

Living Lean Equates to Thinking Lean

Living lean equates to thinking lean. It's understanding the science of how to utilize fat as a fuel source and integrating the most logical lifestyle according to your objectives and goal. You simply cannot manage body mass effectively if your food table is not designed with respect to your lean mass, genetics, and other variables that regulate your form and function. Ideally, food should be compatible with your blood type, metabolic and biochemical needs. Again, taking the slow approach to losing fat is the permanent most reliable approach. You have to be patient and go into the program understanding this concept or else you'll lose your focus, become very impatient, regret the whole thing, binge and then stop training. I've seen this happen many times.

It takes years for most people to gain fat so don't expect to lose it overnight. If it took 10, 20 or even 30 years to accumulate X amount of fat, get into the program with the expectation of losing approximately 1/2 pound a week or about 1 kilogram a month. During the process you will also gain some fresh new lean mass, strengthen the entire body and tone up any pre-existing tissue. Expect to keep the fat off forever because you are integrating a consciousness of training and eating for health & wellness based on science. The old ways and destructive habits are gone. Your new lifestyle is setting a new and higher standard of health as you utilize your inner strength and personal power to take affirmative action every day.

Healing the Mind

It's really an issue of healing the mind and changing your attitude about yourself, your self-awareness, and your lifestyle choices. We are creatures of habit, so we have to recognize which of our habits are destructive. But it's more than just a process of elimination. We must replace old habits with positive alternatives; we must fill the empty spaces with time well spent. Once formed, new habits of health will set in motion a huge kaleidoscope of positive outcomes. New habits aren't easily formed, so like the athlete, we must stay on top of our game and prepare for victory. We must be vigilant and keep the inner eye ever open for trouble.

Motivation is Crucial

Motivation is crucial during any time of transformation. Control everything that goes into your mind. Fill it with uplifting, high-energy constructive information. Stay focused on the potential rewards and the potential outcome. Use your ingenuity and the power of human conceptualization. Once you get into a regular pattern of eating healthfully and exercising routinely, expect to feel better day by day. It's going to take time to reach your final goal, but in the end the results you achieve will more than satisfy your longing because the new "you" you create will possess a greater capacity for life.

In regards to self-esteem, do you think someone with an extremely high self-concept can tolerate excess fat on their body? Do the two go hand-in-hand? Beauty is in the eyes of the beholder, but how far is far enough? Is physical appearance and personal grooming a function of high self-esteem?

It is important that the significance of self-esteem not be lost in the confusion over what it means. Nathaniel Branden, Ph.D., a well known psychotherapist, defined self-esteem several years ago as “The disposition to experience oneself as being competent to cope with the basic challenges of life and of being worthy of happiness.” The National Association for Self-Esteem modified this to define self-esteem as “The experience of being capable of meeting life’s challenges and being worthy of happiness.” Christopher Mruk, Ph.D., a psychology professor at Bowling Green University, reports in his book *Self-Esteem: Research, Theory, and Practice* that of all the theories and definitions proposed, this description of self-esteem has best withstood the test of time in terms of accuracy and comprehensiveness.

This concept of self-esteem is founded on the premise that self-esteem is strongly connected to a sense of competence and worthiness and the relationship between the two as one lives life. The worthiness component of self-esteem is often misunderstood as simply feeling good about oneself, when it actually is tied to whether or not a person lives up to certain fundamental human values, such as finding meanings that foster human growth and making commitments to them in a way that leads to a sense of integrity and satisfaction. A sense of competence is having the conviction that one is generally capable of producing desired results, having confidence in the efficacy of our mind and our ability to think, as well as to make appropriate choices and decisions. Worthiness might be considered the psychological aspect of self-esteem, while competence might be considered the behavioral or sociological aspect of self-esteem. Self-esteem stems from the experience of living consciously and might be

viewed as a person’s overall judgment of themselves, one that pertains to self-competence and self-worth based on reality.

The National Association for Self-Esteem
www.self-esteem-nase.org

High Self-Esteem

Self-esteem, if allowed to diminish, can and often does reduce tolerance to our own physical appearance. If we love and nurture ourselves and see the merit and value in our own existence, then we will not allow ourselves to “go” beyond certain limits. Outside of what society dictates or what others prefer, such limits should be based on knowledge of health and disease prevention. Obesity is a disease and increases our risk of both morbidity and mortality. This has been established as medical fact.

Excess bodyfat (beyond 20% for men and 25% for women) is the forerunner of obesity, therefore, we cannot equate obesity or excess bodyfat with optimum health, ideal performance or self-respect, because if we have a very high-degree of respect for ourselves, we will take action to prevent disease and protect our health. Science and positive emotion will be our driving force. What man or woman truly in love with themselves would knowingly allow themselves to deteriorate without opposition, especially when that same person understands the consequences of their own action on their body and health?

Few people would agree that the best looking human is obese, and if we had to choose a human ambassador to represent planet earth based on appearance alone, that individual would most likely have an athletic look, not