

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, September 2016 - Issue 14

Last year at the World Fitness Convention, the participants of an exercise were asked to stand up and tell the class their goals. Most replies were to get healthier, be a better trainer, change more lives, etc. When my time came, I answered to live on the water, travel the world with my family, and not need a vehicle to survive, or in other words, have the ability to bike or walk to work, stores, and the beach. Goals change, but these three things are what I am currently working towards. I feel my goals will make life best for my family and me. These goals create the perfect yin and yang scenario. While moving water and mild exercise from biking and walking relax me, traveling the world really stimulates me.

With that said, I am going to focus on traveling in this issue. If traveling is a part of life, we must figure out how to not only maintain our results while jet setting, but also how to improve our health and fitness. Don't let travel derail you like so many people. Embrace travel and let it help push your mental and physical performance to the next level. Here is how:

1. First, let's recap the last issue of hormesis, or how low amounts of stress can strengthen us. I

occasionally enjoy the lack of oxygen on a plane and the change in food and environment when I get out of my routine. Routines make you weak, lazy, and complacent. It is very hard to get stimulated in routine.



2. Move more. I recently went to Switzerland and walked more in a week than the entire last month. It's no wonder why Europeans can eat whatever they want and stay lean. They are always moving.

Americans are fat because they are sedentary. I spent hours in the back of the plane on my feet with the flight attendants, along with a group of foreigners. Not too many Americans were back there with me. Hmmmm...

3. Change up your exercise. Doing the same thing over and over again produces no results yet that's what most of us do. When you travel, you are normally forced to train differently. The first three days of my trip early in the mornings, I grabbed two rocks and ran up the mountains. Then, I biked good terrain the second half of my vacation. This type of workout is totally different than what I do at home. A good change will stimulate good results! Mountains are awesome by the way.
4. Fasting comes naturally. When stuck in a car, or specifically a plane, you tend to be very sedentary which means your energy requirements go down. When is there a better time to fast? Fasting can also boost your immunity and help fight the added pathogens bombarding you on the plane. Additionally, airport, airplane, and most foods you get in transit aren't doing you any extra favors.
5. Less blue light means better sleep. We didn't turn a TV on one time while on our last vacation (except on the plane). This TV timeout is good in so many ways I don't even know where to begin. Let's just say it can help reset your circadian rhythms making your sleep cycles more optimal, and this in turn makes life better!

6. Bottom line, "When in Rome." This old saying will most likely enhance your health. We live in an unhealthy state and country, so there is a good chance that you will be traveling to somewhere healthier. So by all means, live as the locals do in every way and see how your body responds. This concept has enhanced my fitness from travels to Florida to California to Texas to Ohio and everywhere internationally. The only exception I have found is New Orleans!

Food of the Month: Grass Fed Swiss cheese

Grass fed cheese, specifically Swiss, contains a fat called CLA that fights cancer in all three stages, improves overall immunity, and is very nutrient dense, specifically in fat soluble vitamins along with B vitamins. However, like everything, the source matters. Make sure the cows are happy and grass fed, or the cheese, in my opinion, becomes one of the worst things you could consume. I lived off of this high quality cheese along with tomatoes while in Switzerland and felt damn good. This quality is a bit tougher to find in our country, but I do like the brand Kerrigold.

Exercise of the Month: Burpee!

Normally, I am not a huge fan of this exercise, but when on the road, the burpee is my go to exercise. You can do them in the privacy of your hotel room and create a killer workout. I did these every morning while on vacation and was sweaty and breathless after just 5 minutes. You can torch bodyfat and build functional muscle with the dreaded burpee. You can search "burpee" on the Internet if you are unfamiliar with this exercise.

Monthly Challenge: Digital Detox

Turn your freaking phone off every now and then. Everyone asked me what was the best part of my trip, and my reply was turning off my cellphone for a full week. Phones create more distractions and stress on average than any other single stressor for most Americans. We are forgetting how to live in the moment and have our own ideas, and we are turning to our phones to do all of that for us. I saw very few people in Switzerland glued to their phones the way we are. They actually talked to each other and observed life. One time our group was in a coffee shop, and I couldn't find one other person on their phone other than us. So try to limit your phone time and start living in the moment. As a result, your stress will drop, and you will become happier and healthier. I feel the number one reason Europeans are so much healthier than Americans is because they move more, but a close second is because they aren't chronically plugged in like Americans.

Supplement Spotlight: Probiotics

I would much rather someone eat fermented foods throughout the day than take a pill. I typically have sauerkraut, kimchi, kefir, and kombucha daily, but sometimes when on the road, I don't have the luxury of whole foods. This is where probiotic supplementation is necessary. Probiotics are the microorganisms that keep our digestive track optimal. They live in soil, raw foods, fermented foods, and more. Daily consumption ensures optimal health of our microbiome. If you find it difficult to eat a variety of probiotic rich foods, find a quality supplement and change it out with different brands every few months if you take one regularly.

What's Trending: Under complicating stuff

I had a conversation with a tour guide while in Antigua, Guatemala last year, and he was amazed we only exercise one hour a day. Carlos asked, "What the hell do you do the rest of the time?" Then, he laughed at my processed protein bar as he ate a few cashews and later an avocado. Carlos moved a lot, ate a little, and worried even less, and yes, he had a business and family. This simplicity was confirmed again in Europe. People were lean and happy from simple things. We need to deconstruct our complicated diets and nutrition plans and try to go back to some of our ancestral ways. Simplify...move more, eat less, and worry less.

Monthly Goal: To get the "F" out of here!

It's time to break your routine even if for a short weekend. The lasting results will be priceless. I promise you won't miss out on anything! Let go of the FOMO (fear of missing out) concept. "All greatness is achieved outside of your comfort zone."

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

Q. What do you typically travel with outside of the norm?

A. Ok, this answer could be a long one. I will talk about food and supplements first and gear second. I always bring a good multivitamin, probiotic, vitamin C, D, sardines (or fish oil), melatonin, chaga mushroom coffee (to be discussed in the next issue), Pink Himalayan Sea Salt, and protein bars. I currently think Epic Bars are the best. If I have these things with me, I know that I will be covered if everything goes to hell. The gear is based around rest and recovery. I always have a lacrosse ball for fascial release on me. The plane is a good time to get some work done. I also bring a sleep mask and sleep phone, which allows you to plug your

phone in to stream white noise. A good filtered water bottle always saves me money. Hotels normally have swimming pools for maybe the best exercise ever so always bring a swim suit, and if not, some running shoes. Do 100 burpees, cool off in the pool with laps, and then take a 20-minute jog. Don't forget "One Wipe Charlie's" too from the Dollar Shave Club because your ass is a key player!

Q. How can I decrease my chances from getting sick when I fly?

A. Oil of oregano is my magic bullet. Get the softgels and chew them up every few hours between meals, especially when flying. The residual that remains in your mouth can act as an antibacterial/viral agent killing germs as they enter your mouth, and you will smell like a pizza which is kind of fun too!

A Final Note:

To better ourselves, we must be stimulated in all ways. Nothing creates more stimulation in my opinion than travelling by getting outside of your realm. Don't be the person that lets travel time unravel your fitness goals. You don't have to consume fast food, croissants, candy, Starbucks, and excess alcohol. Why is it people feel the need to buy a snack in the gas station or airport that they normally would never purchase even when they are not hungry? I have a simple strategy that works when I land at a new destination: 1. Find a Whole Foods or equivalent and 2. Find a park. Done! With these two bases covered, all of your nutritional and fitness goals will be met. I found both of these in my last two trips to Switzerland and California and was able to get all of my exercises in, as well as, the fermented foods to keep my health optimal. Don't let travels set back your health and fitness by weeks. Let your travels add to your fitness

acceleration. Sure, try new foods, but also try new exercises. Move more, unplug more, and let the new stimulation make you better in every way.

Monthly Recipe: Bison Tacos

Prep time: 20 min. Cook time: 10 min.
Recipe yields a couple dozen tacos depending on your stuffing techniques.
Nutritional information per serving, 1 taco: calories 101, protein 10g, fat 5g, and carbs 4g.

Ingredients:
1lb. of bison, 1 package of organic taco seasoning, 1 package of organic Bibb lettuce. Toppings: shredded Kerrigold cheese, fresh sliced cherry tomatoes, 1 chopped avocado, sliced fresh jalapenos, organic plain whole fat Greek yogurt
Directions: Brown meat in skillet with coconut oil. Add taco seasoning. Open Bibb lettuce onto plate. Dress with meat and toppings.



Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at www.xrlifestyles.com. Online training customized for your unique goals.

