

Chapter 1

The Elements of Your Ultimate Success

When ABC approached me to participate as the fitness and wellness expert for its popular television show “Extreme Makeover,” I felt honored, but also conflicted. The basic philosophy of the show not only included diet and exercise (which I would be in charge of), but also extensive plastic surgery, including nose jobs, brow lifts, liposuction, and facelifts. I am not opposed to plastic surgery (not that I have or will ever elect to have any), but I didn’t want to endorse the notion that someone would need to undergo such extreme and often painful means to look his or her best. That’s just not in line with my philosophy as a trainer and wellness coach.

That said, I agreed to participate, and the process helped me to develop the program that eventually grew into this book. My decision was based on my desire to not only transform these women’s bodies, but also help them transform their lives. I felt that I could show these women and millions of viewers that one could have a makeover, and a pretty comprehensive one at that, by adhering to the sound eating and exercise principles of my program. Not only was I going to transform their bodies, but I was going to empower them by teaching them how to maintain their results throughout their lives.

My task on the “Extreme Makeover” show was daunting. I was asked to help women completely make over their bodies in just 14 to 21 days. Generally, I suggest a much longer program for body transformation, one that lasts about six weeks. Yet, because the “Extreme Makeover” show wanted extreme results in an extremely short period of time, I modified the traditional nutrition and fitness program that I generally prescribe to my clients. Basically, the nutrition and fitness plan became much more intense. Although all the women had cosmetic surgery, they all agree that it was the workout and the nutrition regimens that still resonate in their everyday lives. They all still follow my training program, albeit maybe not as rigorously, and adhere at least to a certain degree to my nutrition plan.

The results got me thinking. What if I could convince others to embrace the notion that ultimate makeovers were attainable and could be realized with sweat and determination--but no plastic surgery? The Ultimate New York Body Plan was born.

Extreme versus Ultimate Results

My objective here is not to bash the “Extreme Makeover” show. I think the human element in the show is compelling and makes for good television. I haven’t watched the program much, but did turn it on one night as I was editing this chapter. There were three makeovers, and the results were pretty extreme. I was pleased to see that the show’s producers were finally paying more attention to the physical training aspect, but was dismayed that they failed to recognize that nutrition is a huge part of the equation. There was another glaring omission as well--the maintenance program. It is great to feature transformations, but if you don’t give people the tools necessary to maintain the results, then you’re really doing them a disservice.

How do people get to the point where they need extreme makeovers? Why are so many people overweight in America? Why are child obesity rates increasing at such an alarming rate? If you don't get to the root of the unhappiness (and I'm not talking about big noses or saggy bottoms), you are not going to maintain whatever superficial results you may achieve no matter how dramatic they are.

Nutrition counts for up to 70 percent in our overall wellness quotient. I don't care how many push-ups you do. If you are going to still reach for the burger and fries, then all the liposuction in the world will not keep you skinny. For this program, your nutrition plan is just as important--if not more important--than your exercise plan. The biggest distinction between my Ultimate Body Plan and the "Extreme Makeovers" program is that I not only train you, but I also feed you and teach you how to incorporate nutrition principles into your everyday life. Remember, makeovers should be about empowerment! With empowerment, you will have the courage, willpower, and fortitude to stay the course.

The Ultimate Makeover

After working on the "Extreme Makeover" show, I began introducing this faster, more extreme program to additional clients. I had many clients who were very fit and who ate well, but who wanted to take their bodies to the next level. They wanted to look great for bikini season or sculpt their best body for a wedding or upcoming reunion. Often, when they told me of these goals, they would sheepishly look at me and say, "But it's just two weeks away."

Before I worked on the "Extreme Makeover" show and before I began applying what I learned for the show to my everyday clients, I would have told you that two weeks is not enough time to get into shape. I would have talked you out of your desire for fast results and into embarking on a longer, six-week program designed to last a lifetime. Even for the "Extreme Makeover" show, I was at first skeptical of how much could be accomplished in so short a period of time. I'll never forget the look on my clients' faces when I did the final body fat measurements. We all burst into tears! The percentages (although impressive) were only part of the reason. There is something powerful and empowering in helping to transform someone's life. I feel blessed for the opportunity to have worked with these amazing women. They helped transform a skeptic (myself) into a true believer. Even after all these years of personal training, I, too, learned a valuable lesson. Anyone can make over his or her body and life. No one is too big or small, old or young. The makeover, when looked at as a life-transforming experience, delivers the fuel you'll need to drive you through life's toughest travails and challenges.

I believe there are times when it's good to step up your fitness routine and eating plan in order to take your results to the next level. As long as you accept that change--any change--will include physical, mental, and spiritual transformation, then you can do it.

You might be asking yourself how or why I chose two weeks as the length of time for The Ultimate New York Body Plan. I didn't arbitrarily choose this period, nor do I

feel that it is necessarily the ideal amount of time to embark on a life-transforming program. First and foremost, it works. Not only have I transformed the “Extreme Makeover” women in this period of time, but you will read about many other men and women that I transformed with this plan in later chapters of this book. Second, I chose two weeks because it is a long enough period of time to be effective but not so long that it is unduly burdensome or boring. After 16 years of training countless types of individuals--men and women, old and young, celebrities and noncelebrities alike--I’ve realized that many of us (myself included) often have limited attention spans. In *Sound Mind, Sound Body*, I set forth a six-week life-transforming program. It worked in transforming many people’s lives. I now realize, however, that not all people have that much time or willpower to achieve their goals.

Are you ready to sculpt, lift, burn fat, and eat your way to an ultimate makeover in just 14 days? This is a pretty challenging and rigorous program. It is not for the faint of heart--and I mean that literally and figuratively. If you have never exercised before in your life, my core program isn’t for you. It requires a strong exercise commitment--an hour to an hour and a half of exercise on most days. It requires you to head into the program with some form of a fitness routine. Yet, if you’re a current couch potato who has never exercised a day in your life, this doesn’t mean you can’t soon go on the core program. In fact, I’ve provided a modified program in this chapter that is designed to help you get in great shape. You’ll still sculpt sexy muscle and get stronger and leaner. You just won’t work at the same level of intensity as you will on the core program. So whether you have been exercising or not, you have everything you need right here to start striving for ultimate results. You may, however, need to take a smaller step forward and do a little work, physically and mentally, before embarking on the core program.

In this chapter, you will find a series of questions and fitness tests that you need to answer and satisfactorily complete before you can proceed with the 14-day program. Although the program is extreme, it is definitely not unsafe for most people. As with any challenging exercise program, it is prudent to consult with your physician before commencing the program. If in doubt as to your physical abilities, lean on the side of being more rather than less conservative in deciding when to start the intensive program. Remember, there is no shame in starting with the fitness test and following with the preprogram before going “all out.” Consistent with my sound philosophy, the program will methodically train your mind and your body and take them to levels that you previously thought impossible.

The Ultimate New York Body Plan

You're about to embark on the three-pronged attack on flab that includes ultimate fitness, ultimate nutrition, and ultimate motivation, followed by ultimate maintenance.

Ultimate Fitness

The Ultimate New York Body Plan combines a mixture of cardio sculpting and lightweight and high-repetition resistance training. You will use lightweight dumbbells, a stability ball, a medicine ball, and your own body weight to perform the exercises.

Ultimate Nutrition

The nutrition component of The Ultimate New York Body Plan is definitely a little more extreme than my six-week program outlined in *Sound Mind, Sound Body*. Because this program lasts just 14 days, you must minimize calorie consumption and maximize fat and calorie burning. To accomplish this task, you must strictly adhere to my A, B, C, D, E, and Fs of nutrition, which basically means no alcohol, bread, starchy carbohydrates, dairy, extra sweets, fruit, and most fats. Yes, as you can see, it's an extreme plan. You will have to give up many of your favorite foods for 14 days. In addition to following the A, B, C, D, E, and Fs of nutrition, you will drink two protein shakes a day and eat one wholesome meal and two snacks. (Note: for those of you who prefer to eat rather than drink your calories, I have provided food options in place of the shakes.)

As your body will be under an enormous amount of strain due to the extensive exercise and rigorous nutrition plan, I will be recommending you beef up on your supplements, including antioxidants, minerals, amino acids, and Chinese herbs. If you have never taken any supplements, then you will need to read the Resource chapter very carefully, as I will set forth the choices of supplements currently on the market and indicate some of my favorites. If you are already taking supplements, you may find it necessary to increase the amounts that you are currently taking.

Ultimate Motivation

Working out for an hour and a half a day and giving up many of your favorite foods is challenging. That's why, in Chapter 2, I've provided you with the tools you need to avoid cheating, bingeing, and backsliding. I often find myself giving my clients pep talks over the phone in order to help them stay on track, and this chapter is based on many of those pep talks.

For example, not long ago, I was about to travel on business for a couple of days when I received an emergency call that Michel, one of the "Extreme Makeover" women, was having a rendezvous with mashed potatoes, street vendor hot dogs, and the occasional Häagen-Dazs ice cream cone. Because we had so little time together and were trying to achieve very dramatic results, I knew it was time for one of "those" conversations. We were both working too hard to have her drown in mashed potatoes and vendor hot dogs. Those fast-food demons were calling, and I was ready to answer swiftly and steadily.

I called her into my office late one night after I had finished training and sat her down. We had established a nice rapport, so I just came right out with it: “What’s with the mashed potatoes and the dogs?” To her credit, she didn’t deny her transgressions and said that she was having difficulty adhering to the stringent guidelines of my food program. I told her, “If it doesn’t come in my food bag, you can’t put it in your mouth.” I told her she had no choice. To keep training with me, she had to follow the rules to the letter of the law. We had no room and, just as important, no time for her little treats. I’m sorry if that sounds a little too “drill sergeant” for you. I promise you it was a tough message delivered with lots of love. Through this experience Michel gained respect for me for my support and directness and I for her for her candidness and acceptance of the rigid guidelines I was setting forth. She got it, and it never became an issue again.

I’m not proposing that I am always adhering to my nutrition tenets and guidelines. But, as I’ve said repeatedly, this is an extreme two-week program requiring extreme discipline. Make sure you are psyched about making a dramatic change in your body and get ready (as Michel ultimately did) to make some sacrifices. In the end, it will all be worth it. I promise!

Ultimate Maintenance

I’d be remiss if I sent you out on a two-week Ultimate Body Plan and then failed to provide you with the tools you need to maintain your results. Although you will not continue to follow as strict a diet or exercise program as you will for 14 days, that doesn’t mean you can completely revert to your old ways after the 14 days. During this program you are going to push your body to the edge and beyond. Why backslide as soon as the program is over? Or any time, for that matter? In Chapter 6, you will learn the fundamentals for staying on track after you achieve results. You’ll learn how to work some of your favorite foods back into your diet and how to relax a bit on your fitness program--without losing your hard-earned results. I’ll provide you with a maintenance menu featuring approximately a dozen food choices that you will be permitted to slowly reintroduce into your nutrition regimen. These will include some choices that are forbidden on the two-week program. You will see how easy it is to eat some of your favorite foods again, but now you will be armed with the knowledge and the confidence to eat more intelligently.

An Honoring Process

In Chapter 2, I'll ask you to set some goals. Although some of your goals may be purely physical, I hope your overall goal includes a much larger life picture. A friend and a client of mine, Jaime King, once said, "Training with David Kirsch was an honoring process." She meant that she needed to take time out of her busy day to have time for herself, time that was just hers. The training grounded her and fortified and empowered her

I believe that total transformation is possible by adhering to certain tenets. Self-acceptance and self-love are paramount and help contribute to a sense of wellness and, if you will, soundness of mind and soundness of body. Big noses, breasts (small or large), wrinkles, and so on are all a part of life. We can choose to live with them and accept them as a "rite of passage," or we can mourn every perceived flaw and evidence of loss of our youth. The difference is merely one of attitude and gratitude. We can embrace our life and the circumstances surrounding it. Change isn't necessarily a bad thing, although it can be scary. Choose to change the things that truly matter. Learn to focus on the positive and be grateful for all of your blessings. No matter how much you hate your wrinkles, hating them won't make them go away.

I believe that every wrinkle and every gray hair tells a story. The problem is, most of us place too much emphasis on the superficial (wrinkles and such) and not on the more meaningful and long-lasting results of health, fitness, and good nutrition. We lose sight of the things that are most important and get caught on the liposuction treadmill. My hope is that after reading this book, you will see that you don't need to go under the knife to have an ultimate makeover. I believe that a healthy makeover can result in dramatic physical changes. Rather than submit to the knife to achieve these results, you will, as Jaime says, "find the time in your busy day to honor yourself" through some soul-searching, physically challenging, and spiritually rewarding exercise and eating. You can and will lose inches, pounds, and percentages of body fat. Your clothes will fit better and you will have more energy and stamina. Just as important, you will be doing it without the aid of surgery. You will be bettering yourself in a holistic, nurturing way.

The Ultimate New York Body Plan may (and probably will) leave you craving for more. The mores in this instance, however, will be exercise and good nutrition. You will see that the best and longest-lasting results are achieved with that “one-two” punch.

Are You Ready?

In upcoming chapters, you will learn about each element of the program: motivation, fitness, and nutrition. First, however, let’s take a moment to assess your readiness to start the program. The Ultimate Body Plan fitness and nutrition plans are extreme and strict. You will need a certain amount of fitness and nutritional know-how going into the core program to achieve success. The following tests will help you to assess your physical, mental, and nutritional readiness for the core program of The Ultimate New York Body Plan.

Be realistic and honest. That’s the only way to assure successful completion of this program. If you determine that you are not ready to begin the core program, don’t despair. In the following sections you’ll find programs to prepare you for your ultimate makeover.

Fitness Test

To assess your readiness for the exercise portion of The Ultimate New York Body Plan, answer the following questions:

1. Can you do a regular freestanding squat 10 to 15 times without stopping? Y N
(Note: to perform a squat, stand with your feet a shoulder’s width apart. With your weight evenly balanced on both feet, bend your knees and sit back over your heels as you push your butt out. Once your thighs are parallel to the floor, rise to standing.)
2. Can you do 10 pushups on your toes without stopping? Y N
3. Can you hold yourself in the low position of a push-up for at least 10 seconds? Y N
4. Can you hold yourself in a plank--the “up” position of a push-up--for at least 10 seconds? Y N
5. Can you do 15 deep knee bends without stopping? Y N
6. Can you perform 15 lunges on each leg without stopping? Y N
(Note: to perform a lunge, stands with your feet a shoulder’s width apart. Take a large step forward with one foot. Bend your knees and sink down until your thighs form right angles with your shins. Push back up to a standing position.)
7. Can you perform 20 jumping jacks without feeling pain in your knees or back? Y N
8. Can you sit on a stability ball with your knees bent and feet flat on the floor without losing your balance? Y N
9. From a seated position on a stability ball, can you walk out into a bench press position, with your upper back and shoulders against the ball and feet on the floor and then walk back up to the seated position without losing your balance? Y N
(Note: to walk out into the bench press position, walk your feet forward as you slide your back down the ball until your knees are bent at 90 degree angles and only your upper back, shoulders, and head are in contact with the ball. To rise, walk your feet toward the ball as you slide your torso up.)

10. Can you perform the following cardio routine for five minutes without a break? (See the section “The ‘I’m On My Way to the Ultimate Body’ Fitness Preprogram” later in this chapter for descriptions of the exercises in this routine.)

- One minute of jumping jacks while holding three-pound dumbbells
- One minute of crossover punches while holding three-pound dumbbells
- One minute of uppercut punches while holding three-pound dumbbells
- One minute of hook punches while holding three-pound dumbbells
- 15 to 20 squat thrusts
- 30 seconds of mountain climbers

After you complete the five-minute sequence, rate how you feel on a scale of 1 to 5:

- (5) I couldn’t finish the routine.
 (4) The routine felt intense, but, with time, I will be able to do it.
 (3) The routine felt somewhat intense, but also invigorating.
 (2) I got my heart rate up, but could have held a conversation during the routine if need be.
 (1) Was that supposed to be a workout?

Scoring Key: If you answered no to any question 1 through 9 and ranked your exertion a 4 or 5 for question 5, you are not physically ready to start the core program of the Ultimate Body Plan. Turn to the section titled “The ‘I’m On My Way to the Ultimate Body’ Fitness Preprogram” later in this chapter for a two-week program that will get you in shape but won’t tax your body quite as extensively as the Ultimate Body Plan. Go ahead and start your Ultimate Body Nutrition Plan along with the two-week “I’m On My Way to the Ultimate Body” Fitness Preprogram. In two weeks, you’ll experience dramatic results--and you’ll be ready to reassess your physical readiness for the core program. If you’re still not ready, you can follow the same program, reassessing every two weeks, until you achieve the physical abilities to work in an extreme way. Don’t feel discouraged if you are not physically ready today, two weeks from now, or even six weeks from now. You will still be exercising and improving your fitness--and body--with a routine that fits your current fitness level. You’ll see results at every level.

Nutritional Readiness

1. How many meals do you eat a day? (a) Two or fewer. (b) Three. (c) Four or more.
2. How often do you drink diet or regular soda or fruit juice? (a) Not an hour goes by that I don’t have a soda can in my hand. (b) I drink soda or fruit juice with every meal. (c) I rarely drink soda or fruit juice.
3. What is your relationship with fast food? (a) I can’t drive past a fast-food restaurant without pulling into the drive-through. (b) I have a busy lifestyle and eat fast food three or four times a week out of necessity. (c) I turn to fast food on rare occasions, and when I do, I stick with the salad and grilled chicken sandwich.
4. How often do you snack after 7:30 PM? (a) Nearly every night. (b) Only when I’m at the movies and want to reward myself with some popcorn. (c) Rarely if ever.

Scoring Key: If you chose (a) for any of the above questions, you may struggle with the strictness of the nutrition program. If you circled (b) two or more times, you may also

find the program difficult. Turn to the section titled “The Ultimate Makeover Nutrition Preprogram” later in this chapter to start the Ultimate Body Plan preprogram. If you scored well on the fitness test, you may start the Ultimate Body Plan while completing the nutritional preprogram.

The “I’m On My Way to the Ultimate Body” Fitness Preprogram

This plan will help you to get into shape and prepare you for the extreme program if you need to reach any of the fitness measures outlined in the earlier assessment. The following 14-day program will get you in great shape, but won’t overwhelm you. Complete the following routine four times a week. Complete the routine in a circuit, moving directly from one exercise into the next without a break, if possible. Cycle through the entire routine two to three times, taking as little rest as possible and totaling about 30 minutes of continuous exercise.

1. Cardio Sculpting

Do . . .

- One minute of jumping jacks while holding three-pound dumbbells.
- One minute of crossover punches while holding three-pound dumbbells. To do a crossover punch, grasp a dumbbell in each hand. Stand with your abs tight and your back flat. Punch your left fist out diagonally, ending at torso level in front of your right ribs, completing a crossover punch. Pull back as you bend your knees, as if you were ducking an incoming punch. Repeat on the other side as you extend your legs, driving up from your heels and into your butt.
- One minute of uppercut punches while holding three-pound dumbbells. To do an uppercut punch, do the following. With your left elbow against your ribs and your knuckles turned up, punch upward, as if you were punching someone in the jaw under the chin, trying to lift him off the ground. Pull back as you bend your knees, sitting back on your heels. Repeat with the other arm as you extend your legs.
- One minute of hook punches while holding three-pound dumbbells. To do a hook punch, lift your bent left arm so it is parallel with the floor. Throw a hook punch, as if you were trying to hit someone on the side of the jaw. Pull back as you bend your knees, sitting back on your heels. Repeat on the other side as you extend your legs.
- 15 to 20 squat thrusts. Stand with your feet slightly wider than a hip’s distance apart. Bend your knees, stick your butt back, and come into a squat. Continue to bend your knees as you bend forward from the hips, placing your palms against the floor under your breastbone. Press your hands into the floor as you jump and extend your legs behind your body, coming into a push-up position. Keep your abs tight the entire time. Recoil your legs and rise to the starting position.
- 30 seconds of mountain climbers. Start in a push-up position. Bend your right knee and jump it in, bringing your right thigh under the right side of your torso. Jump your right leg back as you simultaneously bend your left knee and jump it in. Continue alternating right and left.

2. Push-Ups

Complete 10 to 15 push-ups with your knees on the floor. (If you are strong enough, go ahead and try big boy push-ups with your legs extended!) Position yourself with your palms on the floor under your chest, your back flat, your abs tight, and your knees, shins, and feet against the floor. Inhale as you bend your elbows and lower your chest toward the floor. Once you are hovering just above the floor, exhale as you push up to the starting position.

3. The Plank

Hold your body in a “plank” position, simulating the “up” part of a push-up for 30 seconds. Keep your abs tight and your back flat the entire time. Try to lengthen your entire body, reaching back through your heels and forward through the top of your head. (Note: Once you are comfortable with the plank, try to do the same move with your hands placed on a medicine ball.)

4. Dumbbell Flies

Lie on your back on the floor. Grasp a dumbbell in each hand, extending your arms toward the ceiling above your chest. Bend your elbows and lower your arms out to the sides. Exhale as you press your arms back together, as if you were hugging a large oak tree. Complete 15 to 20 repetitions.

5. Triceps Skull Crushers

Lie on your back on the floor. Grasp a dumbbell in your right hand and extend your right arm toward the ceiling. Bend your right elbow as you lower your right hand toward the floor behind your head. Exhale as you raise your arm to the starting position. Complete 15 to 20 repetitions and then switch arms.

6. Crunches

Lie on your back on the floor with your knees bent and feet on the floor. Place your fingertips behind your head. Draw your navel toward your spine, tuck in your tailbone, and exhale as you lift your shoulders. Inhale as you lower yourself. Complete 15 to 20 repetitions.

7. Reverse Crunches

Lie on your back. Extend your legs toward the ceiling, forming a 90 degree angle with your body. Exhale as you curl your tailbone up and in, scooping out your lower belly and reaching your feet toward the ceiling. Inhale as you lower yourself. Repeat 15 to 20 times.

8. Biceps Curls

Stand with a dumbbell in each hand. Place your feet under your hips, bend your knees slightly, and tighten your abs. Exhale as you curl the dumbbells toward your upper arms, keeping your elbows in close to your ribs. Lower as you inhale. Repeat 15 to 20 times.

9. Lateral Raises

Stand with a dumbbell in each hand. Place your feet under your hips, bend your knees slightly, and tighten your abs. Exhale as you raise your arms out to your sides to shoulder height. Inhale as you lower them to the starting position. Repeat 15 to 20 times.

10. Front Raises

Stand with a dumbbell in each hand. Place your feet under your hips, bend your knees slightly, and tighten your abs. Exhale as you raise your arms in front to shoulder height. Inhale as you lower them to the starting position. Repeat 15 to 20 times.

11. Lunges

Stand with your feet under your hips. Take a large step forward with your right foot. Sink down into a lunge, forming right angles with both legs. Exhale as you push back to the starting position. Then step forward and lunge with your left leg. Continue alternating right and left for 10 to 15 total repetitions.

12. Squats

Stand with your feet under your hips. Extend your arms in front for balance. Bend your knees and stick your butt out, stopping once your knees bend 45 to 90 degrees. Rise by driving up through your heels. Repeat 10 to 15 times.

13. Plié Squats

Stand with your feet slightly wider than hip's distance apart. Turn your toes out and your heels in. Bring your body weight back into your heels as you bend your knees and squat down while pushing your butt out. Exhale as you rise to the starting position. Repeat 10 to 15 times.

The Ultimate Makeover Nutrition Preprogram

This preprogram will help you to take steps toward the Ultimate Body Nutrition Plan, allowing you to slowly adjust to the changes you will be making in your diet. If you scored well in the fitness test but need some time adjusting to the nutrition component of the plan, you can take some smaller steps toward the full nutrition plan by breaking it down into two phases.

Week 1

During the first week, ease yourself into eating regularly and preparing most of your meals. Give up fast food this week and begin to create time to cook and brown bag your lunch. I also want you to give up soda and fruit juice, including diet varieties. Instead, switch to herbal tea or club soda with a lime or lemon. Finally, get in the habit of eating regular meals, including three main meals and two small snacks. If you're a breakfast skipper, get into the habit of eating breakfast before you start the main program.

Week 2

In the second week, start to transition your diet away from processed foods (anything that comes in a box, can, bag, or shrink-wrap) and toward whole foods. I want you eating clean and green. Eat as many vegetables as you can. Switch from fatty sources of protein

to lean sources of protein. For example, instead of having T-bone steak, opt for skinless chicken breast. For grains, opt for whole grain options such as quinoa and brown rice over pasta and white rice.

The Seven Ultimate Strategies for Success

1. The next time you pack or buy a lunch, make it green and full of vegetables and whole foods.
2. When you're choosing protein, stick to the stuff that swims or flies (fish or poultry).
3. Keep your brain engaged when working out. Use your brain to feel each muscle contract and relax. Put your brain "in" whatever part of your body you are working at any given moment.
5. When designing your meals, *keep it lean and green*--pair a lean protein source with a vegetable.
6. Exercise every chance you get by using stairs instead of the elevator and avoiding escalators and moving walkways. When you are ready, try walking up two stairs at a time to really work your butt and thighs. Jogging up and down stairs is more challenging than working out on an exercise machine.
7. Whenever you cheat or backslide on the program, punish yourself with 25 push-ups and 15 lunges.