

Elite Warrior Tribe

Monthly

Volume 1.1 | January 2021

Let's Get It Started!
p.21

Cleaning Out Your
(Social Media)
Closet
p.45

Fitness DeMystified
p.45

And so much more...





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Letter From the Editor



Hi, I'm Julie! Welcome to the inaugural edition of the **Elite Warrior Tribe** Monthly magazine! If you're reading this, it means you've taken the plunge and joined the tribe. So first, for that, my heartfelt gratitude. It means the world to me that you have decided to go on this journey with me, allowing me to guide you to living a stronger, healthier life. Being that this is the first installment, and it's the start of a new year, I want to give you an idea of what to expect and what not to expect, so on page 3, there's a whole rundown of what will be in each issue, and my vision for how this community will look. It's no secret we're coming off a year that kicked most of us in the teeth!

I haven't met anyone who is sad to see 2020 in the rearview. It almost feels surreal that a year like that could have existed. I'm not sure we're out of the woods yet, but it seems that most of us have adapted to whatever "normal" might look like going forward.

2021 is a brand new year, and an opportunity for a fresh start! Now let's be honest – new year? What does that mean? Resolutions? Plans to lose weight “for real this time”? We've all said it.

We've all been there. THIS is your chance to make it a reality. Stick around here, and you'll get a wealth of knowledge every month about just how to make this happen once and for all. And in the process, you'll get stronger, you'll slowly ease into new habits, you'll set positive examples for your family and friends, and together we'll build a healthy community, and Gd willing, a healthier world.

Enough from me for this month! Let's dive in to this issue to see what your membership is all about and it means to be an **Elite Warrior!**

Let's Goal Get 'Em,
Julie

What to Expect from the Elite Warrior Tribe

So, you're here. You drank the Kool-Aid, so to speak, and now you want to know what that means for you, right?

The idea for the Elite Warrior Tribe came to me as a way to reach more people for coaching and training. My mission is really to help as many people as possible sift through all the misinformation about health, nutrition, and fitness in order to build the body and life they want! My one-on-one coaching is still available, but it's cost-prohibitive for many people, and this was an opportunity to make this knowledge more accessible, and here we are!

While I fully intend for this to be an evolving process, here's what you can expect immediately going forward:

Every monthly edition of the Elite Warrior Tribe "magazine" will drop on the 29th or 30th of the month. It will be uploaded into the members-only portal on the Goal Get Em Fitness website (www.goalgetemfitness.com), along with other goodies as we grow and develop. Although every issue will be different, there will always be monthly nutrition information and a monthly workout. The workouts can be scaled to any ability level from beginner to advanced, and there will be links to form and technique videos for you to access.

Each issue will also address a pervasive fitness myth that won't seem to die and will contain some kind of article or blurb surrounding total wellness, self-care, soul – something on the spiritual/emotional/mental side of things. And of course, each edition will contain a couple healthy recipes – entrees, snacks, side dishes, desserts, high-protein, they'll run the gamut.

On top of that, there will be contests, challenges, and games – either in the monthly issue, on Instagram, or on the members-only Facebook page (which you can request to join [HERE](#)).

Speaking of which – my vision for this community is that the Facebook page will be a major hub of connection for us. I know a lot of us don't use Facebook much anymore, but it's the one place where we can “hang out” as a group and post, comment, and support one another. I'll post stuff on there, but I really want it to be a place for you to connect with other members of the Tribe. Post videos, ask for accountability, share your story, celebrate your successes. As this Tribe grows, my hope is that you will develop relationships with others in the Tribe, support one another in reaching your goals, and work together to build healthier bodies, healthier families, and a healthier world.

More than anything, my goal is to assist you in reaching your goals. I've been on a fitness and health journey for much of my life, and I've picked up a thing or two along the way.

I'm humbled, grateful, and elated that you have chosen to join the Tribe, and I'm looking forward to talking to you, getting to know you, watching your journey, and answering any questions you may have along the way!

To Your Health,
Julie

Where is My Place in the Tribe?

Tribes are based on a hierarchy, and this Tribe is no different. While no one member is more important or valuable here, tribal membership is based on participation and engagement. Upon joining us here, you gain immediate membership. Leveling up is up to you and costs nothing.

1-6 months = Member
6-12 months = Warrior
1-3 years = Lead Warrior
3+ years = Tribal Council

With each new level, there will be new "swag," and there will be opportunities in future monthly issues and on Facebook to move up more quickly as well.

Your level of commitment, participation, and engagement will all factor into your place in the Tribe. Ultimately how quickly you level up is up to you!

DAILY HABITS FOR A HEALTHY BODY

Healthy brain:

- 7-9 hours sleep
- Read daily
- Socialize
- Meditate



Healthy heart:

- Eat green, leafy veggies
- Exercise often
- Manage stress
- Don't smoke



Healthy joints:

- Consume enough calcium
- Have omega-3s in your diet
- Exercise and use them



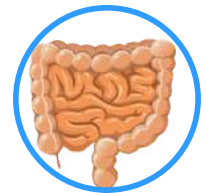
Healthy skin:

- Eat fatty fish
- Stay moisturized
- Drink a lot of water
- Moderate sun exposure



Healthy gut:

- Eat whole foods
- Eat a lots of fiber
- Minimize sugars and sweeteners
- Stay hydrated



Healthy bones:

- Eat vegetables
- Lift weights
- Consume protein and vitamin D
- Maintain a healthy weight



Fitness: DeMystified

All you have to do is exercise, man

Bro, you need to be in a calorie deficit



Myth of the Month:

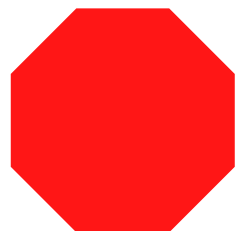
Exercise is the Best Way to Lose Fat

We've heard the saying a million times – You Can't Out-Train a Bad Diet! We hear it, we process it, but what does it mean? Most people feel like if they just spend a few hours in the gym every week, they can eat what they want.

You might even hear people say that they exercise and eat “whatever” – and depending upon your goals, that may work for some, but the truth is exercise, in all its forms, is better for your health than it is for achieving your fat loss goals.

See, the most important part of this whole puzzle is the one that none of us wants to face because it means that we are RESPONSIBLE for the outcome that results from our choices. What is that thing? It's food. Yes, food, glorious food is the blessing and curse of this whole fitness pursuit.

Being in a calorie deficit is the ONLY way to achieve fat loss. Full stop.



Exercise is paramount to your health for so many reasons, and we are going to focus on it a lot within these pages, but it is not the best way to lose fat. Clients tell me all the time that they “must not be losing weight because” they “didn’t get their workouts in this week.” It’s simply a lifetime of misinformation that leads us to believe that we can just exercise away whatever we’ve consumed.

For me, someone who has been exercising pretty consistently for most of my adult life but was always a little bit chubby, the missing piece was not exercise, and I knew that. I dialed in my nutrition, focusing solely on my diet and finally saw changes happen!

In these pages, every month, we will give attention to our diets and how to figure out just how much you should be eating every day and week to reach your fat loss goals. That’s fundamental knowledge to anyone on this journey, and it’s information you should be armed with to assist you in making the best decisions to reach your goals! And that’s what we’re here for, right? We set goals, then we go get ‘em!

There’s no doubt exercise should be a non-negotiable part of your day in the same way brushing your teeth is, but a one-hour (or less) workout is not going to make or break your success in reaching your goals. Exercise has many benefits, and we’ll explore them in depth, however, the idea that exercise is the primary driver of fat loss is one of the many fallacies we’ve been fed throughout our lives, and it’s time to finally lay it to rest!

New Year New You Challenge

January
2021

- Set at least 2 goals for the month or year
- Do something nice for your body today
- Unfollow uninspiring people on social
- Message someone just to say hi!
- Tell yourself something positive while looking in the mirror
- Cook a healthy meal
- Take a 15 minute walk outside
- Make a healthy dinner
- Do or try something new
- Start a new book
- Do 5 minutes of meditation
- Make a to-do list for the day and complete it
- Get 7-8 hours of sleep
- Take a picture of something beautiful
- Disconnect for 30 minutes

- Offer to help someone
- Spend time with someone you care about
- Celebrate a victory
- Drink 64oz of water
- Apologize to someone (maybe yourself)
- Do not say "I can't" today
- Tell 3 friends about the Elite Warrior Tribe
- List something you're grateful for
- Laugh out loud
- Stretch for 10 minutes
- Watch the sunrise or sunset
- Clean out a drawer
- Pack a healthy snack
- Meal Prep
- Do a random act of kindness
- Write & commit to your February goals

HOW DID I GET HERE?

I can't remember a time in my adult life when I wasn't on some sort of diet, or at least trying to lose a few pounds. I know those times existed, but I don't remember them much. Mostly because, on the opposite side of the spectrum, I was likely comatose from binge eating myself into oblivion. I

mean, I couldn't always need to "lose a few pounds," right? There had to be periods where I was busy gaining back what I had previously lost. I realize now that I've been in a DIETING MINDSET my whole adult life, without having actually been consistently trying to lose weight for much of that time.

This has been the constant cycle of my adult life. Like so many Americans, and people all over the world for that matter, I've done everything, tried everything, and have more often than not, found myself back at square one. You name the diet, I've done it. You name the "strategy," I've put it into action. Some worked very well, for a time, some found me heavier than I was to begin with, and some just had me frustrated, discouraged, disheartened, and **HUNGRY!**

My story is not uncommon, it's not unique, but it is mine, and it's led me to where I am now...right here, on a mission to assist you in reaching your goals!

What makes me think I can do that?

Well, I've reached mine, and I've LEARNED what it takes to do it in a sustainable way where, for the first time in my life, I believe I'll keep it off for good. Sure, it'll fluctuate, but I've now got a toolbox full of tips and tricks and hacks and methods that I'm excited to pass on to you so that you can see how doable it is!

Notice I said "doable" not "easy"! Losing weight, in a practical sense, is simple. Truly it is. The concepts, the science, the methods? They're simple. But EASY is a totally different story. Losing weight, as most of us know, is NOT easy! My goal is to simplify it for you; that's what this TRIBE is all about.

I'm still on my journey – this is a lifelong process for me. Whether it's adding some muscle to my frame, cutting a little weight, or simply maintaining, this is something that will always be part of my life, and it's something that I have to actively think about. It doesn't consume my life anymore, but it is an essential part of it.

I hope that, as the months pass, we can work together on getting you to your goals and that I can assist, motivate, inspire, guide, answer your questions, and be a friend to you throughout your journey.

Please don't ever hesitate to reach out, to say hi, to post, to ask questions – anything. I'm always here for you!

Let's Go Crush 2021!

Julie

VERY BASIC Nutrition

January 2021



It's January! A new year begins and we all know how this goes...everyone is making their resolutions, setting goals, and vowing to FINALLY get it together this year. In a different time, they'd be joining gyms, too! Now everyone is searching for dumbbells for their new home gyms!

But there are still those people out there who are looking to do it as quickly as possible – so they're buying waist trainers and detox teas and looking up recipes for cabbage soup or cayenne pepper lemonade! And I'll tell you what... they'll be successful doing those things...until they're not.

Why, you ask? Because doing it as quickly as possible only means that they'll eventually have to do it again! Quick fixes are completely unsustainable.

So yes, they'll lose some weight, but once they go back to their "normal" habits, the weight will come right back, and they'll start looking for a new quick fix!

Not you, though, right? That's why you're here! You're a **WARRIOR**, and you know that, as long as you're doing it the "right way," it will be the last time you have to make a January resolution to take the weight off!

I may, at some point in the year, give you some tips on how to achieve rapid fat loss in a safe and cautious manner, but January is not the time! This month we're setting you up for steady, sustainable, long-term success. That means that you'll continue this long after everyone else has thrown in the towel on their resolutions!

Here's what to do this month if your goal is to lose fat:

Multiply your **GOAL** body weight by 12, and eat within that number of calories, plus or minus 25ish. That's it for your calorie intake. The other **VERY** important piece of this puzzle is your protein intake. You'll take that same **GOAL** bodyweight and eat that many grams of protein per day. Yes, it's a lot of protein, yes it will be a challenge at first to get it all in, but you can do it! I promise!

That's it. That's the plan for this month.

Oh wait! Julie!!!! You forgot to tell us WHAT to eat!! Right, right, right. Whoops! Here's what you should eat on a daily basis...

WHATEVER YOU WANT THAT FITS IN YOUR CALORIES AND MEETS YOUR PROTEIN NEEDS!

Seriously? Yes. Seriously. No food is off limits. Not carbs, not cake, not pizza, not burgers, not chips, not cheese. There is no "bad" food.



I don't believe in deprivation

Now, does that mean that I want you to eat half a pie for breakfast just because it fits your calories? No. The majority of the time, you should be eating whole, nutrient-dense food, from a variety of sources, in a multitude of colors.

But, you should also incorporate the foods you love, within reason. This is not a DIET. This is YOUR LIFE. If you want to lose the weight in a way that is truly long-term and long-lasting, it doesn't make sense to cut out foods you love (that you'll eventually eat again).

**IF YOUR METHOD TO
LOSE THE WEIGHT IS NOT SUSTAINABLE, YOUR
RESULTS WILL NOT BE SUSTAINABLE**

Read that again.

And so to recap...

Calories - Goal BW x 12
Protein - Goal BW x 1

That means if your GOAL BW is 150 lbs., you should eat between 1775-1825 calories, with 150g of protein.

If you have questions about this, post them in the Facebook group! If you're not in the Facebook group yet, shoot me an email at coachjulievip@gmail.com and let me know you're trying to get in and I'll send you over an invite!

Happy eating!

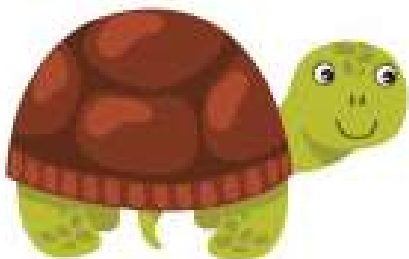
HOW TO SET UP YOUR FAT LOSS PLAN



Find your Calorie deficit

Multiply your goal weight in pounds by 12

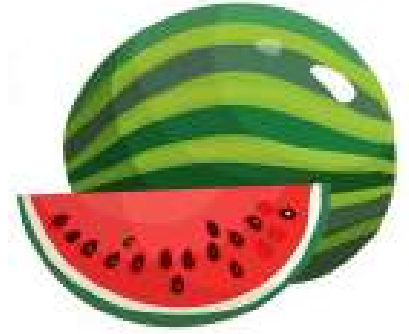
Slow and steady wins the race. Be like the tortoise.



Find your Protein intake

Aim for 0.8-1.0g of protein per pound of goal body weight

Chicken, fish, turkey, yogurt, eggs.



Focus on Whole foods

Focus on fruits, veggies, & lean meats 80% of the time

Incorporate less nutrient-dense foods you enjoy within reason



Spring Cleaning in January

Remember back in 2009 when you went to dinner with a friend, and your friend brought along another friend that you didn't know? The first conversation went something like this:

You: Hey! Nice to meet you! I'm Sam!

Them: Hey Sam! I'm Jenna. So good to meet you! Are you on Facebook?

You: Yes!!! Add me! My profile picture is me sitting on one of those inflatable swans!

Them: OMG, there you are! So cute! Ok, added!

And then you proceeded to go through dinner. Even though you never saw Jenna again (where is

she now?), you viewed with zeal her trip to Belize, her engagement and subsequent wedding, and right about now, probably watching her kid's first day of kindergarten! Those were the days, right? You literally added Every. Single. Person. you met.

The novelty has since faded, most of our Facebook feeds are now our parents posting memes and pictures of their grandkids, and we've moved on to different platforms: Instagram, YouTube, TikTok.

Just like with Facebook a decade ago, we're quick to add and follow on these platforms, and I think January is a great time to do a really honest audit of who and what you follow on social media.

Some questions to ask yourself as you go through your follows...

- 1) **Is this account still relevant to my life?**
- 2) **Is it useful?**
- 3) **Does it make me laugh?**
- 4) **Do their posts lift me up, either emotionally or spiritually?**
- 5) **Do I REALLY care about keeping up-to-date with this person?**
- 6) **Does this account spark feelings of jealousy, envy, or shame in me?**

Next, go to your Explore tab on Instagram. Does it reflect who you are? Who you see yourself as? Do the top posts give a true sense of your interests and likes? Do they inspire you to live better, do better, be better? If not, unfollow.

I get that there's a sense of FOMO when it comes to unfollowing or hiding someone's posts. Maybe you're afraid they'll notice your unfollow and be upset with you.

I promise, anyone who is upset that you unfollowed them is upset about losing a follower, not about losing YOU.

We are living in times when social media is part of the fabric of our society. It's how we keep up, how some of us get our news, and how we send a message about who we are and our values out into the world.

Make sure yours aligns with what matters to you and how you want to be seen, and if it doesn't, unfollow. You might be just one click away from a calmer, more uplifted, more meaningful you.

Let's Go!

Welcome to your first month's workout, appropriately called **LET'S GET IT STARTED!!** If you follow Goal Get 'Em Fitness on Instagram (and why wouldn't you?), you know that I am a huge proponent of heavy strength training, progressively getting stronger, and light amounts of dedicated cardio, if any. The advantages and benefits of resistance training go far beyond getting stronger or building muscle, which we'll discuss in another issue.

Because this is every Warrior's first workout with me, we're going to start this month with bodyweight only. There are links to all the moves, as well, in case you are unfamiliar with **PROPER FORM** and **TECHNIQUE** (I'll talk a lot about this for each workout).

If you have some experience with strength training, you're welcome to add weights where possible to increase the difficulty.

These moves are meant to be done in a circuit, meaning you **do all the moves on the list all the way through with as little rest as possible. At the end of one round, rest for 3 minutes. Then repeat the circuit 2 more times.**

You can do these circuits as many times during the week as you'd like, though, I would recommend not fewer than 3 days, with a rest day in between each workout. You'll notice that for each week, the number of repetitions increases by a few, so by the end of the month, you'll have doubled your starting reps.

Let's Get It Started!

Week 1

20 Squats

10 Push-Ups

10 Walking Lunges (each leg)

10 Rows (each arm)

10 Hip Hinges

10 Burpees

20 sec. Plank

10 Deadbugs (per side)

Week 2

25 Squats

12 Push-Ups

12 Walking Lunges (each leg)

12 Rows (each arm)

12 Hip Hinges

12 Burpees

25 sec. Plank

12 Deadbugs (per side)

Week 3

30 Squats

15 Push-Ups

15 Walking Lunges (each leg)

15 Rows (each arm)

15 Hip Hinges

15 Burpees

25 sec. Plank

15 Deadbugs (per side)

Week 4

40 Squats

20 Push-Ups

20 Walking Lunges (each leg)

20 Rows (each arm)

20 Hip Hinges

20 Burpees

30 sec. Plank

20 Deadbugs (per side)

My Go-To Protein: Crock Pot or Instant Pot Shredded Chicken



GRAB-AND-GO PROTEIN IS A LIFESAVER IN OUR HOUSE. HAVING SOMETHING TO THROW ON TOP OF SALADS, INSIDE A BURRITO, IN AN OMELET, OR ON ITS OWN SLATHERED IN BBQ SAUCE MAKES FOR SUPER SIMPLE MEAL PREP.

INGREDIENTS

2 lbs. boneless, skinless chicken
breast

Salt and freshly ground

black pepper

garlic powder

1/2 c water

DIRECTIONS

1. From fresh or frozen, dump all ingredients into crock pot
2. Set on HIGH for 6:30
3. Go do something fun
4. Using 2 forks, shred the chicken
5. Store for grab-and-go protein

*For Instant Pot,
Pressure cook for 10 minutes
and allow 5 minutes
for natural release

Nutrition Facts	
8 servings per container	
Serving size	4 oz (112g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 85mg	28%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

LOW CARB PEANUT BUTTER COOKIES



YOU DON'T HAVE TO EAT LOW-CARB OR KETO TO ENJOY COOKIES, DO YOU? THESE PEANUT BUTTER COOKIES ARE GREAT FOR EVERYONE! JUST TRY NOT TO EAT THEM ALL IN ONE SITTING!

INGREDIENTS

3/4 cup Peanut Butter

2 tbsp Almond Flour

1 Large Egg

1 tsp Vanilla Extract

DIRECTIONS

Pre-heat oven to 350 F.

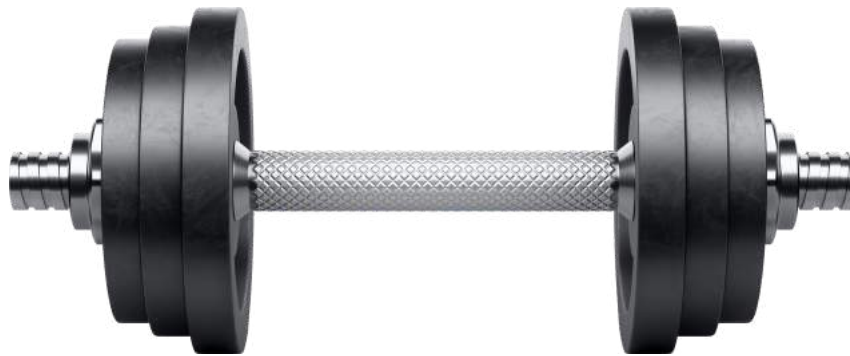
Combine all ingredients to in medium-sized mixing bowl. Mix well. Use a cookie scoop to shape each lump of dough into ball.

Place on a baking sheet and flatten with a fork.

Nutrition Facts	
6 servings per container	
Serving size	2 cookies
Amount Per Serving	
Calories	110
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 1.3g	7%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 480mg	21%
Total Carbohydrate 8g	3%
Dietary Fiber < 1g	2%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	6%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Acknowledgements

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- McKinney Collective
- The Tribe



A Sneak Peek at February's Issue...

2 Circuit Workouts

February Nutrition Challenge

Creating Meaning

New Delicious Recipes



@GoalGetEmFitness

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