

## **RICK'S NEW HEALTH PLAN**

So let's get this out of the way. I have been overweight for the overwhelming majority of my life. Due to that truth, it is possible that by the time you are reading this I have put the weight back on and have returned to my old habits thus abandoning this very plan. If that has happened that doesn't mean this plan doesn't work (because it does and will) it just means I am an idiot.

Next all "fad diets" work. They all do but they are either not sustainable or they are very bad for our health. We may lose weight but that doesn't mean we are healthy. I have done most of them or versions of them all and none have ever served me as a new lifestyle. I always put either more weight or at least the same weight back on.

Next, I am not doing this plan to live longer. I am a follower of Christ, I have a Biblical world view and I believe that we can do nothing to extend the length of our days, however, we have many choices we are allowed to make that determine the quality of life that we live. I did not commit to this to live longer, I committed to this plan to live better and to be a better witness for Christ. I grew weary of justifying gluttony and not taking care of my health. I am still and you are still going to die. But are you willing to live? That is the approach. This isn't about being afraid we are going to die, it's about being concerned about the way we live. Ok, so it's not that complicated and there is nothing groundbreaking at all. If I can do this anyone can, but it will require self-control and discipline. There is no other way.

I had to have help and accountability so the first thing I did was become part of a normal workout class of some kind with trainers that can help me workout appropriately for my age. I will give you the men who have helped and continue to help me. Sean Thompson is my current trainer [sean@1homefitness.com](mailto:sean@1homefitness.com) he comes to my home Blake Prime [blakeprime1216@gmail.com](mailto:blakeprime1216@gmail.com) Blake ran Godspeed gym which was the first gym I attended when I first started doing better and he was invaluable and introduced me to Sean.

Blake is now consulting and can help you as well.

These types of trainers not only help you work out wisely they offer

services to help you with a nutrition plan customized for you. What works for one person doesn't always work for the other and believe it or not men and women are equal but quite beautifully unique. So this is a typical week for me. I am 59 years old at the time of putting this document together.

I work out for 1 hour following the workout plan from the trainer two days a week. At this point in my life, I honestly don't need more than that and I can get that in. That is a reasonable schedule that I have been able to maintain. The workouts revolve around moving and light weights. The days of heavy weight for me are over. I find another day a week to do something on my own. My wife and I might walk at the park or ride the stationary bike, treadmill, rowing machine, etc. Whatever you may have but if not walking is fine. That is the extent of my physical workouts for the week 2 hours of moving and maybe another 30 minutes to an hour walking or something on my own on another day.

### **YOU CAN NEVER OUTWORK BAD EATING! NEVER!**

So now to the eating. It must be part of the plan. As I have stated you can't outwork bad eating but you also can't starve yourself and not exercise. We need both. You also can't just do math and try to stay on a number of calories. Yes, you will lose weight but the fuel matters. Where the calories come from DOES MATTER! Your body will be different but I work around 1,800-2,000 calories a day

1. My breakfast will be a protein shake with almond milk (use water or juice if you prefer) I use Natural Whey protein and a scoop of Field of Greens. A veggie omelet is my norm. A cup of fruit.

2. Lunch for me will feature a grilled protein (4-6 Oz or about the size of the palm of your hand) fresh veggie. I do this as meat with a side or make a salad but watch the dressing go with the Balsamic vinegar option.

3. Dinner is usually again something grilled or baked I stay away from

fried anything. More veggies and 1 carb. Carbs are fine but only one per day.

4. Another Field of Greens, Almond Milk, Protein shake.

5. I drink a soft drink on the rarest of occasions. Water is my main drink black coffee (2 cups a day) Stevia Soft Drinks if I need something new that is carbonated.

This is the base in which I work. I supplement with pure protein bars but the bottom line is I am going to consume mostly proteins and veggies with 1 carb a day. I lean more fish and chicken but lean beef and venison are in the mix.

Snacking is a minimum. If I do snack I go as healthy as possible. Almonds (watch the calories), Granola, pretzels (moderation). The snacking can hurt you so watch overdoing. Desserts are rare but on special occasions, I have one piece of cake for example not two.

To summarize I try to exercise at least two days a week

My diet consist mainly of grilled or baked proteins (3-5 servings a day bout the size of your palm)

Vegetables 5 servings a day

Some fruit but not more than 1 serving a day

1 carb a day

Stay around 1,800-2,000 calories (I am a 59-year-old man this will vary)

2 servings of Field of Greens a day