

Elite Warrior Tribe

Monthly

Giving Thanks

p.7

Are You
Dehydrated?

p.13

What is Sitting
Disease?

p.5

And so much more...



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Letter From the "Editor"

Hi again! Welcome to the November issue of the Elite Warrior Tribe monthly! This is absolutely insane! I find it so hard to believe that we are in November 2021 already! It doesn't seem possible! Am I the only one who feels this way?

We're getting into a really great time of year - one of my most favorite times of the year - holiday season! For a lot of people who are conscious of their weight, trying to lose fat, or generally just mindful, this time of year can be a little stressful and even intimidating. So much of the way we trick ourselves is that we think about the holidays as a 6-week long

period rather than a weekend in November and a week or so in December. That's really all I t I s. I f you don't give yourself permission to let go of all your goals throughout this time, I t's much easier to not fall prey to the "it's the holidays" trap. That said, you should ABSOLUTELY enjoy the holidays. This means no dieting on Thanksgiving. No forgoing delicious pie or cranberry sauce or mashed potatoes (or whatever your family traditions are). Eat, enjoy, indulge even, and get back on track!

One of my favorite parts of this issue is the information about drinking water! Why would I put that in the winter edition? Truth be told, it's dry out, it's colder, and we often forget to drink enough water when it's cold. So, here's your friendly reminder!

I hope you enjoy this edition! We're coming up on one year of magazines! So crazy! Let's make the end of the year the best!

Let's Goal Get 'Em,
Julie

Fitness: DeMystified

I'm about to hit the crunches! 1000 a day for my abs!

Bro! You already have abs! You don't need a 6-pack to have abs



Myth of the Month:

If I Don't Have a 6-Pack, I Must Not Have Abs

1000 sit up challenge? Planking til you die? Crunches that screw up your lower back and strain your neck? Sounds like a nightmare, right? In the early days of the fitness revolution, this is what people did to "get abs."

What no one took the time to realize was that we already have abs. If you can stand up straight, if you can walk without falling over, if you can reach up to the top shelf (albeit on tippy toes for shorties like me), if you can look over your shoulder to switch lanes on the highway, you already have abs. Are they as strong as you would like? Maybe not. Maybe they are.

So why do people think they don't "have abs"?

Usually the answer is because they don't look like this:



This woman has abs. Unarguably, they're probably quite strong as well. However, you don't have to look like that (i.e. - have a

washboard) to be strong and fit. One of the most common misconceptions about abs is that they are the end all, be all of your "core." Core strength does involve your abs, but more than that, your core is the entire region in the middle, from front to back. Strengthening ALL of those muscles is one of the keys to ease of movement, mobility, and flexibility, as well as strength.

Let's not discount the two other VERY important parts of this. While having washboard abs might be impressive and some might even find it attractive, the bulk of the worldwide population could not give a shit if you have a 6-pack! Seriously, most people (I'd go so far as to say no one) do not care. If the extent of who you are or what you have to offer people is your 6-pack abs, it's high time to reevaluate your priorities and values.

The other crucial piece of this, and I'll end with this, is that achieving a 6-pack is a pretty phenomenal feat...

MAINTAINING a 6-pack is where the work comes in. The body fat percentage required to maintain a year-round 6 pack is so low for most people, I am inclined to say that living that way would be neither enjoyable nor doable without an unhealthy obsession with food and caloric intake.

So, eat the cake, make peace with the little layer of fat covering your abs, and find functional exercises that will strengthen your core, not just your abs.

300,000

annual deaths
in the US due to
inactivity and
poor diet

11 hours

The average
amount of time
DAILY that
Americans spend
sitting

20%

of all deaths of
people 35 & older
are attributed to
lack
of physical
activity

6.5%

of Americans
meet the
minimum guidelines
of recommended
weekly
physical
activity

Sitting Disease



65%

of Americans
watch 2 or
more hours of
TV daily

Fact: Women
are more
likely to live
sedentary
lifestyles than
men

\$24

billion

The cost of
direct medical
spending annually on
sedentary lifestyle ailments

Sitting Disease:

The ill effects on the
body from sitting for too
long, and/or not getting
enough physical activity.

November 2021

Elite Warrior Tribe

Challenge



This month's challenge is simple. We know that this month leads into a period of what many of us see as a free-for-all. It doesn't have to be that way, though. HOWEVER...in case it does go that route for you, this month's challenge is a step challenge.

I'm challenging everyone in the Tribe (myself included) to walk more this month. If you have a fitness tracker or an Apple Watch, you can use that for accountability (or the Tribe Facebook page). Let's shoot for 10,000 steps a day. If you want to do more, GREAT!

If not, just those extra steps everyday will do at least a little to offset the propensity to overeat this time of year!

GIVING THANKS

This month's workout is called Giving Thanks.

It's that simple. We're going to show our bodies some love, give thanks for all they do, and treat them well by helping them build some muscle and keep us healthy.

You'll notice that each day of this workout is a variation of 6 different exercises - deadlifts, squats, rows, bench press, overhead press, and something on the floor. In my opinion, these are the fundamental exercises we should all be doing to take the best care of our bodies. We'll mix up the type so that you don't get bored.

Since it's 3x/week, you can always add one of the circuits included in this edition if you find yourself wanting more. Do not do the circuits on days you lift.

Any questions, post them in the FB group!

DAY 1: FULL BODY

1. Dumbbell Conventional Deadlift
 - a. 3 sets of 10

2. Front Squat
 - a. 3 sets of 15

3. Single-Arm Row
 - a. 3 sets of 10/arm

4. Dumbbell Bench Press
 - a. 3 sets of 8

5. Dumbbell Overhead Press
 - a. 3 sets of 12

6. Push-Ups
 - a. 3 sets of 8

DAY 2: FULL BODY

1. Dumbbell Sumo Deadlift
 - a. 3 sets of 12

2. Bulgarian Split Squat
 - a. 3 sets of 6/leg

3. Double-Arm Row
 - a. 3 sets of 8

4. Close-Grip Dumbbell Bench Press
 - a. 3 sets of 12

5. Alternating DB Overhead Press
 - a. 3 sets of 20 (10/arm)

6. Triceps Push-Ups
 - a. 3 sets of 5

DAY 3: FULL BODY

1. Single-Leg Deadlift
 - a. 3 sets of 8/leg

2. Sumo Squat
 - a. 3 sets of 15

3. Alternating Bent Over Row
 - a. 3 sets of 8/arm

4. Single-Arm DB Bench Press
 - a. 3 sets of 8/arm

5. Military Push Press
 - a. 3 sets of 10

6. Plank
 - a. 3 sets of 30 seconds

2 Super Fun Circuits

For When You Just Want More

Body Blast

The Circuit:

DB Deadlift x 8

Squat to Stand w/Overhead Reach x 5

Single Arm DB Shoulder Press x 8/arm

Jump Squat x 5

Instructions:

Using light weight (trust me, you don't want to go heavy) complete the circuit below as many times as possible in 6 minutes. Rest for 1 minute. Repeat.

FULL BODY FIRE

The Circuit:

Push Up Plank x 4/side

Burpee w/Jump x 4

Goblet Squat x 8

DB Row x 8/arm

High Knees x 20

Instructions:

Using light weight complete the circuit below as many times as possible in 6-minutes. Rest 2-minutes. Repeat that cycle 1 more time.

WOULD YOU RATHER



OR



EAT RICE

EAT POTATOES

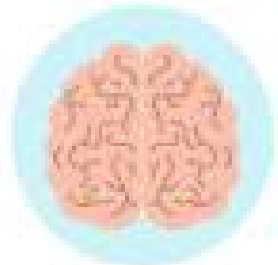
DISCUSS ON THE FACEBOOK PAGE!

Water



There was a time in my life when I walked around with a gallon jug of water at all times. So much so, that a coworker once commented, "I almost didn't recognize you without your jug of water!" on a day when I had forgotten to bring it to work. Then I went through a period in which I drank hardly any water. The truth is, I don't like plain water. I especially don't like cold water. My water must be room temperature, and these days, is more than likely flavored with a Crystal Light packet which helps me drink just over a gallon daily. Water is essential. Most of our body (70-75%) is made up of water, and it is the conduit for most of the processes our bodies go through. The following pages give just a bit of information about this vital life source and why we should drink it, how much we should drink, and how to drink more!

Many of our vital organs and tissues are mostly water



Brain 85%



Eye 95%



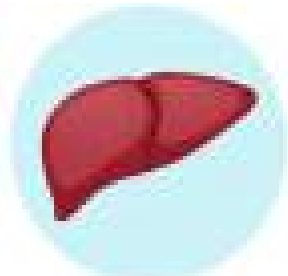
Heart 79%



Lung 83%



Blood 95%



Liver 86%



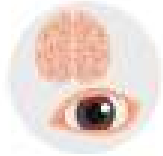
Bone 22%



Kidney 70%



Functions of Water: Health Benefits



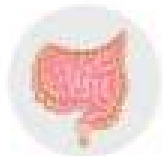
Lubrication



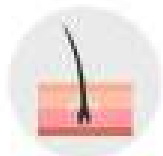
Temperature regulation



Helps convert food into energy



Participates in the process of digestion

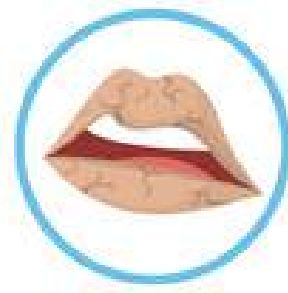


Good skin

SYMPTOMS OF DEHYDRATION



THIRST



DRY MOUTH



HEADACHE



RAPID HEARTBEAT



DRY SKIN



LESS FREQUENT URINATION

HOW MUCH WATER DO I REALLY NEED?



8



BODY WEIGHT / 2
(lbs)

1 = 8
OUNCES

WATER NEEDED
PER DAY

Easy Ways to Increase Your Water Intake

- 1) Drink 1 cup before every meal
- 2) Replace all beverages with H₂O (or most)
- 3) Flavor your plain aqua
- 4) Set a reminder on your phone
- 5) Download a water tracking app
- 6) Drink a glass 1st thing in the morning & last thing at night
- 7) Always have water with you on the go

8 FOODS WITH HIGH WATER CONTENT



Watermelon
92%



Cucumber
97%



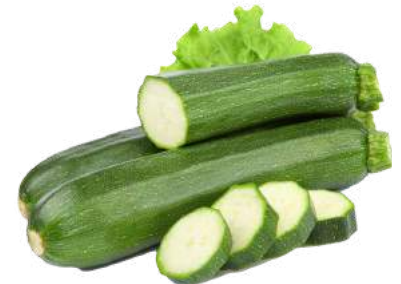
Strawberries
90%



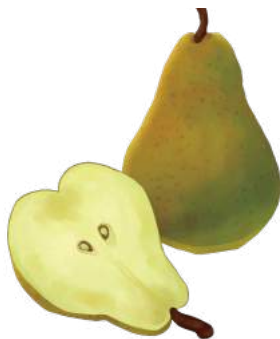
Avocado
73%



Cantaloupe
90%



Zucchini
94%



Pears
83%



Tomato
94%

***Use the
kitchen***

***—
as a
pathway
to achieve
happiness***



My Accountability

I was on the verge of skipping my accountability for this month, but this might be my most important (and most vulnerable) check in yet.

October was a tough month for me, mostly emotionally. Returning from our road trip was fine, though I tend to become a bit reclusive after a trip, just because I'm sad to be away from the ease of traveling. That said, I jumped back into regular, healthier eating habits. It wasn't difficult, and I haven't had any real struggle on that front, however, where I've been having trouble is getting back into a regular exercise routine.

I haven't consistently worked out since before we left in September, and that's added to an already general feeling of malaise in life. See, I'm moving next spring, and the truth is, I'm ready to go now, but life stuff is preventing that at the moment. I feel like I'm in a state of flux, as I'm not where I want to be, am generally uncommitted to anything I do in LA, and want to get out of here.

It has been a month of making excuses for my general laziness and lack of motivation. I have a few things the first week of November, but upon my return, I'm recommitting to myself and my goals.

Nutrition Guidelines

November 2021



With the holidays coming up very soon, we're going to get a little more serious with your nutrition so you can head into Thanksgiving with your metabolism cranked on high and your body burning as much fat as possible. Keep in mind, these guidelines are for all days EXCEPT the holidays. Which means, hit these numbers as often and consistently as possible. But when Thanksgiving rolls around I do NOT want you counting calories or worrying about how much you're eating.

The holidays are a time to forget about this stuff. To relax. Enjoy yourself and your friends and family. So keep everything on point between now and then so when Thanksgiving does, finally, come you aren't worried about having a little fun.

This month is, overall, very low calorie to burn as much as possible, as quickly as possible. So if you stick to the numbers as outlined, you should see considerable rapid fat loss.

3 Days/Week (High Days)

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

Calories: Multiply your current BW by 11

Protein: Multiply your current BW by 1

For example, if you weigh 150 lbs, your breakdown would look like this:

Calories: $150 \times 11 = 1650$ kcal

Protein: $150 \times 1 = 150$ g

4 Days/Week (Low Days)

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

Calories: Multiply your current BW by 9

Protein: Multiply your current BW by 1

For example, if you weigh 150 lbs, your breakdown would look like this:

Calories: $150 \times 9 = 1350$ kcal

Protein: $150 \times 1 = 150$ g

CREATING MEANING

Studies have found that 90% of the time, specific and challenging (but not too challenging) goals led to higher performance than easy, or "do your best" goals.

There are 5 goal setting principles that can improve your chances of success: Clarity, Challenge, Commitment, Feedback, and Task Complexity.

The SMART Model (Specific, Measurable, Attainable, Realistic, Timely) for goal setting improves your chances of success by meeting the 5 goal setting principles.

SMART may seem straight forward, but there are components within the acronym that must be met.

Specific answers, "What, When, How, and Why?"

Measurable answers, "When will I know the goal is accomplished?"

Attainable answers, "Where am I now and where do I want to be?"

Realistic shows that you are willing and able to accomplish the goal.

Timely answers, "When are the goals or objectives expected to be completed?"



- Write down a problem or barrier you are currently experiencing. There are no restraints, this could be a relationship that is struggling or being overweight, for example.
- Use the SMART Goals Template to create a SMART Goal.

Answer the questions from the following page to help create your SMART Goal or Objective. Remember that a goal is the desired outcome to overcome your barrier. Objectives are the smaller steps required to attain your goal.



What is your barrier?

What are you hoping to accomplish?

How will you accomplish it?

When will you accomplish it?

Why do you want to accomplish it?

How will you know when it is accomplished?

Are you willing and able to do this now?

What barriers can you expect?

What is your baseline?

What do you want for an outcome?

By what specific date do you want to accomplish your goal?



So, you've created a SMART goal or objective, don't let it end there. Post your SMART Goal somewhere where you can see it. Even better, share your goal on the Facebook page! Be proud of the endeavor on which you are about to embark. This reinforces your efforts and serves as a way to hold yourself accountable.

If you haven't created objectives for your goal, go through the process again creating steps. Goals can always be broken down into smaller bits. Get the steps small enough that you are challenged, but not too far that you give up.

For instance if I want to lose 40 pounds, break down the specific steps you must take. You might decide to exercise 3 times a week as part of your goal. In your objective, address how you will achieve the goal of exercising 3 times a week.



Panko Crusted Chicken Parmesan



INGREDIENTS

(Serves 4)

- 8 oz boneless chicken breast
- 1/4 c panko breadcrumbs
- 1/4 c shredded mozzarella cheese
- 1 oz grated parmesan cheese
- 1 egg
- 1 tbsp ghee
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 1/2 tsp red pepper flakes
- 1/2 c jarred tomato sauce

DIRECTIONS

1. Preheat oven to 375 degrees
2. In a large bowl, season the chicken, onions, potatoes, and peppers. In a second bowl, mix the garlic, spices, oil and lemon zest and juice.
3. Pour the contents of the second bowl over the first and spread in a baking tray. Place in oven.
4. Roast for 20 mins before turning the chicken over and cook for another 40 mins or until a meat thermometer reaches 165 degrees. About 10 mins prior to the end of cooking, sprinkle chopped almonds on your chicken.
5. Serve with a dollop of Greek yogurt and chopped parsley.

Nutrition Facts

Serving size 1 Piece

Amount Per Serving
Calories 390

% Daily Value*

Total Fat 18g 23%

Saturated Fat 8.9g 45%

Trans Fat 0.1g

Cholesterol 275mg 92%

Sodium 720mg 31%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Total Sugars 3g

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.

Slow Cooker Mediterranean Lamb



INGREDIENTS

(Serves 6)

- 2.5 lb boneless lamb leg roast
- 1 large red onion, finely chopped
- 4 celery stalks, finely chopped
- 400g can cherry tomatoes
- 1/2 c chicken stock
- 400g can chickpeas, rinsed
- 6 cloves garlic
- 1 tsp EVOO
- 1 lemon, rind zested

DIRECTIONS

1. Heat the oil in a large non-stick frying pan over high heat. Brown the lamb for 2 minutes each side. Transfer to a slow cooker.
2. Place onion, celery, garlic and lemon rind in the pan and reduce heat to medium. Cook, stirring often, for 4 minutes or until soft. Add tomatoes, stock and olives. Bring to the boil then transfer mixture to the slow cooker. Cover and cook on High for 3 hours.
3. Add the chickpeas, cover and cook for a further 1 hour or until the lamb is very tender and falls apart easily when tested with a fork. Serve immediately.

THIS RECIPE WOULD BE GREAT
WITH A SMALL SIDE SALAD OR
VEGGIE - ARUGULA.
CAULIFLOWER RICE. GREEN BEANS.
ETC

Nutrition Facts

6 servings per container

Serving size 1 serving (379g)

Amount Per Serving

Calories **540**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 8.8g **44%**

Trans Fat 0g

Cholesterol 200mg **67%**

Sodium 430mg **19%**

Total Carbohydrate 22g **8%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

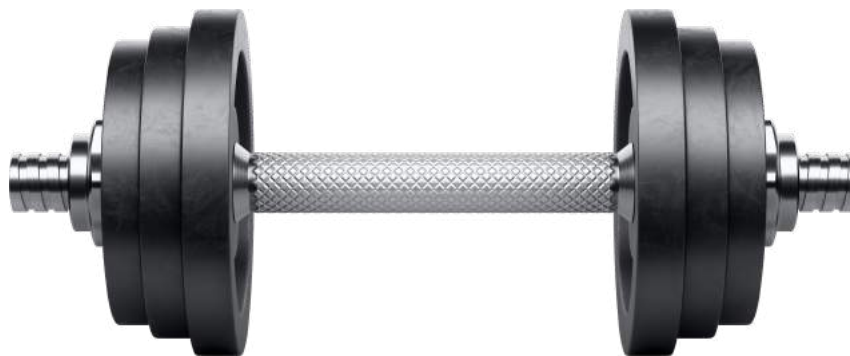
Protein 59g **118%**

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 December Issue...

- 2 New Circuit Workouts
- Reading Nutrition Labels
- Surviving the Holidays
- New Delicious Recipes



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