* cut down on fast- foods. You don't have to eliminate your favorite foods. Simply get in the habit of making positive lifestyle changes.

One piece of advice that will undoubtedly help you shed unwanted pounds is – stop eating when you are satisfied. This requires that you consciously become aware of how you feel when you

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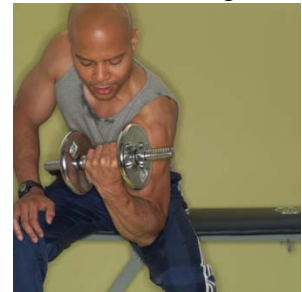
eat. Are you eating just because you have a big plate full of food? Are you eating because you don't want to throw away your food? If this is the case, place the food in a Tupperware container for later or ask for a doggy bag at restaurants. Are you eating out of boredom, depression, anger, anxiety, etc.? Pay close attention to how you feel when you eat and make an effort to overcome those urges to eat when you really shouldn't. If you absolutely must eat something, choose healthy snacks instead.

Again, a knowledgeable personal trainer can customize a sound nutritional plan to help you reach your goals faster.

Although not required, using nutritional supplements, such as protein drinks and bars, are very convenient snacks, especially for those of us who are always on the go.

Weight Training

You should lift weights at least three (3) times per week for thirty minutes. Prior to commencing your weight training session, make sure that you have warmed up first. Perform a general body warm-up first using any cardiovascular machine or walking outdoors for 5-10 minutes. Next, you must conduct a specific warm-up for the body part(s) that you will be working on. Do this by performing a couple of sets utilizing light weight which would allow you to perform 15-20 repetitions with *ease*. Warming up should not be painful or discomforting. It is important to warm up in order to prevent muscle and joint injuries. Warming up will also raise your core temperature, as well as increase your heart rate, preparing you for the upcoming workout. During your weight training sessions, keep the rest periods at a minimum (under 60 seconds) and perform 15-20 repetitions to maximize fat loss. These repetitions should not be easy like the initial warm up sets. Perform the repetitions in a slow, controlled fashion, always focusing on the muscle that you are training. Muscle-mind connection is extremely important and once you master it, you will see awesome results. Ensure that you are performing the repetitions throughout the full range of motion. In other words, feel the muscle(s) stretch slightly during the extension and fully contract at the end of each repetition. Be careful, though, not to hyper extend; doing so could cause you to injure muscles, ligaments, or tendons. Instead of sitting or standing around during your rest periods, stretch out for 15-20 seconds. Being flexible will help you prevent injuries and improve your strength as well. Never stretch cold muscles because you could injure muscles and joints. Ensure that you are warmed up prior to stretching.



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Aim at training your entire body in one week utilizing a split routine. A *sample* 3-day split routine program would be as follows:

Monday	Chest – Shoulders - Triceps
Wednesday	Legs - Calves
Friday	Back – Biceps – Abdominals

Please keep in mind that the above exercise routine is *only* one example of the many training programs and routines that are available to you. A very effective workout routine is called “circuit training”, which basically involves training every body part with minimal rest – 10 to 30 seconds or so -- between each set usually within a 30 minute workout. Again, a trainer can help you take advantage of the many types of programs that you can apply to your exercise routine.



Train large muscles first followed by smaller body parts. For example, when training chest and triceps in the same workout, train the chest muscles first and the triceps last. Lastly, weak muscles should be trained at the beginning of your workout routine in order to correct muscle imbalances.

If in doubt as to how to properly execute exercises, consult with a personal trainer in order to maximize your efforts at the gym. The investment will be well worth it.

Cardiovascular Workouts

Perform cardio 3-5 times per week for 20-60 minutes at your exercise heart rate (60% - 80% of your maximum heart rate) in order to maximize fat loss. Over exerting yourself can be counterproductive because you increase your chances of injuring yourself and you make it less likely that you are burning fat for energy. Also, not pushing yourself hard enough will certainly cause you to simply “spin your wheels”.

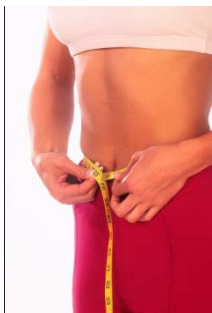
To figure out your maximum heart rate (MHR), simply subtract your age from 220. For example, a 20 year-old person has a MXR of 200 ($220-20=200$). This means that he/she should never exceed 200 heartbeats while exercising. Doing so could cause serious injuries and ultimately cause someone to go into cardiac arrest. To figure out your exercise heart rate, multiply your maximum heart rate by .60 to get the low end number and .80 to get the high end. For example, a 20 year old would have a target heart rate of 132-176 beats per minute ($200 \times .60 = 132$ bpm and $200 \times .80 = 176$ bpm). Now, to monitor your exercise heart rate during your workouts, first locate your pulse on your wrist or neck and count your heartbeats for 10 seconds and multiply the number you get by 6. This will give you your heart rate. For example, if you count



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25 beats in 10 seconds, your heart rate would be 150 beats per minute ($25 \times 6 = 150$). If it falls below 60%, increase your intensity (usually speed or incline on cardio machines). If it exceeds 80%, slow down.

The above method is the most common way of obtaining someone's exercise heart rate. A more personalized (as well as more complicated) method is called Karvonen's method. This method takes into consideration a person's resting heart rate (or condition of the heart). A more simple method to ensure that you are exercising within your exercise heart rate is called the "Talk Method", although with this method you will never know at what percentage of your exercise heart rate you are exercising at. For example, if you are jogging with a friend and you are able to have a conversation with that person without feeling a little out of breath, then you are probably not pushing yourself enough. No, it is not necessary -- nor safe -- to exercise to the point where you are out of breath and gasping for air. As a matter of fact, your body requires oxygen in order to burn body fat and when you are out of breath, your body is actually lacking oxygen and, therefore, you are burning little to no body fat while increasing your chances of injury. A qualified personal trainer can teach you how to breathe properly in order to help you get the best out of your workouts, both while lifting weights and performing cardio. Those of you who have known cardiac problems, who have never worked out or who have not worked out in a long time should maintain your heart rate at the low end (60%) of your exercise heart rate. *It is highly recommended that you consult with a physician prior to starting any exercise program.*



Some of the most effective weight loss activities are exercises that involve using large muscle groups or multiple muscles, such as outdoor brisk walking or jogging, hiking, swimming, cycling, stair climbing, walking on a treadmill at an incline, as well as the Stairmaster and elliptical machines. When using the treadmill or Stairmaster, do not hold on to the railing. Instead, allow your hands to hang and swing freely. You will benefit more and burn more calories when not holding on. While using the Stairmaster, it is also very important not to hang all over the machine. Instead, maintain your body upright. Another important tip for using the Stairmaster is to avoid taking "baby steps". It is more beneficial to take full steps as if you are actually walking up stairs. Finally, cardio should be done after your weight training session. You want to be at your strongest during your resistance training session so that you have the energy to lift and perform the most reps possible, because the more muscle that you build as a result of weight training, the more calories that you will burn while at rest.

Cool Down

At the end of your workout routine, it is equally important to warm-down for at least 5 minutes or until your heart rate drops below 120 beats per minute. Make a conscious effort to lower your heart rate to normal by breathing in and out deeply.

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Stretching

Stretch at the conclusion of your workout as well. As mentioned previously, stretching should *not* be painful. Stretch to the point of discomfort and *hold* (static stretching) the stretch for 15-30 seconds. Do not bounce (ballistic stretching) as this could cause muscle tears. For each body part, repeat the stretching exercise at least 3 times.



Challenge Yourself

Wether you are doing cardio or weight training, always challenge your muscles. You don't necessarily need to feel excruciating pain, but make sure that you do feel some discomfort. Your muscles will not improve if you fail to push them beyond their normal limits (Overload Principle).

Stay Active

By all means, try to stay as active as possible. Move, move, move! Movement is one of the keys to expending excess calories and staying heart healthy. Use the stairs instead of the escalator or elevator. Walk for 10-20 minutes during your lunch break. You get the point.

Conclusion

In conclusion, don't forget to be patient. As mentioned earlier, it takes time to see results. Your body is not going to change overnight. Set small goals and reward yourself when you accomplish them. You need to be consistent with your diet and workouts. You will be glad at the end that you did. There is nothing more rewarding than setting a goal and accomplishing it. Don't be so hard on yourself if you miss a workout or get side tracked with your diet. Instead, simply get back on track. Shoot for consistency, not perfection. There is no such thing as perfection. We all have room for improvement. Most importantly, envision yourself succeeding and don't give up. I know you can do it!

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Nutritional & Weight Management Guidelines

1	Be patient. Healthy weight loss should be 1-2 pounds per week. However, it's best to have your body fat measured and monitored instead.
2	Plan your meals. This will prevent you from going to a fast food place, helping you avoid unhealthy food choices.
3	Do not skip breakfast! Eat within 1 hour of waking up to rev up your metabolism.
4	Eat every three hours (5-6 times) to keep your metabolism elevated throughout the day (3 meals & 2-3 snacks).
5	Eat small portions of foods at each meal. It is all about portion control.
6	Refrain from allowing too much time (4 hours or so) to pass without eating. Doing so slows down your metabolism, making it easier to store fat.
7	Eat slowly. Put the fork/spoon down after each bite. It takes approximately 20 minutes for your brain to receive the signal that you are full.
8	Chew your food thoroughly. This goes hand –in-hand with not eating in a rush.
9	Eat plenty of complex carbohydrates (legumes, veggies, fruits, grains.)
10	Select non-fat, diet, lite, low-cal, fat-free, & low-fat foods & dressings regularly.
11	Limit or eliminate concentrated sweets, butter, margarine, fast foods, fried foods, & alcoholic beverages.
12	Drink plenty of water (Eight 8oz cups or more per day)
13	Eat a small garden salad before dinner & eat your veggies first.
14	Refrain from eating pasta, rice, potatoes, and bread four hours before you go to bed.
15	Learn, practice, & follow a healthful eating plan for the rest of your life.
16	Move, move, move! Use the stairs instead of the elevator or escalator. Walk during your breaks at work. Park a distance from the mall and walk. Stay active!
17	Exercise! Lift weights at least 3 times per week for 30 minutes, keeping rest periods at a minimum & do cardio for 30- 60 minutes 3-5 times per week.
18	If necessary, hire a personal trainer to motivate you & help you reach your goals. Take nutritional supplements (bars, protein shakes, etc) to give you a boost.
19	Consult with a physician before starting an exercise program.



**Believe in Yourself
You Can Do It!**

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About the Author

Nicolas Romo has been helping his clients reach their health and fitness goals as a Certified Personal Trainer since 2000; however, he currently does so only during his spare time. He is certified through one of the most respected certification schools in the world—International Sports Sciences Association -- and has taken numerous fitness, health, and nutrition college courses. Further, he possesses a two-year degree in Exercise Science, a Fitness Specialist Certificate, as well as a four-year degree in Criminal Justice. He is always expanding his fitness knowledge by reading magazines, books, and fitness article and journals. Finally, he is currently a full-time licensed Realtor with Prudential California Realty serving Southern California.



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Nicolas created, designed, and wrote this document.

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What Is a Workout?

A workout is 25% perspiration and 75% determination.

Stated another way, it is one part physical exertion and 3 parts self-discipline.

Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner – the mark of an organized, goal-oriented person who has taken charge of his or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth...when you finish a good workout, you do not simply better – you feel better about yourself!

Just do it!

Workout!

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