



Just Move It!

*SAVE a life,
share this!*





241 Sears Ave. Louisville, KY40207

Resolutions Publishing House 2005

Copyright 2005 by Greg Ryan

All rights reserved. No part of this book may be reproduced in any form whatsoever, by photography or xerography or by any other means, by broadcast or transmission, by translation into any kind of language, nor by recording electronically or otherwise, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in critical articles or reviews.

ISBN – 1-59872-158-5

Printing 2005

ACKNOWLEDGEMENT

This book is dedicated to the thousands of people I have worked with over the past 20 years. You have taught me more than any PhD or physician could have.

Thank you for teaching me the importance of keeping my priorities straight, without getting burdened down by the details. And, for reminding me that fitness is far more than reps, sets and cardio zones.



CONTENTS

FROM THE AUTHOR	7
PROLOGUE	9
INTRODUCTION	11

PART ONE: THE CHALLENGE

1	The Cover up	15
2	The Mirage	21

PART TWO: THE ATTITUDE

3	It's Not About the Numbers	27
4	It's Being Sold Out	29
5	It's Not About You	33
6	It's the BIG Picture	37

PART THREE: THE NEXT STEP

7	The Activator	43
8	Results All the Time	47
9	Inch by Inch	49
10	The Spice of Life	51
11	The Key	53
12	The Big Wheel that Keeps on Turning	57

FROM THE AUTHOR

While exercise and eating guidelines are based on good scientific principles, they do not necessarily agree with human nature or common sense.

Recent history tells us that we are better off encouraging the mediocre people who are willing to include exercise in their daily lives, rather than forcing guidelines on the majority of those who want to fight the inevitable.

In the end, keeping things simple, supportive and selective will change the heart as well as the body.

Greg Ryan

**KEEP THE MAIN THING THE MAIN
THING!**

PROLOGUE

In his book, *“First Things First,”* Steven Covey suggests concentrating on the values and priorities in our lives first. When life centers on the things that matter most, the not-so-urgent issues seem to take care of themselves.

The Japanese culture is a good example of this. Americans marvel at the ability of the Japanese and how they get things done. Maybe we should take lessons from them.

No matter if you are starting a fitness program or are currently in one now, it is important to have a determined mindset. *Keep your priorities in the forefront of your thinking all the time.*

Exercise and eating programs are not always about counting calories, reps, sets or times a week you walk or run. **The most important things to know are not found in the details, but in the approach to exercise.** In the greater scheme of things, success is about perspective, principle and perseverance.

Just move it is about focusing on the main things when it comes to your fitness programs. Why is America getting fatter and more out of shape every day? Because of the approach and mindset to fitness, not the lack of workout programs offered. It's how we carry out our well-intentioned plans.

People have the wrong perspective toward exercise and that has to change quickly. Staying on an exercise program is about working smarter and having more efficient workouts. In other words, keep it simple!

If you understand that getting in better shape is not as time consuming or burdensome as you think, then you will be able to exercise more efficiently, be more consistent and have some fun in the process. So I encourage you to read this book, learn from it and *just move it!*

INTRODUCTION

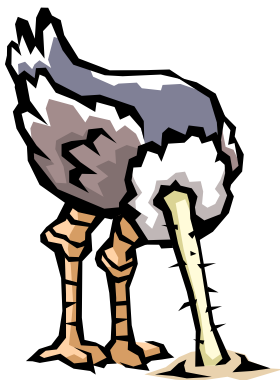
From the very first day I walked into a gym, I knew. On the day I won my first bodybuilding contest, I knew. The moment I decided to move to L.A. with nothing but a hope, I knew. At the time I opened up my first fitness studio, I knew. And when I wrote the words to my first book, I knew.

I knew that there was something exciting about what I was doing for myself and that it was greater than I could ever have imagined. Exercising and eating right do far more than just keep me healthy physically. They give me a sense of purpose, a feeling of accomplishment, and the right to say, "I'm doing it!"



PART ONE

THE
CHALLENGE



Let me know when the pounds are gone!

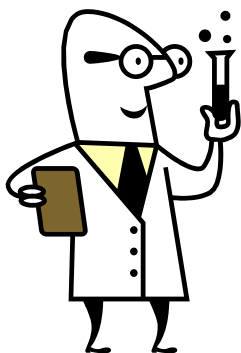
1

THE COVER UP

Twenty years ago, a doctor's recommendation for exercise consisted of getting your heart rate up three to five times a week for 30 minutes. On the surface, this did not seem too unrealistic. At least, that's what the doctors thought. After observing that this was not working, a decade ago physicians decided to change their philosophy to prescribing exercise five days a week for only 10 minutes. I guess they thought people would exercise more if they spent less time doing it.

Today doctors are not saying much of anything. Studies show we have become 20% fatter than we were a decade ago. **Has anyone ever thought that the key to exercise may be the approach we are taking, rather than the numbers on a chart?**

**WHEN ARE WE GOING TO GET OUR HEADS
OUT OF THE SAND?**



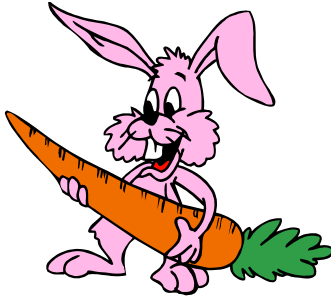
Make a wish!

GENIE IN A BOTTLE

While there are parts to any exercise program that work **anything promising fast results is usually too good to be true and will set you up for disappointment.** Losing weight is not as easy as rubbing a bottle and making a wish. The bottom line is you will never replace HARD WORK!

THAT PILL IS HARD TO SWALLOW.

Stop kidding yourself. If you have to take a pill to lose weight, you're not serious enough to start an exercise and eating program. **There is no easy way!** As hard as it is to hear, believe me, *the solution is not in a pill.* Vitamins are necessary and supplements also help; however, taking a pill for a temporary fix *only* benefits the drug companies. And, in turn, it gives you false hope.



What's up, Doc?

WHAT'S UP DOC?

Insurance premiums are up, that's what! The doctors and pharmaceutical companies should not be the only people you blame. The insurance companies are part of the feeding frenzy, too. Collecting from the insurance companies is like pulling teeth for many physicians. No wonder the doctors push so many people through their doors. Unfortunately, the doctors' practices have suffered because of it.

WALKING THE STRAIGHT AND NARROW

The medical industry has been frightened by lawsuits. To avoid lawsuits, doctors tend to follow the straight and narrow path and don't recommend anything outside the norm. The bottom line is how much that affects your health.

*SAVE a life,
share this!*





Don't let the illusions in your head
sink your dreams of being in better
shape!

2

THE MIRAGE

My favorite episode of the TV show Gilligan's Island was when Gilligan became trapped in quicksand. It was only when he stopped thrashing around that he quit sinking. This gave the Skipper enough time to save him.

You do the same thing to yourself with the illusions that thrash around in your head about exercise. You get wrapped up in misguided thoughts and feel you have sunk so low that you are paralyzed.

ALL OR NOTHING ATTITUDES

Are you the type who will not start an exercise program unless you can do it perfectly? This is just an excuse not to start. I hope you realize there will never be a perfect opportunity.

The bottom line is *failure is just a mirage in a desert.*

Then there are those of you who go to the opposite extremes.

MORE IS BETTER

Look at the “no fat” foods industry. When *nonfat* foods came out, most thought the magic formula to losing weight was here. Less fat means you can eat more, right? Wrong. That was the game people played in their heads. Do you know that we are 20% fatter since the day *nonfat* foods entered the grocery stores? ***More of less, in this case, is NOT better.***

EXERCISE RESISTANCE OR ER

Another challenge is hang-ups. People have barriers built up from past experiences that give them a negative mindset toward exercise and food. Resentment, perfectionism, comparisons, fears of failure or high expectations are all emotional states.

Most people just think too much and eventually talk themselves out of exercising. The best thing to do is to focus on **just moving**. Things like long-term health require a “one day at a time”

attitude. Being consistent with something and having fun are necessary components of any program. **My point is that you get so frustrated with the past that you never start exercising.**

There are three underlying emotions that keep you from taking better care of yourself: **denial, pride and laziness.** These are the roots of why most Americans have allowed themselves to get in the shape they are in. What we need to do is get past them and quickly.



In a nutshell:

Your challenge lies in accepting the situation and moving forward. All you seem to be doing is playing in a sandbox, covering things up with unrealistic guidelines, pills and delusions you create. You hope by putting dirt on top of the problem, it will somehow magically just absorb into the ground and go away. There is a FAT chance of that happening.



From the coach's box:

- Get your head out of the sand and accept your reality.
- The only thing diet pills do is cost money.
- Don't expect a lot of free advice from a doctor.
- Some moving is better than no moving at all.



PART TWO

THE
ATTITUDE

*In the greater scheme of things,
perspective, principle and perseverance
matter most.*

Greg Ryan

3

IT'S NOT ABOUT THE NUMBERS!

Health clubs are always racking their brains trying to figure out why they have such a hard time keeping members coming back. What drives customers to these health clubs?

These owners have lost touch with what matters most, the customer! Give the customer more than they expect, and they will continue to do business with you. Selling a product or service is about people more than numbers on a spreadsheet.

SINKHOLES VS. POTHOLE

I want you to think of this principle in your workout plan. You know it is very easy to get burdened down with all the details of an exercise and diet program. While guidelines are necessary, focusing too much on the numbers can and will set you up for failure.

You may start to think all this counting calories and reps and keeping track of heart rates are too much to accomplish. You start to lose sight of your goals, and exercise becomes more of a job than a hobby or stress release. You may even quit exercising. This can be an immediate sinkhole for you.

It would be unrealistic to think you are not going to have some tough days. It's hard getting in shape. It takes determination and discipline. More importantly, it takes looking over those down days to the end goal. **Do not get too worked up about hitting all the numbers on the charts all the time.**

The bigger challenge lies in the follow through. In order to follow through, you have to have a certain mindset.

4

IT'S BEING SOLD OUT!

The military calls them “lifers.” These are people who are committed to a cause for the rest of their lives. Are you a lifer? Could you be a lifer?

A lifer has a sold-out mindset. He or she understands that there will be potholes to go through. There may even be a sinkhole, but they get through it. It may take support from others, but it gets done. You may not be a lifer today, but you could become one if you decide now.

DECISION MAKING

I was named Mr. Michigan in the statewide bodybuilding contest in 1988. When I competed in bodybuilding contests, it took me an entire month to decide if I really wanted to go for that particular goal. The decision process was well thought out. I realized the days ahead would bring doubt, frustration, pain and at times humility. I also realized it could bring many emotional setbacks.

Was I willing to pay the price? Was I willing to change my behavior and lifestyle for the hope of a future benefit? All those thoughts had to be debated before the decision to move forward was made. However, when I made the decision to go forward, a switch turned on that could not be turned off. I could not turn back. The only direction I new was straight ahead.

There is a sense of relief that comes with making a decision. My philosophy is:

“GOALS CHANGE,
DECISIONS DON’T”

Why do you think New Year’s resolutions don’t work? Waiting to start a good exercise program begs the question, “*Are you serious enough about it to begin instead of putting it off until a certain time?*” Now is the time to start.

BEING SOLD OUT IS AN ATTITUDE OF THE
HEART!

Having a sold-out attitude helps you persevere through the down times. There were a lot of times I just wanted to quit. I questioned why I even started this whole exercise regime. It was circular at times. The more I did, the more I struggled.

I was always reminded that I had made a decision to stay in it for the long haul. My workouts did not have to be perfect each time, as long as I kept moving forward. I just had to persevere, no matter what! So I did.

SELF-MOTIVATION

A small part of us needs to be self-motivated. Somewhere inside a little self-motivation needs to be smoldering to keep the fire going. The only thing that will get you through the hard times is to have some faith. But you cannot do it alone. You will always need a good support system.

SELF-DISCIPLINE

Having self-discipline is different than being self-motivated. You can be motivated, but not disciplined. However, you cannot be disciplined without being motivated.

No one will or can exercise for you. Nor can they tell you what to eat for the rest of your life. Being self-disciplined requires you to consistently keep the main goal in mind. And what is that?

It is not all about you!

*SAVE a life,
share this!*



Come visit us at all our web and Social Media Sites!

www.resolutionsblog.com—First chapter in all my books

www.resolutions.bz– Personal Training Online

www.gregryanfitness.com– Elite fitness training and nutrition

www.reso-care.com– Senior Fitness, Nutrition and Aging

FaceBook

Greg Ryan (Author)

Resolutions Preventative Health Care

Greg Ryan Fitness and Training

Twitter

ResolutionsPHC

Amazon.com– All books for immediate download!

Email me at greg@resolutions.bz

FREE e book!



Little "SECRETS" to
Weight Loss/Diabetes Prevention
FREE e book! By Greg Ryan
DOWNLOAD NOW!