

# THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An Exclusive – Members only – ‘XR TO GO’ Publication

By Eddie Henry, XR Lifestyles, April 2016 – Issue 9

So you want to look like a fitness model? Do you really think you are cut out for that kind of lifestyle? This time of year is when I get about a half dozen pictures a day from my clients of models they want to look like. Images of crazy, lean, and muscular men and women are flooding my inbox. I personally like these messages because it allows me an angle to channel some motivation and create goals with my clients after the winter funk. However, are these types of goals attainable? For most people, absolutely, but I always have to mention the reality of this tough, fitness model lifestyle. Are you really willing to grind it out as they do on a daily basis?

Sure, there are a few genetic freaks out there that do very little to look the part, but for the rest of us, there are 3 key components required to become a fitness model that must be implemented 90% percent of the time: 1. You must exercise effectively every day. 2. You must eat whole foods. 3. You must limit your starchy carbs in the evening. Period. It is that simple. Follow this link for some of my fitness model nutritional tips:

<https://www.youtube.com/watch?v=7Yv1Zg4t7Aw>

Now let's breakdown these components just a bit more:

1. Effective exercise means working out at a level that creates results. This level typically keeps you breathless with exercises changing constantly and creating symmetrical fatigue. A fatigue that does not allow you to do another rep. Are you taking your exercises to this type of level? Most good trainers can help you with this goal. Think XR 2.0. Having a day off a week would be unacceptable under most circumstances. Even if you are under the weather, exercise like body work, yoga, etc. should be incorporated.
2. Eating whole foods are foods that have not been processed...at all. Anything tampered with by man would have to fall into your 10% reservoir or splurge meals. And there's more, most fitness models only splurge on minimally processed foods, which still have some nutritional benefit. The top 5 foods fitness models splurge on are: 1. Dairy, mainly Greek yogurt and kefir, 2. Sprouted grains like Ezekiel bread (sorry, most breads are out), 3. Nut butters in extreme moderation, 4. Dark chocolate, over 70% cocoa, and, 5. Alcohol, like red wine, not sugary mixed drinks. These items could only be consumed 10% of the time. Very rarely do you see fitness models having greasy burgers and bushwackers. Follow this link

to see a video I've made on fitness foods:

<https://www.youtube.com/watch?v=EEw1yJaXros>

3. Limiting your starchy carbs in the afternoon is probably the most difficult of all. This limitation tends to cramp your social status a bit, mainly because of where we live. Having no starchy carbs or alcohol at night is challenging when going out to eat, especially in the south. It seemed almost impossible to me until I started frequenting fitness conventions on the west coast. At the end of the day, the attendees would hit a yoga class and follow it with some sashimi and green tea. They were having as much or more fun than us, and I know for a fact they slept better and had more energy the next morning. Isn't this the goal to enjoy every day even more? Remember too, you are really only as fit as your friends so looking like a fitness model may not be cut out for you if your circle of friends center everything around food and alcohol. Maybe try to persuade your friends to spend more of their social time around activities. Wouldn't it be cool to go to an indoor bouldering (rock climbing) facility this Friday followed by good sushi rather than the same old thing?

It's not that we don't want it as bad as other people in more progressive areas of the world; these areas just have more options and availability. Have you been to California, Colorado, or southern Florida lately? These areas of the country have more activities and healthy dining options in a one-mile radius than we do in the whole state, seriously! Again, this reasoning is why I feel that it can be a "tough lifestyle" to be a local fitness model. It is totally doable, but just a little extra challenging due to our area. If you are up for the challenge and

feel this lifestyle is achievable for you, send me your goal pic, and let's do this!

### **Food of the Month: Sardines**

Sardines are quite possibly the healthiest food ever. They are also the most convenient food ever. Sardines contain one of the most concentrated sources of omega 3 fatty acids EPA and DHA, and they are a great source of amino acids and B12. Try having a can twice a week for optimal health and fitness. Don't be freaked out. They taste very similar to canned tuna.

Below are the sardines I get from

<http://www.thrivemarket.com>



### **Exercise of the Month: Hanging around**

Grip strength may be the second most important area to strengthen behind foot strength for injury prevention. A poor grip can lead to tennis elbow, golfers elbow, carpal tunnel, and much more. Strengthening your grip has proven to help prevent these ailments along with overall upperbody development. While in the gym, or anywhere for that matter, hang onto something until your grip totally gives out. Constantly change your grip and what you are gripping. Aim to hold your body up for a minimum of 1 minute.

### **Monthly Challenge: Kill the plastic**

Unless your goal is to max out your toxicity load and to stay sick and inflamed, cut out plastics. Plastic containers contain BPA, Phthalates, Vinyl Chloride, Dioxin, and Styrene. All of these chemicals are known carcinogens that can lead to cancer. Spend a few bucks on stainless steel water bottles and glass food containers. Pyrex is

a good brand you can get on amazon inexpensively.

### **Supplement Spotlight: Organic, high altitude wines**

Wine isn't necessarily a traditional supplement, but I think it works as well as anything for relaxation and stress reduction, but like everything you put in your body, quality matters. Wines are no different than red meat. Would you rather have a high quality, organic, grass fed steak or grain fed meat full of steroids and antioxidants? When it's an option, high altitude wines are the healthier drink. The higher the altitude the grape is grown, the lower the count of mold toxins and the higher the antioxidant value, which is the goal with all food. I have found good options at Whole Foods, Fresh Market, and even some local stores. Quality organic wines are getting more widespread so give them a try when available. [www.dryfarmwines.com](http://www.dryfarmwines.com) is a favorite online store for quality and organic wines.

### **What's Trending: Earthing**

I know this sounds a bit weird, but I swear I can tell a difference after earthing for a few months. The idea here is when you are in direct contact with the earth/ground, as in barefoot, the earth's currents travel through our body very much like sunrays do and create a calming yet stimulating effect. Ever notice how good it feels when you take off your shoes and walk in the grass? With all of the working, traveling, and technology now, people are getting less "grounded" than ever. I live at the beach and have people tell me they haven't walked along its shores in years! Really? Go back to nature by taking off your shoes and some more clothes and get outside. If you are stuck inside all day like me, give earthing sandals a go. They have conductors on the soles that claim to bring the

earth's currents into your feet more. I wear [www.earthrunners.com](http://www.earthrunners.com). Even earthing mattresses are available now.

### **Monthly Goal: Think outside the box**

Next time you and your friends or family go out, change it up in an active way. Let's not have the whole focus be on food and alcohol. Get outside if possible. Maybe take a walk on the beach or state pier. There are facilities almost everywhere with jump houses and ninja obstacle courses, and you can always find a good rock wall.

### **Q and A with the XR Professionals (sent in from members via email):**

**Q.** Why do my ears get blocked up during exercise?

**A.** This blockage is most likely due to improper breathing techniques. When you take a deep breath and don't exhale fully shortly after, some of the oxygen gets trapped and escapes into the ear tubes. Swallow and yawn to clear and then focus on proper exhalation to prevent this blockage from happening.

**Q.** Why do I always have to go poo during or soon after intense exercise?

**A.** Yeah, that's a shitty problem (I couldn't resist)! Outside of possible food issues, exercise can stimulate the digestive tract and gastric emptying by increased body temperature through circulation, especially when running or training the lower body. This urge can be amplified if you are very sedentary prior to exercise, like going to train after sitting in the office, or worse, when you get out of bed. What I typically do is have a big cup of Joe and do some light exercise before training to stimulate some serious "Facebook time." Coffee has the same effect as exercise in terms of gastric emptying, and you can be proactive with this

approach so your workout isn't compromised. Want to be more aggressive with the issue? Try baking soda and lemon juice in water. This concoction brings water into the lower GI creating a dramatic urgency and outcome. This is a favorite amongst triathletes prior to competition!

**A Final Note:**

I think it is great to strive for perfection in every way during this life. This dedication creates a tight lifestyle that some people love, and others not so much. For most people, this perfection makes a very stressful environment and a life of anxiety that beats you down and just isn't worth it. If it is not for you, then just own it; enjoy life and where you are. If you want to exist at 90%, then great, 80% cool, and even 70% can be awesome. Below that, you may experience too many health issues to actually enjoy life, but whatever makes you happy. Try to come to peace with what you are really ready to commit, accept it, and enjoy life!

**Monthly Recipe: Ezekiel pizza with greens – the ultimate model splurge!**

Prep time: 20 min. Cook time: 1 hour

Nutritional information per serving: yields 1 serving(1 pizza), 290 calories, 10g fat, 15g protein, and 35g carbs

Ingredients: 1 clove of garlic, organic rotisserie chicken, organic marinara, pastured mozzarella cheese, olive oil, balsamic vinegar, and local greens

Directions: Roast garlic cloves at 400 for 40 min. Place Ezekiel wraps on cookie sheet and crush and spread 1 cooked garlic clove and ½ tsp. of olive oil per wrap. Bake in oven at 400 for 10 min. Take out of oven and add 2 tsp. of marinara, a small handful of shredded chicken, and cheese on wrap. Place back in oven for 10 min. Put a few handfuls of greens in a skillet

with 1 tsp. of coconut oil and wilt for 10 minutes. When cooked, place pizza and greens on plate, drizzle with balsamic vinegar, and have at it! This pizza is our typical Saturday night splurge.



Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at [www.xrlifestyles.com](http://www.xrlifestyles.com). Online training customized for your unique needs and goals.



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