



The A Factor

*Taking Control of your fitness through support,
encouragement & responsibility!*

By Greg Ryan
Professional Fitness Trainer

*SAVE a life,
share this!*





Resolutions Publishing House 2006
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ISBN 1-59872-338-3
First Printing February 2006
Cover Design by Naiser Design
Editing by communicatebydesign@yahoo.com
Printed in the United States of America

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FROM THE AUTHOR

There is no magic formula for getting in better shape. However, there is a secret ingredient to keep your exercise program productive and ongoing: accountability. **You must be held accountable to your goals with good support from people who consistently give you encouragement.** I have tried to build my entire life, both personally and professionally, on two simple principles:

The first one is:

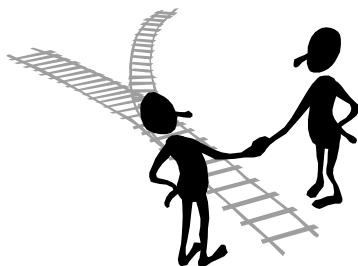
Ask!

Ask for help if you need it. Leave your ego and pride at the door. Knowledge and good support are powerful things.

And number two is:

Focus on the BIG Picture!

Exercise and eating right have much greater benefits than just improving your appearance. Your health is an essential factor to consider when making any changes.



With every path comes encouragement for the asking.

PROLOGUE

Stop the Presses!

**Accountability? What?
Yes, I said accountability!**

You might say this paragraph should be shoved to the back of the book for fear that the words, while factual, will be scary to hear. However, if I did that, I would be doing the same thing everyone else is doing; overlooking or denying the real issues.

This world is filled with so much politically correct language that you don't know what to say anymore. I believe the truth usually works best, but most do not want to go down that path! Too bad! If you choose to read the rest of this book, you will go down a path and encounter a few things that could frighten you! You will learn, however, the most important thing in fitness is your ability to be held accountable.

If you want to change your unwanted and unhealthy lifestyle from the **INSIDE OUT**, you must look in the mirror. It will take reflection,

deep introspection, open mindedness, humility, and guts.

If you have read any of the other books from the **INSIDE OUT** series, you have learned *how* you are motivated toward your goals, *why* to accept your current health status, and *what* stops you from starting or following through on a fitness program. You have also learned that while the truth is hard to swallow at times, the consequences for your actions may far outweigh the pain of the truth down the road.

Once the mindset starts to change from the **INSIDE OUT**, each person will need a close support system to aid him or her.

If you dare, let's get started.

INTRODUCTION

There are a number of reasons why epidemics of obesity, diabetes and heart disease exist today. They range from social responsibility to a lack of *personal accountability*.

Many of us set the same goals each year as part of our New Year's resolutions. **“I am going to lose weight.”** Sound familiar? Why say it? Are we willing to accept the responsibility to actually follow through with this goal?

Plain and simple, I think we have a hard time accepting things about ourselves. We can say it and make a plan, but in many cases, we can't finish what we start.

Some people have a difficult time looking in the mirror each morning and saying “Carpe diem”—*seize the day!* Others live behind the eight ball from the time they wake up to the time they fall asleep. Getting though each day is the first goal of most people—anything else is icing on the cake.

In much the same way, some people grow up with a prideful attitude about life. Any public showing of weakness would be terrible. Right? Asking for directions when you’re lost is hard enough, but this getting healthy stuff is even harder to ask for help with. See yourself yet?

Well, here’s the truth. **Fitness is not so much about the numbers as it is about a system created to help us stay motivated and focused. It’s about what desires we have and what behaviors work for and against us.** It is about the support system around us called:

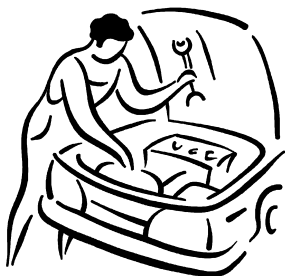
The “A” Factor

Personal Fitness Accountability



PART ONE:

*ATTITUDE
CHECK*



*I know this thing has an **attitude**
somewhere!*

1

TIME FOR A CHECKUP!

“Yes, Sir! How can I help you today?”

“What’s the price these days for an attitude check?”

“No charge today, sir, everything checks out fine. Besides, you paid extra last time.”

Don’t you wish changing your attitude was as easy as pulling in and out of a service station?
“Change my attitude; here’s the money. Bye.”

There’d be no shame, guilt, wishful thinking, or pride. Unfortunately, changing attitudes is a little more complicated than changing the oil in the car. **IT’S PERSONAL!**

Why is it so difficult for people to ask for help? For men, it is hard to ask for directions. For women, well...maybe that’s not a good example, but we all need ATTITUDE CHECKUPS every once in a while, whether we want them or not.

Attitude Check-Up (fill in the blanks)

1. What am I feeling today?
2. I want to work on improving my attitude toward_____
3. What am I willing to do to change?

What is under the hood?

Why do you take your car to a gas station instead of changing the oil yourself?

Why do you go to a car dealer for a major check-up instead of doing it yourself?

Good questions. Most of us never studied auto mechanics and don't know the correct procedures to fix our cars. We rely on some lunchtime oil change service to get us in and out quickly.

Cars need maintenance periodically, so you go for service when it's necessary. **You know you need the help, so you ask for it.**

Similarly, each of us has to be open to go for some maintenance and tune ups in our own lives. If you are not willing to have someone give you a health checkup once in a while, sooner or later your engine will give up, sputter, and give out.

If you neglect the tune ups, sooner or later getting good gas mileage, maintaining power brakes, and keeping the car functioning properly become harder and harder. Eventually, there's a risk of having a breakdown.

A key contributor that takes place during this period of your life is aging. The older you get, the harder it is to steer and brake. Your oil or blood seems thicker on the cold days, and you tend to get steamed up faster on the hot days.

There is an understanding that when you buy a car, tune ups are a necessary evil of owning a vehicle. The challenge lies in recognizing you need work done. Most of us go through life on cruise control when it comes to our health. We accept whatever is thrown our way and have to be reactive instead of proactive.

But being ahead of the game requires thinking outside the box and that can be difficult. Most of us have a hard time calling someone up and asking for help with something around the house.

Asking someone to help you with your health and fitness, now that's a little personal. Even going to the doctor is hard. You just don't want to come across as a weak person. So you put it off...and put it off...until one day it's too late.

Ask yourself these questions:

1. When do you find yourself in a good mood?
2. Does the weather affect your feelings?
3. Are some times of the year better for you than others?

*SAVE a life,
share this!*



2

THINK OUTSIDE THE BOX

Is the fear of the unknown stopping you from asking for help? Or are you just afraid of failing? Maybe you don't know the correct direction to take. What keeps you from moving forward with things you want to do? FEAR!

On the other hand, fear can also be a huge motivator. There is less resistance when you're in a reactive mode verses a preventative mode toward health. **We wait until something happens to us to take our health seriously.** Getting in better shape, thinking outside our comfort zones, and escaping from the boxes we have created in life takes effort. It is a bigger burden than we can imagine.

Life Behind the Eight Ball

Life is crazy these days. You wake up most mornings and hit the ground running. Grab a cup of coffee, the kids, and car keys and off you go.

From the moment you're out the door, you're going through the day just trying to catch up.

Even if you wanted to exercise, where would the energy come from to do it? Where would you get the time?

It takes pre-planning and time to exercise. Do you hear yourself say, “*Maybe I'll just take the easier road here? I'm not that far out of shape anyway.*” A lot of people say that because it has become a comfort zone in their mind.

Mental Comfort Zones

There is no easy way to get in shape. The bottom line is it's hard work. **If you are going to be healthier, you are going to have to think outside your comfort zone.** While initially it may be challenging to take that step—to do something you may not be accustomed to—it can get easier and become much more enjoyable.

There is an old saying, “*Life never stays the same. You are either moving forward or you are falling backward.*”

Unfortunately, aging does not allow us to be complacent. Time will not stand still. One day you will wake up and find your health spiraling downward; then when there are no options left, you'll be playing catch up.

On the other hand, if you force yourself to think outside your comfort zone, you can take life head on, looking forward to the challenges. It's a good feeling.

Forward Thinking

Forward thinking forces you to think ahead, and that means planning or setting goals. If you have ever set goals and achieved them, you know how much self-confidence it brings you.

Confidence

When you think and do things outside your comfort level, it builds self-confidence. It proves that you are capable of accomplishing goals.

Reaching goals gives you more energy to shape your future toward better health. Thinking ahead is not easy work, but anything you've done that was hard was always rewarding. Right?

Good Pride

There are two different types of pride: good and bad. Thinking ahead and taking life on says, *“Hey, you did something noble, worthwhile, and something you should be proud of.”* Take a minute to jot down your goals. It helps to see them in black and white.

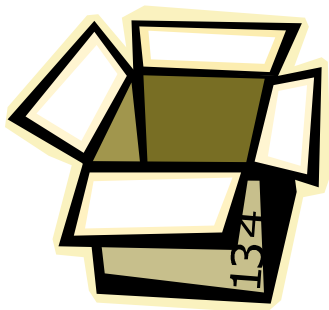
Goals:

These are my healthy goals.

- 1.
- 2.
- 3.
- 4.

I will do the following to attain them:

- 1.
- 2.
- 3.
- 4.



*Isn't it time to stop watching life
from a box?*

Continuously exercising and eating right come down to what you want to accomplish. If you resent doing them, you will lose. If you embrace them, then you win.

Greg Ryan

3

PAY ME NOW, OR PAY ME LATER!

Sometimes it's hard to face the truth about a situation, especially when it has to do with your health. Refusing to face the truth on a personal level may be the biggest reason we are so out of shape today. What is that old saying? "*Pay me now or pay me later.*"

That's definitely true in getting older. Aging always seems to have the last word. You can either choose to face the truth on your terms or inevitably face the consequences on life's terms.

"It Won't Happen to Me" Disease

Every decision is followed by some form of consequence. That consequence could be comfortable and beneficial or uncomfortable and damaging to your life.

What is happening to the health of the American people is staggering.

1. One out of three people will break a bone before they die.
2. One out of three people are currently obese and have diabetes.
3. One out of two men and women over fifty will end up in a nursing home.
4. For the first time in history, the teenage generation today will NOT live to the average age of their parents.

Why Wait?

There are not enough reasons for you to wait until something happens to your health to start taking care of yourself. You are not exempt from illness, an accident, or sudden heart attack. None of us can afford to wait any longer.

So I ask you: why are you waiting?

The reality is sooner or later you are going to have to step up to the plate. Either you do it on your own or the forces of nature will show up first. Which one will it be?

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