

Volume 1.10 | October 2021

Elite Warrior Tribe

Monthly

So You Have
Cellulite? *p.21*

Goal-Setting
Challenge *p.6*

Systems of the
Human Body *p.9*

And so much more...



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Letter From the "Editor"

Hi again! Welcome to the October issue of the Elite Warrior Tribe monthly!

It's absolutely insane to me that we are already into the last quarter of 2021! I just said to someone the other day that we are still dealing with COVID-19 and it's almost 2022! Just bananas!

But I digress! Here we are with another edition of the Elite Warrior Tribe magazine! It's been a lot of fun for me this year writing these and putting this knowledge out to you! I do hope that you are getting value from it and that you are able to implement some of the information into your daily life!

This issue is full of some new stuff - there's even a little biology lesson in here, an infographic about the human body systems. I think it's so important to understand the human body, to know how it works, what systems work together, and how we can take care of each system to make sure that it's functioning at its optimal level. That's the key to longevity, after all!

There are also new nutritional guidelines in here for October...a little something to ease us all into the holiday season, to get us primed and ready so the end of the year isn't the scramble that it usually is.

I talk about cellulite, exercise vs. diet, how my progress has been since I was on a road trip for most of last month, and finally, a new workout that will leave you feeling strong, and powerful.

As always, I would love to get your feedback and hope you have a wonderful month!

Let's Goal Get 'Em,
Julie

CREATING MEANING

What does it mean to live a full life? In many ways our lives have become too routine. We wake each day, prepare for work, do our job, return home, and squeeze in eating, time with friends and family, and sleep. That might not be entirely accurate, but more times than not we are living the same routine every day. While there is comfort and stability in routine, there is also a loss in adventure.

Committing to trying new things brings meaning and happiness to our lives that may have gone unnoticed if we remain comfortable. If we stick to our routine.

Let's explore breaking habits and routine and fill our lives with adventure and new experiences. Everyone has heard of a bucket list, but this is entirely too fatalistic. The things I want to do before I die...no thanks. Let's instead make a list of the things I want to do to **feel** alive. The bucket list is already dead, mainly because the items that fill that list are typically filled with dreams, not goals. Let's explore new experiences with purpose and accountability. Let's commit to new experiences and seek meaning in all we do.



Try This:

Let's commit to enriching our lives in the next three months by doing something new.

Write a list of items you may have wanted to try but never have. A Life List, if you will.

From that list choose one and map out a plan to accomplish it. By planning, you are no longer dreaming, you are goal-setting.

To ensure self accountability, share your plan with the rest of the Tribe on our Facebook page!





YOU DON'T HAVE TO EAT LESS,

YOU JUST HAVE
TO EAT WELL.

(MOST OF THE TIME)



2 Super Fun Circuits

For When You Just Want More

Upper Body Burner

The Circuit:

Single-Arm DB Push Press x 5/arm

Sumo Stance Alternating DB Row x 5/arm

Push-Up x5

Band Pull-Aparts x 10

Instructions:

Set a timer for 6:00 and complete as many rounds as possible with perfect form.

Pushie Power

The Circuit:

Pause Push Up x 4

Tricep Push Up x 4

Wide Push Up x 4

Push Up x 4

Instructions:

Set your timer for 8 minutes and complete as many rounds as possible while maintaining perfect form.

October 2021

Elite Warrior Tribe

Challenge



To piggyback on this month's Creating Meaning, our October challenge is going to be a bit different. It's not nutrition related and it's not fitness related, it's a challenge for your soul. Similar to last month, when I challenged you to get outside your comfort zone, this month, I want you to start thinking about goals.

Your challenge is to set goals in different areas of your life that you would like to accomplish by the end of the year. There are 3 months until 2022, but there is no time like the present! New Years resolutions rarely work, as we don't often keep them. So, start now. How do you want to show up for the next 3 months? Write it down!

Nutrition Guidelines

October 2021



Last month we took nutrition relatively easy to give your body (and mind) a break while winding down those crazy summer months. Now, especially with the holidays coming up, I want to get a head start and jump into steady, sustainable fat loss so you aren't scrambling last minute like everyone else does the week before Thanksgiving. This month is structured as a descending calorie pattern, which means we start with your highest calorie intake and slowly decrease as the month progresses.

You will use calorie cycling (high/low days throughout the week) which is going to keep you sane and fuller even on fewer net calories throughout the week.

3 Days/Week (High Days)

Usually days you strength train, but doesn't have to be

Week 1: Calories: BW x 12.5 Protein: BW x 1

Week 2: Calories: BW x 12 Protein: BW x 1

Week 3: Calories: BW x 11.5 Protein: BW x 1

Week 4: Calories: BW x 11 Protein: BW x 1

4 Days/Week (Low Days)

Usually rest days or light cardio days, but again, doesn't have to be

Week 1: Calories: BW x 9 Protein: BW x 1

Week 2: Calories: BW x 9 Protein: BW x 1

Week 3: Calories: BW x 9 Protein: BW x 1

Week 4: Calories: BW x 9 Protein: BW x 1

Systems of the Human Body

While this isn't necessarily weight/fat loss related, I feel it's important to understand the human body and how it functions. There are 11 major systems that control the entire function of our body.

Even though each system is independent and has its own processes that it carries out, all the systems work in conjunction with one another to ensure the proper function of EVERYTHING you do! The next page is a guide to the basic responsibilities of each major system.

ENDOCRINE

Produces hormones to regulate all body processes

RESPIRATORY

Exchanges gas between internal & external environment

DIGESTIVE

Physical & chemical breakdown of food for nutrients

REPRODUCTIVE

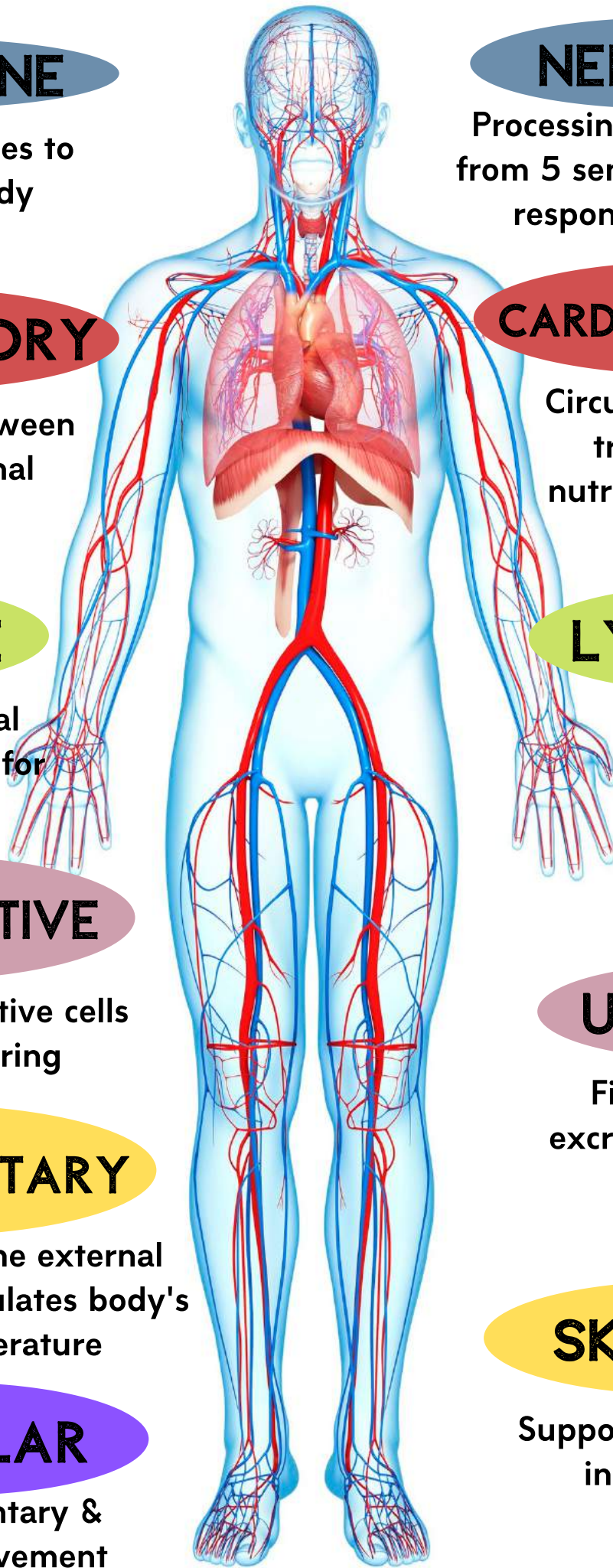
Produces reproductive cells to create offspring

INTEGUMENTARY

Protects against the external environment & regulates body's internal temperature

MUSCULAR

Controls voluntary & involuntary movement



NERVOUS

Processing center for input from 5 senses, uses input to respond appropriately

CARDIOVASCULAR

Circulates blood, which transports gases, nutrients, hormones, & water

LYMPHATIC

Circulates lymph, which maintains fluid balance & helps fight infection

URINARY

Filters blood & excrement from the body

SKELETAL

Supports & protects the internal organs



FULL BODY PUMP

This month's workout is called "Full Body Pump" in honor of fall, Halloween, and pumpkin everything! There are 3 days with an optional 4th day!

The first 3 workouts should be done on non-consecutive days. MWF, for example, and the 4th day, if you choose to do it, can be added in on one of your weekend days.

There's nothing too extreme in here, but some of these moves might have to be Googled. This workout requires dumbbells (or something weighted).

Any questions, post them in the FB group!

DAY 1: FULL BODY

1) Squat Jump: 3 x 8

2a) Single Leg Deadlift: 3 x 6

2b) Bench Press: 3 x 5

3a) DB Walking Lunge: 3 x 8/leg

3b) DB Row: 3 x 8/arm

4a) Kettlebell (or DB) Swing: 3 x 10

4b) Single-Arm DB Push Press: 3 x
8/arm

DAY 2: FULL BODY

1) Fast Push Ups: 3 x 5

2a) Deadlift: 3 x 8

2b) Arnold Press: 3 x 8

3a) Burpees (no jump): 3 x 10

3b) Decline Push Ups: 3 x 6

4a) Plank Shoulder Taps: 3 x 12/side

4b) Alternating Side Lunges: 3 x 8/side

DAY 3: FULL BODY

1) Box Jump: 3 x 6

2a) Squat: 3 x 12

2b) Close-Grip Chest Press: 3 x 8

3a) Bodyweight Split Squat Jumps:
3 x 6/leg

3b) Single-Arm Pulldown: 3 x 8/arm

4a) Lateral Bear Crawl: 3 x 10/side

4b) Band Pull Aparts: 3 x 15



**OPTIONAL DAY 4:
FULL BODY**

1) Push Press: 3 x 6

2a) Bulgarian Split Squat: 3 x 8 /leg

2b) Triceps Push Up: 3 x 6

3a) Stability Ball Leg Curls: 3 x 8

3b) Lateral Shoulder Raises: 3 x 8

4a) Wall Sits: 3 x 60 seconds

4b) Seated Scapular Wall Slides: 3 x 6

WOULD YOU RATHER



OR



EAT RAMEN

EAT A BURRITO

DISCUSS ON OUR FACEBOOK PAGE!

Fitness: DeMystified

Burgers or
pizza when
we leave here?

Oh bro! I gotta
keep my diet on
track!



Myth of the Month:

As Long as I Exercise, I Can Eat
Whatever I Want

For as long as I can remember, I believed that, as long as I worked out, I would be able to eat whatever I wanted to and stay thin, or lose weight. The notion that exercise was the most important component of any fitness program has been around for a long time, and it has been perpetuated by society for far too long.

We all wanted to believe that we were able to eat anything as long as we exercised. After all, the digital read-out on the elliptical said I burned 600 calories in that half hour! (It lied). Believing the myth was also convenient because it's far easier to spend an hour in the gym than it is to make healthy, positive food choices for the other 15 hours we are awake!

When I first started this business and was doing some private coaching, the excuse I heard over and over from clients who weren't losing was, "I didn't lose this week because I didn't get all my workouts in!" This was the continuous trope from most of the people who weren't seeing results. Because of this, I made a major shift in how I structure my private coaching - dedicating the initial 2 weeks solely to nutrition and then implementing a training program.

See, somewhere in the midst of trying to convince people all they had to do was workout to lose weight, someone came along and said, "Abs are made in the kitchen!" and they were mostly right!

We all have abs; a lot of us just have a layer of fat covering them, making them impossible to see. Building and strengthening our abs happens in the gym. Cutting enough fat to see them happens in the kitchen! So, yes, abs are kinda made in the kitchen. Our nutrition, what we eat day in and day out, matters more than our exercise program. Many of us hate hearing that because our exercise programs have been structured to burn as many calories as possible. I'm not saying that doesn't help, but I am telling you that what you eat matters more.

It's entirely possible to lose fat **WITHOUT** exercise. That might be music to your ears or it might not make a difference. The truth is, you burn way fewer calories than you think during that spin, jazzercise, Sweatin to the Oldies, or even Tae-bo class! I've said for a while now that the goal of your workout should be to get strong and to build muscle, not to burn as many calories as possible.

That remains true. Exercise should not be about how to burn the most fat. Yes, you should do some cardio, especially if you enjoy it. But it's called cardio because it gets your heart rate up, contributing to the health of your cardiovascular system and your overall health.

When it comes to fat loss, calories are still king! In my perfect world, it would be true that we could eat whatever we wanted and just work out enough to burn it off. Sadly, that's not the reality. Having an exercise regimen is important - for strength, health, mobility, and flexibility, but thinking we can eat whatever we want as long as we exercise is a myth that just has to die.

SO...YOU HAVE CELLULITE?

***me too!*

Sometimes we see things in magazines or online that stick in our brains forever. What I'm guessing was over 10 years ago, there was a headline about Mischa Barton - the really thin girl from the TV show "The OC" (which I didn't even watch) that said something to the effect of: "Mischa Barton's Thighs Ravaged by Cellulite!" WTF?! First, I'm not even sure why the headline caught my attention in the first place, and second, why, all these years later, I still remember it. (I just googled it, and it was 2008 for reference). I don't remember my reaction the article at the time (probably something like "thank Gd, skinny girls have cellulite too!"), but looking at it now, it just makes me sad that there is this incredible stigma about cellulite, something people literally have no control over (unless you believe the Kardashians).

So what is cellulite and why, oh why, do we have it?

Cellulite happens when fat cells in the body increase, pushing up towards the surface of the skin, while the long cords of connective tissue pull away from the skin. This causes the appearance of uneven, lumpy skin, usually on the thighs, butt, arms, stomach, and hips. While cellulite is usually associated with overweight and obesity, it is actually far more common than people think. One doesn't have to be over-fat to have cellulite. That idea is completely unfounded, and has been proven false over and over again. Cellulite can and does happen to anyone. Might it be more prominent or greater in scale on overweight or obese people? Sure. But, it's also true that traditionally "thin" people can and do have cellulite.

Society has attached a negative connotation to cellulite, making it seem that people have control over whether or not they are afflicted by it. Can it be unsightly? Absolutely. Does it make people self-conscious? Some people, definitely. But is it something that can be controlled, cured, or treated?

If you live in Los Angeles, you'll see tons of doctors and plastic surgeons touting their treatments

for cellulite removal or reduction. Those treatments involve several sessions of "smoothing" the skin with lasers, creams, and other high-tech apparatus. As of now, however, there's no cure, and there's no proof the treatments work.

For a long time, I hated wearing shorts because of the cellulite on the back of my thighs. I've been so self-conscious my whole life about it, and it greatly contributed to my body dysmorphia and body image issues. I've also, as I've gotten older, realized that I have cellulite on the FRONT of my thighs which is a whole other level of WTF!!! There are times I still catch myself ruminating about it if I'm wearing something that I think shows too much of my legs, and I try really hard to be kind to myself, knowing that there really isn't anything I can do about it. Even when I was at my lowest weight, lifting heavy weights, and feeling my best, every time I looked at myself in the mirror, there it was. It doesn't matter how thin I am, cellulite is just part of my body.

I'm still trying to accept that this is just part of me, and I'm getting better. It helps to remind myself that there are more important things in life, and my worth doesn't come from having smooth thighs!

WHY YOU SHOULD NEVER SKIP LEG DAY!



No more
chicken
legs



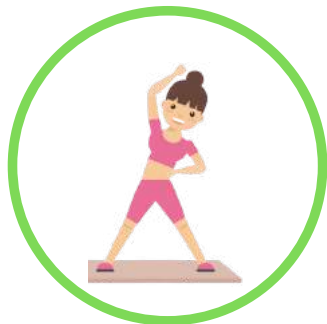
Improves
upper body
lifts



Can reduce
lower back
pain



Burns more
calories



Makes you look
more
balanced



Reduces risk
of injury



My Accountability

September has been an interesting month, to say the least! I've been on the road since the end of August, and have been attempting to balance my goals with the pure

enjoyment of my travels. It was also my birthday this month, and if you know me at all, you know that my birthday is never just one day! We were well prepared in the car for our long days on the road, packing stuff for sandwiches and fruit. Most of our lodging had refrigerators, so we were able to store things when we were in a town for a few days. We also found grocery stores along the way, rather than eating every meal in a restaurant.

There were several exceptions, as we had dinner reservations for my birthday, and were tipped off about a steak fondue dinner in North Dakota (which was fantastic!). We did stay at a quaint bed and breakfast in South Dakota, and the woman's cooking was delicious, so we had a hearty breakfast every morning before heading out. For the most part, however, we ate one big meal a day and grazed or snacked the rest of the time. We walked a ton, hiked a fair amount, and had an exhausting, but epic vacation!

I've not been on a scale for a month, so I have no idea if I gained or lost weight, but I know that I did my best to find the right balance! When all is said and done, when I'm on my deathbed, looking back on the memories of this trip, I'll be glad that I allowed myself to enjoy my time rather than stressing out about whether or not I was meeting my calorie goals!

High Protein Breakfast Smoothie

I'm not generally a fan of drinking your calories, but this smoothie is super filling and full of nutrients



INGREDIENTS

(Serves 1)

- 1 scoop protein powder of your choice
 - 1/4 c non-fat Greek yogurt
 - 1/2 c chopped kale
 - 1/2 frozen banana
 - 1 tbsp almond butter
- 3/4 c unsweetened almond milk
 - 1 tbsp ground flaxseed

DIRECTIONS

1. Combine all ingredients in a blender.
2. Pulse until it reaches your desired consistency
3. Add ice cubes for thicker and water for thinner

Nutrition Facts	
Serving size	1 Shake
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	1%
Sodium 100mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 27g	54%
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 Philly Cheesesteak



INGREDIENTS

(Serves 4)

- 1 pound lean sirloin steak
- 1 (each) sliced red & green peppers
- 1 small yellow onion, sliced
- 8 large romaine lettuce leaves
- 2 tsps dried oregano
- 1 c shredded provolone cheese
- 1/2 tbsp extra virgin olive oil
- 2 tbsp fresh cilantro (optional)

DIRECTIONS

1. Pour olive oil into a large skillet on high heat.
2. Add the steak seasoned with pepper and salt, the oregano, onions, and green & red bell peppers.
3. Cook for 5-10 minutes, until the steak is thoroughly cooked.
4. Put the mixture inside the lettuce cups and sprinkle the cheese on top.
5. Add fresh cilantro (optional)

This recipe is not intended to make you believe carbs are bad. Replacing the hoagie roll with lettuce leaves reduces the total number of calories in a still-tasty sandwich

Nutrition Facts

4 servings per container

Serving size 1 sandwich

Amount Per Serving

Calories 430

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4.2g 21%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 390mg 17%

Total Carbohydrate 49g 18%

Dietary Fiber 19g 68%

Total Sugars 32g

Includes 0g Added Sugars 0%

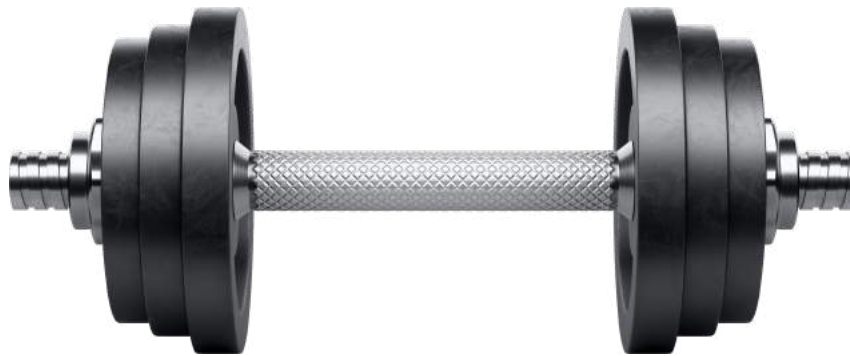
Protein 41g 82%

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.

Acknowledgements

- Lee Gibson
- Conrad Feagin
- Canva
- The Tribe



A Sneak Peek at Your November Issue...

2 New Circuit Workouts
Reading Nutrition Labels
New Delicious Recipes



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