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And so much more...

Elite Warrior Tribe

Monthly



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Letter From the "Editor"

Happy July! Welcome to this month's issue of the Elite Warrior Tribe monthly! This magazine is PACKED with goodies, and I'm really proud of what we're delivering to you this month!

As you're reading this (if you're reading it right when you got the email, I'm on my way to see my university bestie in Santa Cruz, and I'm so excited for a holiday weekend away! Of course, that means a ton of eating out, treats, and who knows what else (ahem, lots of wine), but I'm mentally in a great place, and am looking forward to managing my time away while still staying mindful of my goals! This month, we even talk about how to diet on vacation, and

I fully intend to take my own advice! You'll find it on page 15!

In addition to that, this month, we have an ice cream recipe for you that, I think, will make dessert an option, even for those of you who don't "let" yourselves eat dessert! (We can discuss that too at some point!).

We have a new workout and 2 new crazy circuits. There's a different take on nutrition this month, and a couple different opportunities for discussions on our exclusive Facebook page.

July is often one of those months that's hard to schedule or hard to adhere to any type of plan since so many of us go away, even just for a weekend. I hope that, if you do travel, you are able to do so guilt-free, allowing yourself to relish all the wonderful delights that vacation brings!

As always, I appreciate you being here, for trusting me, and for continuing to be part of the Tribe!

Let's Goal Get 'Em,
Julie



**WHEN DID YOU
START WORKING
OUT?**

Fitness: DeMystified

No Pain, no gain, man. Gotta push til it hurts!

Bro! What are you saying? Working out shouldn't hurt!



Myth of the Month:

"No Pain, No Gain"

There is an incredibly dangerous and pervasive idea that we should be pushing ourselves in the gym until we are almost dead. While it's true that lifting weights isn't supposed to tickle, it's also true that you don't have to be sore to have a good workout. In fact, soreness does not mean that you even had a good workout. It means that you worked muscles that you haven't used in a while, and they are stressed beyond what is comfortable. That also doesn't mean that being sore after a workout is bad.

DOMS - or Delayed Onset Muscle Soreness - is an indication that you have worked a muscle close to its max. The truth is this - soreness is mostly considered neutral; i.e. neither good nor bad; after a workout. If, however, you feel sore DURING a workout, that's cause for concern. Any activity should stop immediately if you feel pain or soreness while still working out.

Exercise - especially lifting weights, and even more so, lifting HEAVY weights - stresses and tears muscles. That's what helps them grow and gain strength.

The notion that we have to beat ourselves up during each workout in order to see progress is a dangerous idea conceived of a long time ago before research and science gave us new information about what really matters in terms of muscle growth (calorie surplus and heavy lifting).

When you go to the gym, or perform any sort of workout, you want to give your all. No sense in half-assing something that is so beneficial in so many ways. That said, the credo "no pain, no gain" is an antiquated idea and a fallacy that hopefully can finally be put to rest!

SEEING STARS

This month's workout is called "Seeing Stars" in honor of 4th of July! It's a 3 Day Option - all 3 full body days.

My recommendation is the same as always: if you're new to lifting, start week 1 with bodyweight only or very light weights and see how you feel. You can progress based on that. If, however, you have experience lifting and have access to equipment, use it to get the most out of this workout!

Being that it's only 3x/week, I recommend having a rest day in between rather than doing all 3 days consecutively. 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

1A) Conventional Deadlift (or Hip Hinge) - 3 x 20

1B) Push Ups - 3 x 10

2A) Dumbbell Overhead Press - 3 x 8

2B) High Knees - 3 x 1 minute

2C) Single Leg Balance Touch - 3 x 10/leg

(standing on one leg, bend at the knee and touch the ground; or as low as you can, then stand upright and repeat)

3A) Side Lunge - 3 x 10/side

3B) Bear Hold - 3 x 30 seconds

(knees should be about 1 inch off the ground)

3C) Plank - 3 x 30 seconds

(if you can plank on your forearms, do that, if not, start in high plank)

DAY 2: FULL BODY

1A) Heavy Dumbbell Bench Press - 3 x 10

1B) Down Dog Toe Taps - 3 x 10/foot

2A) Wall Sits - 3 x 1 minute

2B) Side Lateral Raises - 3 x 12

3A) Overhead Triceps Extensions - 3 x 10

3B) Step Ups - 3 x 15/leg

3C) Reverse Crunch - 3 x 20

4A) Bent Over Rows - 3 x 10

4B) Narrow Squat - 3 x 12

4C) Russian Twists - 3 x 10/side

DAY 3: FULL BODY

1A) Bent Over Rear Delt Raises - 3 x 10

1B) Triceps Dips - 3 x 15

2A) Inchworms - 3 x 8

2B) Decline Push Ups - 3 x 10

If you can't do these, just do push ups

3A) Side-Lying Clam Shells - 3 x 10/side

3B) Windshield Wipers - 3 x 10/side

Don't let your back come off the floor.

3C) High Knees - 3 x 1 minute

WOULD YOU RATHER



OR



GIVE UP WINE

GIVE UP BEER

DISCUSS ON THE FACEBOOK PAGE!

July 2021

Elite Warrior Tribe

Challenge

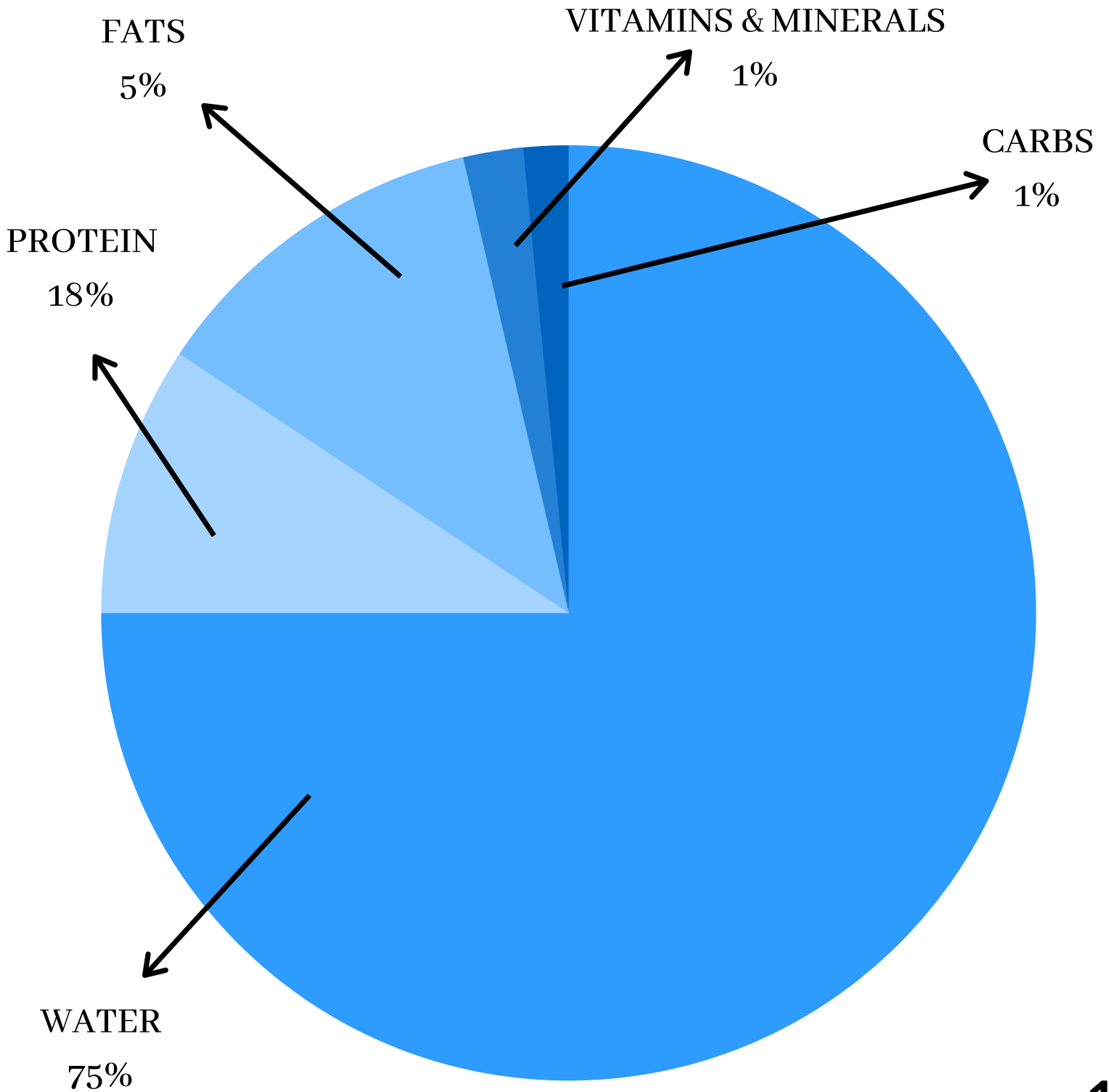


This month's challenge is gonna be a choose your own adventure! The only requirement is that you complete 1000 reps of any exercise you want! You can do squats, you can do crunches. You can do push-ups again. You can do lunges. You can do jumping jacks or burpees. You can jump rope. You can do deadlifts or bicep curls. Tricep dips or glute bridges. Doesn't matter what exercise you pick. Pick 1 move and so 1000 reps.

That comes to about 32 each day - easy peasy, really.

Post about your choice and your experience in the Facebook group if you're so inclined! Can't wait to see what you choose!

WHAT'S IN A MUSCLE??



Hidden Sugar

Without a doubt, you've looked at an ingredient label of a packaged food in the grocery store and thought to yourself, "What the hell is that?" - Yellow #5, sodium bisulfite, castoreum, phthalates....the list can go on forever. It seems like very few words on an ingredient list are straightforward anymore. What happened to "potatoes" or "milk" or "avocado"? One of the most deceptively listed ingredients in our food is sugar, and it's hiding in places you might not even realize. On the next page, I'm going to list the 56 different names for sugar that show up on our food labels. Yes, you read that right....56 different names! This isn't even all of them, but they are the most common. Understand, sugar isn't BAD...I'm not insinuating that. I love sugar, but I do want you to know what to look for, and how to not be duped by food manufacturers.

The Basics: Mono & Disaccharides

Dextrose Glucose Maltose
Fructose Lactose Galactose Sucrose

Solid or Granulated Sugars

Beet Sugar
Brown Sugar
Cane Sugar
Castor Sugar
Coconut Sugar
Confectioner's Sugar
Date Sugar
Demerara Sugar
Golden Sugar
Grape Sugar
Icing Sugar
Muscovado Sugar
Panela Sugar Raw Sugar
Table Sugar Turbinado Sugar
Yellow Sugar

Cane Juice Crystals
Corn Syrup Solids
Crystalline Fructose
Dextrin
Diastatic Malt
Ethyl Maltol
Florida Crystals
Glucose Syrup Solids
Maltodextrin
Sucanat

Liquid or Syrup Sugars

Agave Nectar

Agave Syrup

Brown Rice Syrup

Carob Syrup

Corn Syrup

Golden Syrup

High Fructose Corn Syrup

Malt Syrup

Maple Syrup

Rice Syrup

Refiner's Syrup

Sorghum Syrup

Barley Malt

Blackstrap Molasses

Buttercream

Caramel

Evaporated Cane Juice

Fruit Juice

Fruit Juice Concentrate

Honey

Invert Sugar

Molasses

Treacle

Just to reiterate, I'm not demonizing sugar. Just want you to be aware of how and where it shows up in your food. Sugar in packaged food can be problematic (for your health, not your fat loss) if there's too much. When looking at a nutrition label, pay more attention to **ADDED** sugar rather than just the grams of sugar. Remember - fruit has sugar, and no one got fat from eating too much fruit!



**EATING GOOD FOOD IS MY
FAVORITE THING IN THE WHOLE
WORLD.**

Nothing is more blissful.

– Justine Larbalestier

Australian Writer

2 Super Fun Circuits

For When You Just Want More

Push-Up Pump

The Circuit:

Push-Up to High-Low Plank
Push-Up to Renegade Row
Push-Up to Shoulder Tap
Push-Up to T-Rotation

Instructions:

Set a timer for 1:00. Perform move 1 in a ladder fashion - 1 push-up and 1 high-low. Then 2 push-ups, 2 high-lows. Do as many reps in 1 minute as possible. Rest for 20 seconds then reset timer to 1 minute for move #2. Perform that in the same manner. Complete all 4 moves this way. Assuming you've given it your all, you should be spent. For your final minute, do 1 minute of mountain climbers.

4 the Love of Gd

The Circuit:

4 KB Swings
4 Squat Jumps
4 Push Ups
4 Crunches

Instructions:

Set your timer for 16 minutes. Perform as many rounds as possible in 16 minutes. Try to beat your time each time you do it.

An Elite Warrior's Guide to Dieting on Vacation

It's officially **SUMMER** which means a lot of us will be heading out of town soon! You've worked hard these past 6 months, so if you're worried about ruining your progress, here's my advice for how to diet on vacation:

DON'T

Enjoy your vacation. Eat whatever you want. Get some steps in. Get back on track when you return home. And don't freak out about what the scale says the day after you get back! The water weight will fall off in a couple days! No one wants to spend vacation dieting!

Nutrition Guidelines

July 2021



The last 3 months have been INTENSE to say the least. Starting in April, you were in a pretty steep calorie deficit, adding back a bit in May, and then cutting again in June. If you followed the nutrition from the past few months, chances are, you need a break! I don't blame you!

While I'm a fan of counting calories, especially for fat loss, and I promote tracking your food intake, this month is going to be a bit different. We're going to take this month to reset. In addition to it being summer, and some of us will be traveling, now is the time to reflect on what you've accomplished so far this year, to refocus on your goals going forward for the remainder of the year, and to prime yourself for the fall and ultimately, the winter holiday season! I'll lay it all out for you on the next page. This should be a breeze.

Meals:

3 meals a day. Doesn't matter what time you eat. All meals should fit on 1 dinner-sized plate in one layer (no piling high). The majority of your plate (50% or more) should be vegetables, preferably non-starchy. The rest should be made up of protein (about 25%), and the remainder can have whatever you want - carbs, treats, whatever. Obviously you'll be better off filling it with nutrient-dense foods, but this is up to your discretion.

Snacks:

Who doesn't love snacks? In addition to your 3 meals, you should have 2 snacks everyday. These should be some type of protein (Greek/Icelandic yogurt, jerky, shake, bar, sliced turkey, leftover meat, etc) OR fruit. Whatever you have, it should fit comfortably in the palm of your hand (for the most part - some fruits are exceptions to this rule).

Drinks:

I will always encourage you, when thirsty, to grab a zero-calorie beverage. Yes, that includes your daily Diet Coke. Liquid calories can be a diet-buster. Water is best, bubbles or no bubbles, but if you want your diet soda, I'm not going to tell you not to have it!

And that's it. If you have questions, post 'em in the Facebook group or reach out to me via email!

CREATING MEANING

Knowing what is important to us – what we value and what gives our lives meaning – is essential to resiliency.

Many activities that guide us to clarify our values have us choose our “top” values from a long list that includes things like honesty, loyalty, patience, respect, etc. While this can be beneficial, it can be very difficult to choose just a few core values from a long list of things we believe.

Creating a list of personal commandments can be an easier, more creative way to clarify our values and identify the guiding principles for how we want to live our lives.



Create your own list of personal commandments. These shouldn't be "to-dos", but rather statements that act as reminders of what is important to you and how you want to live.

Examples of Personal Commandments:

- Go outside daily
- Take responsibility for my own happiness
 - Smile at strangers
 - Run towards the fear
 - Finish what I start
- There's no time like the present
 - Put things into perspective

Resource: To Be Happier, Write Your Own Set of Personal Commandments. Gretchen

Rubin

http://gretchenrubin.com/happiness_project/2012/02/every-wednesday-is-tip-day-this-wednesday-four-tips-for-writing-your-personal-commandments-im-doing-a-happiness-pro/

Prosciutto Wrapped Chicken Skewers

Best on the grill in time for summer, but can be made in the oven too!



INGREDIENTS

Makes 8 Skewers

- 16oz boneless chicken breast
 - 1/4 c chopped basil
 - 1 tbsp extra virgin olive oil
 - 3 1/2 oz Italian prosciutto
- 1 pinch freshly ground black pepper
- 8 wooden skewers

DIRECTIONS

1. Dip your skewers in water for a minute and set aside; cut prosciutto into slices roughly 1/2 inch wide; set aside
2. Finely chop basil
3. Slice chicken into roughly 2oz slices and stick one skewer through each piece until firmly on the stick
4. Roll chicken in basil and pepper
5. Wrap each skewer in sliced prosciutto and brush lightly with olive oil
6. Place skewers on the grill, or in a 400 degree oven for 15-18 minutes (or until chicken reaches 165 degrees with a meat thermometer)
7. Serve immediately

Nutrition Facts	
8 servings per container	
Serving size	2 Skewers
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3.6g	18%
<i>Trans</i> Fat 0.119g	
Cholesterol 85mg	28%
Sodium 400mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 29g	58%
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.	

Summer Sorbet

This sorbet is light and refreshing and can be made with either of 2 summer superstars - peaches or strawberries



INGREDIENTS

(Serves 4)

- 18oz small red potatoes
- 6oz non-fat Greek yogurt
- 1 clove garlic, chopped
- 2 small onions, chopped
 - 1 tsp paprika
 - 1 tsp ground cumin
 - 1 tsp fennel seeds

DIRECTIONS

1. In a food processor or blender, add frozen peaches (or strawberries) and process for about 30-45 seconds.
2. Add the lemon juice and honey and continue processing until smooth. If the sorbet is clumpy, add warm water a tablespoon at a time and keep processing.
3. For softer sorbet, enjoy immediately. For a thicker consistency, put in freezer until it reaches your desired consistency.

Peach Sorbet Nutrition

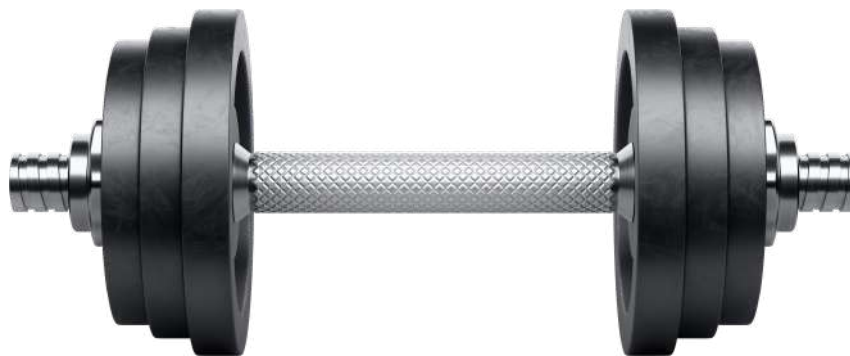
Nutrition Facts	
4 servings per container	
Serving size	(157g)
Amount Per Serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 1g	2%
<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>	

Strawberry Sorbet Nutrition

Nutrition Facts	
Serving size	(120g)
Amount Per Serving	
Calories	50
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
<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

- Lee Gibson
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- The Tribe



A Sneak Peek at Your August Issue...

- 2 New Circuit Workouts
- Reading Nutrition Labels
- Things I'm Loving Right Now
- New Delicious Recipes



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