



# EPIC<sup>1</sup>C·LIFE

Principles to Living an EPIC  
Healthy and Fit Lifestyle

## Principles to Living an Epic Healthy and Fit Lifestyle

So, there are plenty of workout plans, diets, routines all over the internet. What makes this any different than any of those? *Nothing at all.* Everyone's *body* is different and will react in different ways. There's numerous strategies and methods out there, but the fundamental principles remain the same.

First things first – you finally decided it was time to make a change. You decided. You purposed. You determined. Essentially, it's all about you conquering your mind. Your mind will hold you back from anything and everything that is hard, that causes discomfort or that you need effort for. I can only go so far as to motivate you and empower you with the tools to succeed.

**Bottom line, it's you verse you.**

### 🚴 MISSION

What's your mission? In the military, we have a mission. The mission drives planning, it drives training, and it gives direction. You need a mission, a fitness mission - you need a goal. Take a second and brainstorm three tangible goals (short term and long term) and write them down to the right. You need to visualize your goals. I recommend cutting this goal box out and posting it somewhere you can see every single morning. Again, half the battle is in your mind. Setting goals will create direction, produce drive, and

**EPIC-LIFE**

**Short Term Fitness Goals**

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**Long Term Fitness Goals**

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hold you accountable. Don't be too general on your goals, you need something that can be measured, i.e. lose 15 lbs., fit into my old pants, squat x amount, etc.

**Bottom line, you need to move towards something.**

**Why do most people fail?** It's simple, the goal wasn't that important to you. If I told you I would have a briefcase with one million dollars in it waiting for you if every morning at 0500 for next 66 days you did 100 jumping jacks - there's no doubt in my mind that you'd be up at, not 0500 but 0430 every day just in case, and you might even do 101 jumping jacks. It's what you make a priority. I'm not going to list the physical, mental and physiological benefits of fitness - I'll let you google those facts - but those facts alone should be enough to allow you to see the importance of maintaining a healthy and fit lifestyle.

**Bottom line, whatever the goal, failure happened because you didn't make it a priority in your mind.**

### **🚶 SELF-TALK**

Self-talk may be a new one for you. We become what we think about. What you feed your mind, like a seed, will grow. We are born incapable of everything - but we learned and grew. That should motivate you to realize that you can literally be anything you want to be when you put your mind to it. Understand that we are powerful beyond measure. Do you know what your brain is capable of, if we put in the time, the effort and the dedication? It's only a matter of time before your situation matches your self-talk. We all need encouragement, but it starts with you. Every morning - wake up and go get your goals.

**Bottom line, stop telling yourself you can't do it.**

➔ Here's my challenge – I need you to stick to your goals for 66 days. Research says it takes 66 days to build a habit (I will push you to do that three times,  $66 \times 3 =$  just about 6 months). I need you to purpose in your mind to breach 66 (#breach66). I promise you will see results after phase 1 (66 days).

### 🏃 CONSISTENCY

This is huge - it's not about intensity, it's about consistency. As with building any good habit, consistency is what works. It must be a daily thing. You must make fitness a lifestyle. In a society where people want immediate results, immediate satisfaction - patience is forgotten, and people tend to lose interest or just give up. There's a quote that says, Rome wasn't built in a day. You finally being consistent and working out at the gym for a whole week, isn't going to make you a fitness model. It takes time, it takes sticking to a schedule.

**Bottom line, make adjusts, not excuses.**

## 🏋️ DISCIPLINE

Like consistency, discipline is learning to control your mind. Webster defines discipline as *training oneself to do something in a controlled and habitual way*. No one said keeping a healthy and fit lifestyle is easy, especially now that Uber will deliver McDonalds to your doorstep. And then while you are working out - it starts to hurt, we feel uncomfortable, and our brain says stop. There is not one person you will meet who is stoked for the gym every day. There are days I don't want to be there - but I show up. There are days I certainly want to quit - but I push through. It's the discipline I created in myself. Stay focused on the puzzle you're building, not the puzzle piece. You must get uncomfortable, you must stretch beyond your normal, you must put in 100% effort. Growth happens when you push yourself, little by little, to the next level.

**Bottom line, build  
who you want to be.**

### *Build Healthy Daily Habits:*

- 1. As soon as you wake up, drink 2 glasses of water with lemon*
- 2. Eliminate all soft drinks, and minimize fruit juices*
- 3. Drink minimum of eight 8-ounce glasses of water (more is better)*
- 4. Eliminate all fast foods*
- 5. Take a multi-vitamin*
- 6. Opt to take the stairs as opposed to elevators / escalators*

## The U.S. Army follows the acronym FITT - which stands for Frequency, Intensity, Time and Type:

- **Frequency:** To become or stay physically fit, you should exercise at least 3 to 5 times a week. Spread out your exercise over the week. Being inactive during the week does not prepare your body for an intense weekend workout and can lead to injury.
- **Intensity:** The only way to improve your physical fitness is to make your body do more than it normally does. For example, to increase cardiorespiratory endurance, you must exercise within your target heart rate range.
- **Time:** The amount of time you spend exercising affects your level of fitness. If you are just starting an exercise program, limit your time to about only 10 to 15 minutes per day. Then increase your exercise time gradually. Once your workout program is established, you should exercise for at least 20 to 30 minutes, 3 to 5 times per week.
- **Type:** The types of activities you choose are also important for your success. Make sure that your exercise choices correspond to your goals and interests. To prevent boredom and overuse injuries, you should practice cross-training by participating in a wide variety of activities. Cross-training also ensures that more areas of your body become fit. For example, people who primarily walk for exercise could benefit from biking, which works different muscle groups in the legs.

Let these principles not only propel you in your fitness goals, but in everyday life. Essentially, this is a test of your mental strength. Can you overcome? Can you push yourself to the next level? Live EPIC.

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