



**McCOY**

*FITNESS & HEALTH*

# **12-Week Best Shape of Your Life Challenge**

## **PHASE One:** Support Package—Week 3

### **Getting into the Groove!**

- on injuries, recovery, immune system health and more.



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## Week 3—A Word about injuries and recovery...



As we come to the end of **PHASE ONE** of the Challenge, you're likely feeling some changes happening...harder parts, less jiggle, hopefully more energy and a sunnier outlook! Good!

**Injuries:** All of us, at some point, get injured. It can be a mild strain or sprain, or an all-out tear. Please don't be dismayed and quit (unless your doctor told you to, of course). If you hurt your knee or shoulder, remember, you've got about 10 muscles group on that lovely body of yours, so you have to stay healthy in those areas, yes?

**I know it can be frustrating to have this happen**, but my motto is *work around it, not through it*. Let it rest, and when you're ready, come back and slowly, lightly, work it again.

**A case in point:** I was trying to up the weight in my shoulder press, so I grabbed the Smith machine and started pounding out 4 sets of heavy presses. My shoulders had been bothering me for awhile because I had put the weight up and kept it there for 3 weeks, now my right shoulder (which I hurt bench pressing 15 years ago) was letting me know. It didn't happen all at once, it happened over weeks of me lifting heavy, and it finally got so sore I heeded the call! I backed off, totally, for 3 weeks. Then I went back to it and started lifting baby weights—5 pounds—for a press, and I did that for 2 weeks. Talk about patience! It was quite humbling, but I knew that if I didn't, I could likely sideline my shoulder training for good.

**It's hard to know the exact best course of action**, but listen to your inner gut. If you need to, use the services of a chiropractor, physiotherapist or acupuncturist to help. Ice, rest and come back at it very light. This is not a sprint, it's a marathon, and you need to ease your body into a higher training load with ease.

**You may also be feeling *less strong* at this point.** This too is normal. For the first few weeks of a training program, your strength increases exponentially, then it slows down as your body tries to catch up with its recuperative abilities. You're putting more stress on your central nervous system, and it's trying to adjust. Your strength will resume again in the next week or two, I promise. It's just taking a little breather as it re-gigs itself.



**You may also find you will more easily catch a cold** or *feel run-down*, again, another natural phenomenon as your immune system also tries to recuperate. It's normal, so don't be alarmed. You're teaching your body how to function at a higher level, and sometimes it misfires on the way up! If you're not sidelined by the flu, I say go for it!

## Calories and You—Part 2

Last week we looked at the basics of calories, and we talked about the importance on knowing where you are right now....so before we go any further, did you figure out how many calories on average you are eating? Likely it's anywhere from 1500-2400, that seems to be the average.



**Did you find your maintenance level of calories? So take your current weight and times it by 10-12 to find how many calories are YOUR maintenance level!**

**Then, cut calories by 10-20% ONLY...then in a few weeks, you can cut them down to your maintenance level, wherever that is (I'm 125 lbs and I want to lose fat, so I need to go down to 1250-1500 calories (125 x 10, 125 x 12) to lose weight.** These caloric averages then becomes my lower and higher caloric consumption, 1250-1500 / day. (On hard training days, I'll use the higher one, on sitting days, I'll use the lower one. See how that works?

**Remember,** t's not just about cutting drastically to lose weight, as I've said, too much too soon will end up in losing valuable muscle and lowering your metabolism, making it hard to keep the weight off for the rest of your life.

**While we're at it, a word about damaged metabolisms.** Can you repair a damaged metabolism? Yes, you can, but you need to be diligent. If you've caused metabolic damage as a result of following starvation diets or losing weight too rapidly in the past, it can be extremely difficult to achieve any further fat loss at all. The good news is, metabolic damage can be repaired. All it takes is the right combination of metabolism stimulating exercise and metabolism stimulating nutrition (NOT just a diet), all done consistently over time.

**The big irony** is that most of the diet programs that claim to help you get rid of excess weight, only end up making it harder for you in the long run because they use harsh metabolism-decreasing diets and not enough exercise (almost never any weight training). Tips to keep it up:

- Meal frequency: eat 4-5 small meals per day
- Meal timing: eat approximately every 3 hours, with a big breakfast and a big post workout meal.
- Sufficient Caloric Intake: never dip below 1000 calories a day (we do pre-contest, but it's brief)
- Food choices: Select natural, unprocessed foods with high thermic effect (lean proteins, green vegetables, salad vegetables and other *fibrous* carbs)
- Weight training: extremely important in cases of "metabolic damage" because this is the stimulus to keep the muscle you have and begin rebuilding new muscle tissue, which is the engine that drives your metabolism.

**Many women still say they don't want to lift weights** as part of their fat loss programs. Well, people who won't lift weights can expect a very, very long metabolism "repair process" if they achieve it at all. Consistency is the key. Nothing will undermine the "re-building" of your metabolism like inconsistency. If you stop and start, or skip meals and workouts often, you will not even get off the ground. So lift heavy and often, eat clean and often.

## Clean Eating Shopping

**As you learn to eat ‘clean’,** you will inevitably experience the shopping dilemma – your trips to the grocery store become increasingly more frustrating. You may hear yourself say, “Now that I’ve learned about better food choices, where do I shop for all of this stuff? Where do I buy buffalo meat? What is spelt bread? What condiments are good choices? Where do I buy my greens drink? What about healthy snacks?”

**Why is this happening?** The answer is simple – *if you’ve changed your eating habits, you have to change your shopping habits.* Now that you’re eating clean, you need to start shopping with ‘fresh eyes’. Choose humanely raised meats, and clean fruits and veggies. It’s the decent thing to do!

**Traditional Grocery Stores** (*Safeway, Save on Foods, Thrifty Foods, Great Canadian Superstore*). As you start eating clean and healthy, you’ll find your choices in the traditional shopping store changes – *you’ll be purchasing less, your cart will be half empty!* This is a good thing, and the first sign that you’re starting to eat a healthier diet. It means you’re moving away from the conventional, unhealthy eating style and encompassing a healthier way of eating. That’s because traditional/commercial stores do not offer an abundance of healthy foods, but if you learn a few rules, you can navigate your way through safely:

→ **Stick to the outer aisles of the store**, where you find the meats, eggs, fruits and veggies and dairy, your most plentiful purchases (remember, ‘live’ foods are where it’s at!). Your trips through the inner aisles will start to diminish, because they are mostly filled with processed and packaged products – cereals, crackers, soups, condiments, pastas, puddings, snacks etc. (Remember, if it has a label, it’s not a whole food.) **NOTE:** Stores have gotten savvy to this motto about healthy foods along the outer aisles, and have started to put not-so-healthy choices like bakery items along the outer aisles (have you noticed this???), so be wary!

→ **Learn Your Labels** – get educated on healthy labels. More healthy foods are creeping into traditional stores like Safeway and Thrifty Foods every day. In my foray through the aisles, this is what I found. The following is a list of healthy brand names you can trust. (PS You’ll also find most of these foods in health Food stores, so don’t forget to check them out there!).

### Healthy (Clean Eating) Foods:

- **Frozen Fruits and Veggies** – Earth’s Best (the fruit is great for smoothies!)
- **Frozen Ready-Made Dinners** – none
- **Frozen Pasta** – 3-Cheese macaroni cheese from O (Safeway organic) brand
- **Juices** (can or jar) – Knudsen, Santa Cruz, Ceres, Blue Sky
- **Juices (tetra boxes)** – Sun Rype 100% apple juice (no added sugars or concentrates, doesn’t apply to any other Sun Rype juices).
- **Soups** – Amy’s, Imagine, Campbell’s organic broths, Wolfgang Puck canned soups
- **Salads** – Earthbound Farm, Organic Girl
- **Rice** – Lundberg Rice – wild, jasmine, brown
- **Dressing** – Annie’s, Newman’s Own
- **Honey** – Babe’s Honey (made in Victoria)
- **Sauces** – Patak’s – chutneys, curry pastes, and stir fry sauces
- **Syrup** – Camp Pure Maple Syrup (remember, Aunt Jemima syrup has NO maple syrup in it at all!)
- **Sugar and Sugar Alternatives** – no natural alternatives yet, Roger’s Organic Sugar, Raw Plantation
- **Pasta** – Mrs. Leeper’s Pastas – wheat free, gluten-free corn spaghetti and rotelli
- **Milk** – none to date that is organic (sometimes Thrifty’s has it)
- **Milk alternatives** – Soy nice, Silk, Ryza (brown rice milk), Almond Breeze, Goat’s Milk (sometimes).



- **Margarine** – Becel (non-hydrogenated, so safe to eat.)
- **Oils** – Filippo Berio organic Extra-virgin Olive Oil, Spectrum Naturals (sesame, canola, safflower)
- **Breads and wraps** – I eat little, but when I do, I enjoy Ezekiel wraps & Kinnikinnick and Mana breads.
- **Eggs** – look for free range and/or Omega 3 eggs.
- **Yogurt** – Saugeen, Astro, Fraser Meadows. Don't buy fruit-filled yogurt. Add your own fruit.
- **Granola bars** – Kashi Chewy granola bars, Nature's Path granola bars
- **Fruit cups** – Motts Fruitsations (unsweetened brand only)
- **Puddings** – none to date.
- **Nuts and seeds** – no organic to date
- **Spices** – none to date (are all irradiated).
- **Crispy snacks** – Barbara's Cheese puffs, Kettle Chips
- **Nut butters** – Adams Peanut butter, Nuts 2 You, Maranatha
- **Cleaners** – Seventh Generation, Ecco
- **Laundry detergent, dish soap, air fresheners** – none to date
- **Cosmetics, antiperspirants etc** – none to date
- **Toothpaste** – Tom's
- **Body Care** – Avalon, Burt's Bees
- **Feminine care** – none to date. Lots of alternatives in your local health food store.



**A word about Safeway O Organic brand (unfortunately no longer in Canada, but our American gals can still enjoy)...** Safeway now has over 300 brand name items that are USDA-certified organic. This includes sauces, condiments, spreads, pastas, milk, baby foods and more. While Canadian stores carry many of these items, there are many that are not yet here, as I was told during my interview that it is based on supply and demand. So, when we demand (more of) it, they'll supply it! For more info on the Safeway O Organic brand, visit [www.safeway.com/IFL/Grocery/o-organics](http://www.safeway.com/IFL/Grocery/o-organics).

### Health Food Stores

We are blessed to now have numerous Health Food Stores to choose from, but many people are too intimidated to go inside. Don't be. This is your first defence to health eating. Here you'll find healthy breads, alternative grains, healthy cereals, unique nut butters, non-processed snacks, live juices, organic fruits, veggies, eggs and meats, and wholesome sauces, dips and condiments. Ask the staff what to buy, and how they use them. Most staff are there because they live the life, so they're an untapped wealth of information. Use them to help expand your repertoire of healthy eating.

### Local farms and markets

Local farmers markets are great for picking up quality fruits and vegetables (and some sell meat and dairy as well), at usually a fraction of the cost. And they also remind us to eat in season, one of the most important aspects to healthy eating, because eating in season keeps us healthy and in tune with nature, and keeps our digestion and immune system healthy and strong.

### While many local farms are not certified organic, buying local is often healthier than buying strictly organic.

For example, if all you purchase is organic, then purchasing that organic strawberry from California has a carrying cost to the environment (4,000 km in gas and chewing up our roads). It also takes from your local community, and doesn't support your body's seasonal food needs. With local farms, we have the privilege of having a direct relationship with the farmer, and we can learn about their growing and farming methods.

**A Final Word: Learn to shop at several stores** - you won't be able to buy all your food at one store (sad, but true). **Personally, I shop at 4 or 5 different stores.** It works for me, and now that I've learned how, shopping's a breeze!

## Macronutrients

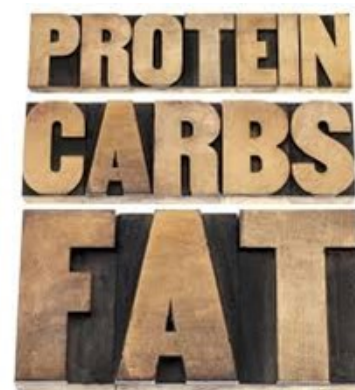
The term 'macronutrients' refers to protein, carbohydrates, and fats. These three major components are responsible for calories. Each plays an important role in sustaining energy, metabolism and bodily functions.

Caloric content of these macronutrients are:

**1 gram of carbohydrates = 4 calories.**

**1 gram of protein = 4 calories.**

**1 gram of fat = 9 calories.**



## Carbohydrates

The power behind the muscle – carbs are processed with water and turned into muscle glycogen, which provides the power behind the muscle. A carb-depleted muscle is not nearly as strong as a muscle full of glycogen because there is no water and therefore less blood within the muscle to contract or drive the movement. Carbohydrates create an insulin response, which helps transport protein into the muscle to aid in recovery and building of new tissue. Carbs are also important for hormonal health. Low carb diets tend to be low in the vitamins and minerals that help manage hormonal fluctuations, particularly in females. Furthermore, without carbs your body goes into ketosis. While ketosis is not necessarily a bad place to be, it is quite uncomfortable to get there and one carb heavy meal can throw you out of ketosis entirely.

## Protein

Protein is essential for recovery and growth of bodily tissues. Protein is processed at 4 calories per gram, which is the same as carbohydrate. However, protein has a higher metabolic rate due to a higher thermogenic effect. Protein is broken down into 21 amino acids, of which 8 are essential and must be consumed through food, 7 are conditionally essential meaning they cannot be constructed by the body during times of illness, injury, or extreme stress, and 6 are non-essential aminos that can be produced by the body and do not need to be acquired through food. Protein is particularly important during times of lower caloric intake because it prevents the breakdown of muscle tissue, and because muscle requires more calories to sustain than fat does, it helps maintain resting metabolic rate.

**Myth:** Extra protein will build more muscle faster because of the higher anabolic response. False...to an extent, yes, protein synthesis is important, but the body can only process so much protein at one time and muscles can only grow so fast.

**Fat:** Fat is a source of energy often burned once the glycogen stores in the muscle have been depleted. Fat is a more concentrated energy source, with 9 calories per gram. Fat is essential for healthy skin and hair, as well as being responsible for transporting fat-soluble vitamins. Due to the longer digestion rate, fat also provides satiety.

**So let's do some math:** I weigh 120 pounds, I eat 1500 calories a day (where I sit best, to maintain 19% bodyfat, AND still be able to perform in the gym, have strength, hence create change in my physique. This is where YOU must find where You and your BODY wants to 'live', your recipe for gains, while maintaining leanness (if you are at your lean place, if not, you must first get there...so your calorie amounts, and your learning, will need to continue on...

**I eat 4x a day (that works for me). I don't snack.**

If I am aiming for a 30/40/30 spread (30% protein. 40% carbs, 30% fat), I gotta do the math.....

- 30% of 1500 is 450 calories ( $1500 \times .3$ ). There are 4 calories in each gram of protein, so 450 divided by 4 is 112 grams of protein. If I divide that into 4 meals, it's around 25-30 grams pf protein.

- 40% of 1500 is 600 calories, and there are again, 4 calories in a gram of carbs, so 600 divided by 4 is 150 grams of carbs. So app 35 per meal.

- 30% of 1500 is 450 calories, and there are 9 calories in a gram of fat, so 450 divided by 9 is 50 grams of fats, app 10-12 grams a meal.

**NOTE: This was a starting place for me,** but after many months of attempts, I was not losing, so I altered things...150 grams of carbs is too many for me, I am small (5'2") and I sit a lot with my work, both working against me (even though I train HARD for 60-90 minutes, it's clearly not enough). SO I will alter this ratio, to find what works for ME, at this point in my LIFE. I will likely bring the carbs DOWN and up the protein to 35 or 40%. And bring my carbs down...I will play with this for a while. (I HAVE found my percentages that work for ME, now it's up to you to find YOURS! And it can change with lifestyle changes, exercise volume etc. This is where it becomes INTUITIVE, but you always, ALWAYS want to ensure you have enough energy for training and recovery!!!

## Tips on Living Consciously (and well).

**We are a nation plagued by unconscious eating...and irresponsible living!**

Most of the time we just don't know. But a lot of the time we don't want to know.

Being a healthy eater requires several things, diligence, awareness and courage. It also means *you need to take responsibility for your life*. Yikes!



Like last week, I had a lady email me to ask for my help in aiding her 220 pound sister. "She does all the right things. She eats only organic and she exercises, but something's just not working. Can you help her?"

**Well, I told her two things:** first, why isn't her sister emailing me if she wants help? And second, you don't just get to be 220 pounds overnight and not know what's going on. Really. I told this well-meaning woman that her sister knows exactly what's going on, and where the added weight is coming from, and that her overweight sister is not being real. She's wanting her sister – and me – to do it for her. So I said if her sister wants to email me, great. But until then, there's nothing I could do for her.

**Harsh? Not at all.** We all need to take responsibility for our life, and until we do, we can't fix it. We can't fix anything *out there*, it has to be brought into our personal sphere.

**And the other issue: stop enabling others.** Her sister was well-meaning, but she should have been the one to lay it on the line with her overweight sister and tell her like it is, not me.

**And finally, stop trying to fix others anyway.** If they come forward and ask for support, that's great. But if not, leave them alone. They have their journey and you have yours. No one likes to be preached to anyway, and don't you have enough on your plate in trying to live your best life?

The best thing you can do for anyone is to live the healthiest, happiest life, and people will eventually come to you and want some of what you have! I guarantee it! Let them come to you. It's the best way to help anyone, and also instills in them that you believe in them enough to trust them with their own life and choices.

I always say: **live by example!**

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## Summary of BSC PHASE ONE



Can you believe it's almost nearing the end of Phase One...it's almost behind you (and may I say, what a nice behind it's shaping up to be!) It always amazes me how fast time flies when you're having fun!

**Let's recap what we've done so far....**

### **NUTRITION—**

- Are you tending to your macronutrient profile and getting it in line (quality protein according to your individual needs, usually 100-150 grams/day, some starchy carbs and lots of fibrous, live carbs, and quality fats, in particular omega 3-s like fish, flax, hemp or Udo's oil).
- Are you drinking your water?
- Do you know your daily caloric load?
- Are you using your Clean Eating Pyramid? (post it on your fridge!!)
- Are you getting comfortable with your food measuring tools and are you using them?
- Are you taking your supplements?

### **TRAINING—**

- Are you completing the workouts, and are you paying attention to good form?
- Are you doing your Warm-ups prior to your weight training?
- Are you ensuring the last 2-3 reps are hard in your rep range?
- Are you drinking a liter of water when you're training?
- Are you breathing well during your training—breathing out on exertion?
- Are you weighing yourself every week and doing your bodyfat?
- Are you listening to your body and respecting its individuality?
- Are you enjoying the process??

**Are you using your FOCUS Cards?** Every am and pm, and reciting your goals? Are you saying your POWER WORDS to yourself every day, several times a day? Let yourself know how much you mean to you! Only you can do this.

**Are you reciting your POWER Words** to yourself throughout the day! Get in touch with that amazing Empowered Woman within, ok? She's there waiting for you!

I would like to leave you with two cookbooks...you may already have mine when you signed up for my website. The other is from fellow natural body builder and clean eating-guru Tom Venuto. Because I purchased his Recipe Book in its entirety, I can legally pass it along to you, as my gift !.

Tom also has an awesome web site you may want to check out...he walks the walk, and he's been around a very long time. He's known for his awesome abs! Check him out!

[Tom Venuto Recipe Book](#)    [Karen's Clean Zone Diet Cookbook](#)    [Clean Eating Pyramid](#)

So as we head into Phase 2, we're going to up the training and learn more about the world of supplements, advanced eating and proper training techniques. So continue to focus on consistent, quality training (write down your daily workouts, everything, sets, reps and such), and consistent quality eating (write that down too, you'll need this for the next Phase).

“Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished.”

- Buddha



“Physical strength in a woman. That’s what I am.”

- Tina Turner



“No matter what a woman looks like, if she’s confident, she’s sexy.”

- Paris Hilton



Me and my mentor, Dr. Cory Holly, natural body builder, creator of the international Certified Sports Nutrition Advisor (CSNA) course and CEO of the Cory Holly Institute.