

Volume 1.12 | December 2021

Elite Warrior Tribe

Monthly

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Gym? *p.6*

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My Diet Can Only
Start on Monday *p.2*

And so much more...



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Letter From the "Editor"

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

I honestly can't believe it's been a year since the Tribe came to be. While it hasn't totally met my expectations, that's mostly because I haven't put in the work that I should be. It's a good lesson that translates in fitness as well - don't be disappointed by results you didn't get from work you didn't do. Same in the gym and the kitchen, right? The truth is, I've been a bit apathetic, and haven't put my whole heart into anything lately. But that's changing now.

This issue is a bit shorter than past editions because I know the holidays are a

busy time and I don't want to overload you with too much. I wanted to make this edition valuable while still making it easy to read amidst your schedules this month.

There's still a wealth of information in here, including a story of my introduction to the gym and the weight room. The intimidation that comes with being a woman in a weight room and how to own that space to meet your goals.

Also, as a thank you for sticking with me through this whole year, I'd love to send you some Goal Get Em Fitness swag, so if you're actually reading this, send me your address & shirt size and I'll put some goodies in the mail for you! Early Christmas, late Chanukah! Thanks again for keeping on here....2022's magazines are already in the works with lots of new and practical information! Happy holidays & a safe & happy New Year!

Let's Goal Get 'Em,
Julie

Fitness: DeMystified

I'll just finish the junk that's in the house and start again on Monday

Bro! Why not start at your next meal?



Myth of the Month:

Diets Can Only Start on Mondays or on the 1st of the Month

While it's true that this myth is meant to be a bit tongue-in-cheek, there is also some seriousness here. Most people who are attempting to lose fat diet really well during the week when they have structure and a routine, and then the weekend comes, and all caution is thrown to the wind. We call those people "Weekend Warriors." It's far easier to be on point during the week when there are fewer distractions, fewer social engagements, and most people cook or eat at home. But come the weekend, there are parties, dinners, functions, gatherings, and that also means tons of food and drink...and not necessarily the most calorie-friendly options. That said, you can start ANYTIME. You can always get back on track. We don't have to wait for Monday. We don't have to wait for the first of the month. We don't have to eat to blow a week's worth of progress on Saturday and Sunday because we ate pizza on Friday. Just get back on track. At your next meal. The idea that you will "start on Monday" is a fallacy that has created a pattern of disordered weekend eating, and leads to inconsistency with your goals and your plan.

December 2021

Elite Warrior Tribe

Challenge



This month's challenge is gonna be a little different. Since it's the holidays, this month will focus around FOOD, glorious food. It's easy to overeat in December, so let's see if we can rein that in.

Your challenge is simple, really. Each morning when you wake up, plan your day, as it relates to food. If you know you have an event one night, a holiday party, perhaps, cater the rest of your day around knowing that you'll be eating more that night. That's it. Plan, plan, plan.

And one other challenge - **DO NOT WEIGH YOURSELF ON DECEMBER 26!**



Dessert makes everything better

Intimidated in the Gym?

When I moved out to LA after graduating from college, a girlfriend and I decided to join a 24 Hour Fitness in my neighborhood. We had been ridiculous cardio bunnies at our university fitness center, so naturally, we gravitated toward the ellipticals and treadmills once we had our memberships. At this particular center, the cardio machines overlooked a huge area in the center of the gym which I, unironically, dubbed "The Pit."

The pit was full of super jacked, grunting dudes who, at the end of a set, would drop their weights to the ground with a thundering crash, and then inexplicably walk in a circle right where they stood with their hands on their hips as though they were pondering how to solve the world's biggest crises. I always imagined that, despite their popping veins, mirror poses, and blustery faces, they had some slow jazz or Neil Diamond blaring in their headphones!

There was a big part of me that wanted to try lifting weights back then. Every once in a while, I

would sit on the hip abduction machine (you know the one), and believe I was doing something to slim my thighs! (Gee, what years of knowledge, education, and experience teaches us!) But I digress...I ventured, not into the pit, per se, but at least down to where the weights MACHINES were. The pit was sadly devoid of women in those days, and I didn't have the confidence or the gumption to go down there and try my hand at lifting. It was just too intimidating.

If I had known then what I know now, I would have jumped off that elliptical and gotten my ass down there to start lifting immediately! One of my biggest lessons as far as the gym is concerned is that, while we think people are watching and laughing, truly NO ONE gives a shit what you are doing in the gym. No one is looking at you, no one is judging you, and no one is going to come over and tell you you're doing it wrong. I'm not, by any stretch, saying it doesn't feel that way. It still feels that way to me sometimes, and it's hard to shake that feeling. But believe me - everyone else is so caught up in themselves, what they are doing, and their own workout to be attentive to you.

When I used to go to the gym, I kept to myself, put in my airpods, and just zoned out. I walked into the pit like I belonged there, and even with the grunting and the mirror poses that have now become mirror selfies, and still a sad lack of women, I know that I can do what I went to do. I always went prepared, had a plan, and walked straight to a bench and claimed my spot. At times I noticed some eyes on me (I live in a neighborhood where my gym is 90% gay men), but I didn't let that intimidate or sway me. I was there for the same reason they were - a desire to better myself, to gain strength, and to take care of my health, both mental and physical.

And when your goal is consistent self-improvement, you move from intimidated to intimidator!

For the Majority of the Month:

Calories: Multiply your current BW by 12

Protein: Multiply your current BW by 1

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

Calories: $150 \times 12 = 1800$ kcal

Protein: $150 \times 1 = 150$ g

My advice for celebratory days (i.e. Christmas Day, New Years Eve, work holiday parties, etc) is to have a light snack before you go out. Attempt to have some protein and healthy fats. When you arrive at the party, do a once-over of the food offerings and pick a few things that you would like to try. When it's time to eat, put whatever you want on ONE dinner-sized plate in one layer (don't pile it high) and enjoy! Don't kill yourself with exercise or don't starve yourself the next day. Just get back on track using the numbers above.

WINTER WORK

This month's workout is called Winter Work. It's meant to keep you strong through the winter, making sure you aren't neglecting your workouts. I kept it short because I know this time of year can be busy and overwhelming.

Since it's 4x/week, it's plenty of movement for the week, but 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

Lat Pull-down - 3 x 8

Shoulder Press - 3 x 10

Seated Row - 3 x 12

Chest Press - 3 x 10

Hammer Curl - 3 x 10

Triceps Kickbacks - 3 x 8/arm

Overhead Extensions - 3 x 8

DAY 2: FULL BODY

Romanian Deadlift - 3 x 12

Seated Calf Raise - 3 x 20

Barbell Glute Bridge - 3 x 8

Barbell Back Squat - 3 x 8

Stiff Leg Deadlifts - 3 x 10

Bulgarian Split Squats - 3 x 6/leg

**If you are working out at home and don't have access to a barbell, use dumbbells. For the back squat, load the DBs onto your shoulders

DAY 3: FULL BODY

Overhead Press - 3 x 10

Incline Bench Press - 3 x 12

Bentover Row - 3 x 8

Dumbbell Curl - 3 x 8

Halo to Shoulder Press - 3 x 6

Triceps Dips - 3 x 20

Lateral Shoulder Raise - 3 x 8

DAY 4: FULL BODY

Dumbbell Walking Lunges - 3 x 25 ft

Dumbbell Front Squat - 3 x 10

Standing Calf Raise - 3 x 50

Hip Thruster - 3 x 12

Good Mornings - 3 x 10

Weighted Step-up - 3 x 10/starting leg

Dumbbell Jammer Press - 3 x 8

2 Super Fun Circuits

For When You Just Want More

Hungover

The Circuit:

1.5 kettlebell press x 5/arm

1.5 kettlebell goblet squat x 5

1.5 kettlebell bent over row x 5/arm

Instructions: Complete 5 rounds through with no rest in between

REP CHALLENGE

The Circuit:

Jumping Jacks x 20

Inchworms x 8

Side Lunges x 8 (4 each direction)

Mountain Climbers x 10 (5/leg)

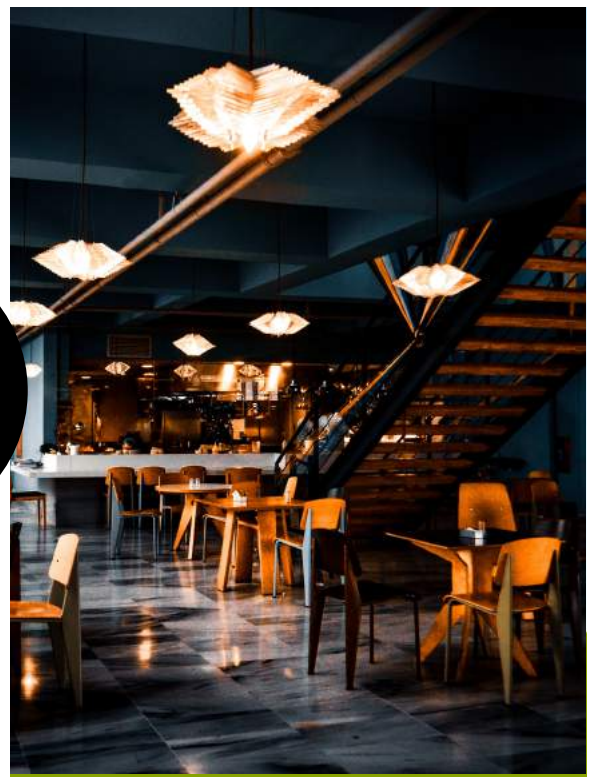
Instructions:

Set your timer for 12 minutes & complete as many rounds as possible in that time.

WOULD YOU RATHER



OR



EAT AT HOME

EAT IN A RESTAURANT

DISCUSS ON THE FACEBOOK PAGE!

CREATING MEANING

What does it mean to leave a legacy? It could mean transferring knowledge, passing on values and life lessons, or simply leaving a lasting impression for stories to be told and memories to be shared about you.

What legacy will you leave at work, or in life?

You could write your memoir. A memoir is a collection of memories that you write about moments or events, public or private, that took place in your life. This could be a very time consuming process. Or, you could write a 6 word memoir.

Below are some other examples of 6 word memoirs from famous people:

"Life is one big editorial meeting" - Activist Gloria Steinem

"The miserable childhood leads to royalties" - Author Frank McCourt

"Acting is not all I am" - Actress Molly Ringwald



Let's see if you can tell a story of your life in 6 words! Whether it's humorous, or profound, or somewhere in between, this exercise will give you an idea of events or memories or emotions that have some type of meaning in your life.

Try It...

- 1) Create a "you" list – List as many words as you can about yourself – things you like, feelings you have. Don't cross out, change, or rewrite anything. Don't worry about spelling – just write. You are going for quantity, so write as much as you can for at least 3 minutes.
- 2) Circle 3 items that inspire you to say more: Pick words from your list that, if heard aloud, would make you think about something that happened in your life, a story or an idea, or something that was important to you.
- 3) From those items you circled, select one: Free write about it for at least 2 minutes. The only rule is: don't stop writing for at least two minutes. Whatever comes to mind is fair game.
- 4) Synthesize: Develop a 6-word phrase that captures the essence of what your topic means to you.

Sources:

<http://www.npr.org/templates/story/story.php?storyId=123289019> Can you tell your story in Exactly Six Words?

<https://www.youtube.com/watch?v=JSlen-udJ5A> Susanne Rasely-Phillips. Tips for Writing a 6 Word Memoir – YouTube 7/24/14.

Pecan Pie with Maple Crumble

A good dessert alternative for the holidays (if you eat only 1 slice)



INGREDIENTS

(Serves 8)

- 15oz pureed pumpkin
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1 tsp salt
- 2 eggs
- 3/4 c maple syrup + 1 tbsp
- 1 c heavy cream
- 1 tsp vanilla
- 1 prepared pie crust
- 1 1/2 c pecans

DIRECTIONS

1. Preheat oven to 425 degrees
2. In a large bowl, combine pumpkin, cinnamon, nutmeg, cloves, ginger, and salt and stir well. Add eggs, 1/2 c maple syrup, heavy cream & vanilla. Stir until evenly mixed.
3. Pour the pie filling into the prepared pie crust & bake for 15 minutes at 425. Reduce heat to 350 degrees and bake 40 minutes more.
4. While that bakes, make the crumble topping by combining pecans, 1/4 c maple syrup, and salt, stirring until combined.
5. Bake on parchment paper for 10-12 minutes at 350 degrees then let cool. Once cooled, crush them in a plastic bag.
6. Sprinkle crushed pecans on top of cooled pie and enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1 slice (155g)
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 4.7g	24%
<i>Trans</i> Fat 0g	
Cholesterol 175mg	58%
Sodium 530mg	23%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	12%
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(er) Calorie Pumpkin Spice Bread Pudding

For those who might be trying to keep it (somewhat) in check over
the holidays



INGREDIENTS

(Serves 8)

- 1 1/4 c unsweetened almond milk
- 3/4 c pumpkin puree
- 1/2 c honey
- 1 egg
- 4 egg whites
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp allspice
- pinch of ground cloves
- 5 c whole grain bread

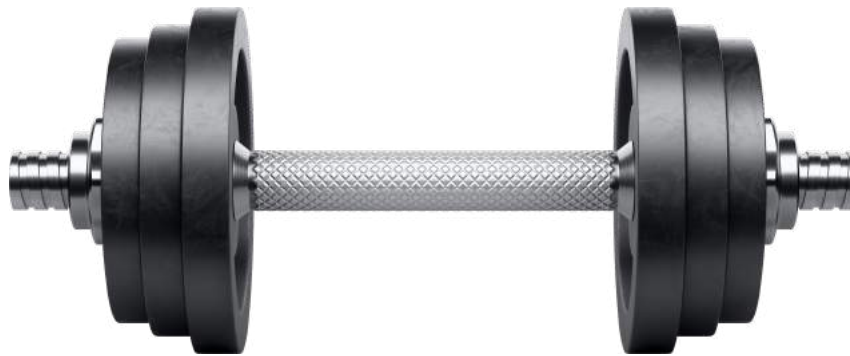
DIRECTIONS

1. Combine everything but the bread in a mixing bowl and whisk until well combined. Place the bread in the slow cooker and pour the pumpkin mixture over the bread.
2. Cook 4-6 hours on low
3. Serve warm

Nutrition Facts	
8 servings per container	
Serving size	1 serving (130g)
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.3g	12%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 210mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 12g	24%
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.	

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A Sneak Peek at Your January Issue...

2 New Circuit Workouts
Reading Nutrition Labels
A New Yearlong Theme
New Delicious Recipes



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