

Volume 1.8 | August 2021

Elite Warrior Tribe

Monthly

The Truth About
Toning Up
p.5

Stop Counting
Calories
p.8

Fitness DeMystified
p.12

And so much more...



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Letter From the "Editor"

Hi again! Welcome to the August issue of the Elite Warrior Tribe monthly! August is always an interesting month because, are we home? Are we traveling? Are the kids in school yet? Is it summer? Is it the beginning of fall? What's actually going on?

Maybe I'm the only one, who knows? But, I do know that after the peak of this very strange summer, it's time to return to whatever normalcy we can.

There's nothing in this edition that I explicitly "August" except for the

monthly nutrition guidelines, which I added because it's been an intense year of tracking and using different methods and formulas. So this month, we're just going to chill on the tracking.

If you're going to spend time outside this month, you can learn all about the Vitamin D you'll be getting from the sun on page 15, and even some foods to supplement if you're going to be stuck indoors.

That said, If you're stuck inside, make some time this month to lift some weights. There's a new Summer Heat workout along with a couple new circuits to rev up your metabolism!

Enjoy the issue. Let me know what you think!

Let's Goal Get 'Em,
Julie

CREATING MEANING

Finding opportunities to spread positivity doesn't only help your sense of purpose, but also creates a healthy work and living environment. This activity affords you the opportunity to focus on the positive. Every day we enter and leave rooms without a second thought. What if instead we took time to be present and choose to do something that improves the environment and gives meaning to ourselves and those around us?

What if we committed to leaving a room better than we found it? In most cases it doesn't take much effort. Perhaps committing to smiling during a meeting, cleaning up a room, complimenting someone, listening with intent, sincerely asking someone how they are doing. Pretty easy right?

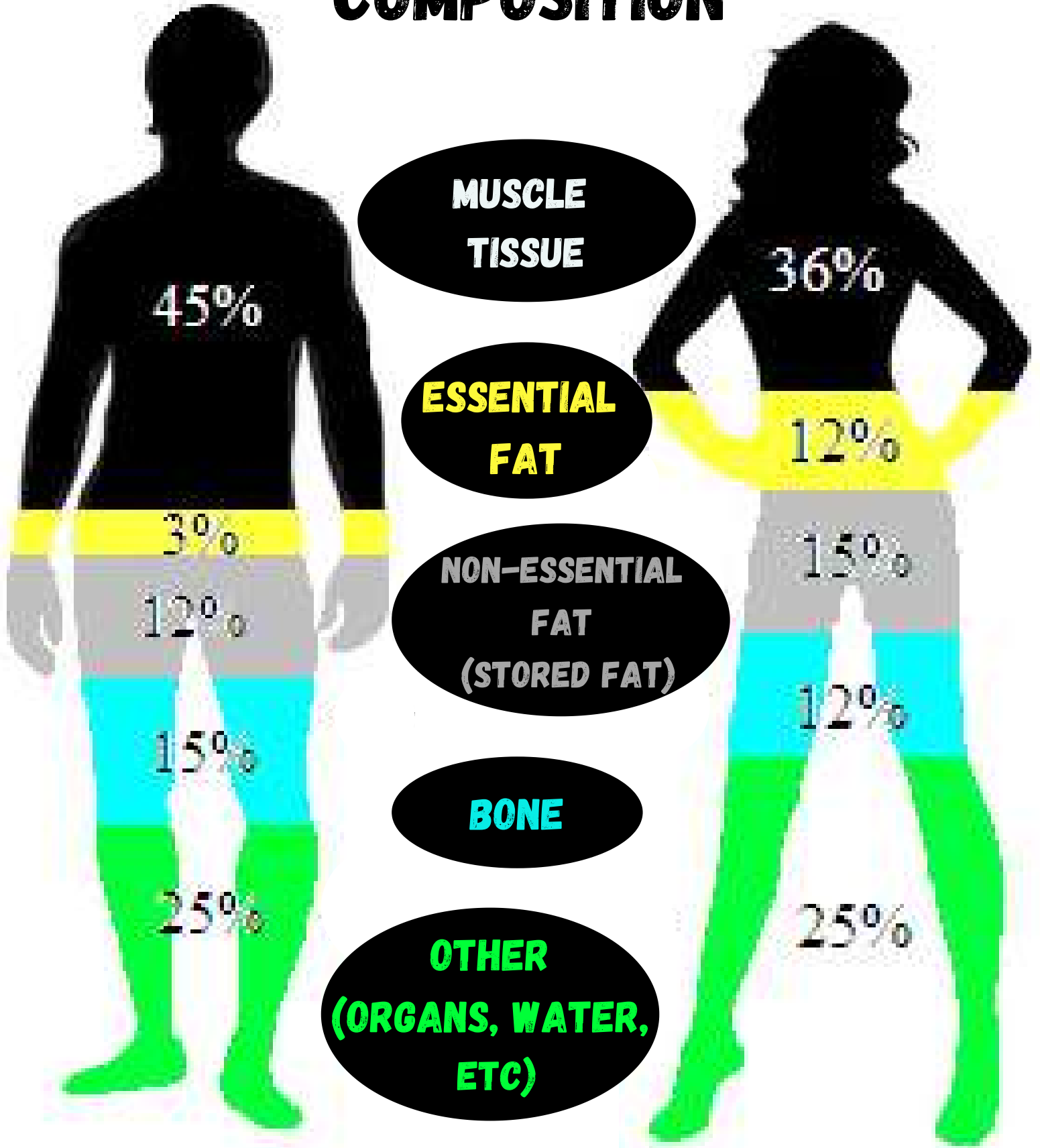


This month, I'm just asking you to leave the spaces you enter better than you found them. Whether that's at home, at work, on a hiking trail, in a hotel room, out in your neighborhood, wherever. Just add something positive to the spaces you occupy. Notice how it makes you feel. Notice, especially, how it makes others feel.



HUMAN BODY

COMPOSITION



The Truth About "Toning Up"

"I just want to tone and sculpt my muscles. I don't want to lose any weight!" <-- so many women

I've touched on this before, both in previous issues of the magazine and on my Instagram page, but it bears repeating...there is no such thing as "toning up!" There are 3 options when it comes to weight management. They are:

Lose Weight
Gain Muscle
Maintain

We've been fed the myth of "toning up" for years by magazines trying to market to us, supplement companies, and even fitness gurus who have something to sell you. People who feel comfortable at a given weight will often feel like they just want to see a little more definition in their arms, or have a flatter tummy, and as a result, believe that they can just tone that specific area.

Sadly, it just doesn't work that way. You might be thinking - well, back in college, I was definitely not dieting, and I was able to see that little horseshoe thing around my shoulder or I spent a lot of time focused on bicep curls, and I noticed a difference in how cut my arms were.

Both of those things can absolutely be true. But, the reason for it is not because you were able to tone those specific body parts.

In order for your muscles to peek through more than they already are, you've got to lose the fat that covers it. What does that mean? How do you do that? You've been here a while, so you know the answer is - be in a calorie freakin' deficit.

What if you're already at a weight you enjoy and feel comfortable, how to build that muscle so that you can see it a bit more clearly and defined? That's a two-step process. First, you've got to put yourself in a slight calorie surplus. Sadly, eating MORE is the only way to also put on muscle. So, you eat 100-250 calories ABOVE your maintenance calories while simultaneously lifting heavy weights, and after an extended period of time (it's different for everyone, and obviously goal-dependent), voila! You'll have more muscle.

Then comes the second step - being in a calorie deficit to

shed the fat that you gained while in a surplus so that you can see your newly built muscle. The key here is to maintain your protein intake and your workouts so that you don't lose the muscle while losing the fat!

The kicker here is that gaining muscle takes **EVEN LONGER** than losing fat. So, you think you've had to be patient to lose weight? Just wait til you try gaining muscle!

But once you do, you'll have achieved that glorious, much-sought-after "toned" look that Cosmo made you believe you could achieve just by going to the gym for a few hours a week!

Nutrition Guidelines

August 2021



You know I'm a huge fan of calorie counting, but you also know I believe in moderation, and after the past few months of intense tracking, I want you to take August "off" and re-set. I want you to free your mind, take the opportunity to relax, re-focus, and get more in tune with how your body is feeling.

Here's What I Want You to Do

I don't want you to count a single calorie. Instead, every day have 3 meals — each of which should fit on one plate — 2 snacks, and drink as much zero-calorie liquid as you'd like.

Every meal (3 in total) should fit on a single plate, be at least 1/2

filled with vegetables and 1/4 filled with protein.

The rest is up to your discretion (as long as it's not half a plate of M&M's or jelly doughnuts or whatever. Treats are fine, just in moderation).

Every snack should be EITHER a fruit OR a protein. Before working out a protein would be ideal.

Every time you're thirsty, grab a zero-calorie drink (water, coffee, tea, seltzer, etc).

That's it. As easy peasy as possible. If you stick to these, you will continue to burn fat and get more defined. With the added benefit of not having to think about every calorie.

Keep in Mind

I get that some people (myself included) actually enjoy calorie counting. If you prefer that, go for it. I just think there's a great deal of benefit in varying your approach and trying new systems if, for nothing else, to challenge yourself mentally and see if you find something new that also works well for you.

WOULD YOU RATHER



OR



EAT ICE CREAM

EAT CAKE

DISCUSS ON OUR FACEBOOK PAGE!

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:

The Goal of My Workouts Should Be to Burn as Many Calories as Possible

Full disclosure: for most of my adult life, I believed this myth wholeheartedly, subscribed to it with a cult-like fervor, and based all of my exercise around this belief.

Phew! I feel so much better!

And now for the truth...we grossly overestimate how many calories we burn in a single workout. By a sh*t ton! Those digital readouts on your elliptical or treadmill? Absolute bullshi*t! Don't believe them for a second! Ah, but Julie...what about my Apple Watch or my FitBit or my Garmin or my....those are wrong too! Sorry to burst that bubble!

I often have people tell me, or overhear people say, that they burned however-many-calories during that workout. I was once in a workout class where everyone synced up their fitness trackers and at the end of the class, compared calories burned. It's all poppycock!

That said, calorie burn shouldn't even be the main focus of your workouts. When it comes to fat loss, your calorie intake is the most crucial number for you to know. Period. End of story. (But not end of article). The extra calories you burn during a workout are great, and yes, they contribute to your total calorie burn, but because they are far less than what you likely estimate them to be, you shouldn't be counting on your workouts to make a huge difference towards your calorie deficit.

So then, if not for calorie burn, what should be the goals of your workouts? If you're lifting weights (and Gd, I hope you are), you should focus on strength, mobility, and muscle growth above anything else. Your goals should be performance and progress based, not outcome based. What do I mean by that?

Weight goals, what we see as the be-all, end-all, are outcome goals. We tell ourselves that we want to be 120 pounds by August 31. That's an outcome we hope to achieve. There's nothing wrong with outcome goals. There's nothing wrong with wanting to lose weight or fat. But when it comes to your workouts, the focus should be on performance and progress, not on the end goal.

Some examples of performance and progress-based goals would be "I want to deadlift 150 pounds" or "I want to run a mile in under 10 minutes." As long as your goal is realistic and measurable, usually by time (clock or calendar) or weight (of equipment, not your body), it can be a performance or progress goal.

Since the goal of lifting weights is to constantly improve - to get stronger, to lift more, to improve muscle composition, setting mini-goals that work toward the bigger goal will constantly keep you moving upward.

2 Super Fun Circuits

For When You Just Want More

Leg Liquidator

The Circuit:

Power Jumps x 6

Reverse Lunges x 8 (4 per leg)

Sumo Squat x 6

Inchworms x 4

Instructions:

Set your timer for 20 minutes and do as many rounds as possible in that time. Aim to improve number of rounds each week

HOW LOW CAN YOU GO?

The Circuit:

High to Low Plank x 4 (2 per side)

Triceps Push Up x 4

Burpee (no push up) x 8

Mountain Climbers x 20 (10 per leg)

Instructions:

The purpose of this circuit is to finish 4 rounds as quickly as possible. Record your time and each week, aim to finish faster than you did the week before

What Is Vitamin D?

and why do I need it?

OMG! You're so pale! You need to go outside and get your Vitamin D! Someone once said that to me and I had no idea, at the time, what being outside had to do with getting enough of a vitamin. All these years later, I finally understand.

Vitamin D is an essential nutrient that we all need to keep our bodies functioning healthfully. Frighteningly, estimates say that about 42% of Americans are deficient in this very important nutrient.

A lack of Vitamin D is most commonly associated with rickets, or weak bones, especially in children, but vitamin D is also essential for the absorption of calcium, and having enough can help prevent immune disorders, certain cancers, and heart disease.

We've been led to believe that sunlight and supplements are the only way to get enough Vitamin D, but that's not true. Although our skin does produce it naturally after sun exposure, Vitamin D can be found in some foods - animal and dairy based only. Plants cannot produce vitamin D.

If you don't get enough, you can increase your intake with a multi-vitamin, or even just by taking a Vitamin D supplement.

Vitamin D Rich Foods



Sardines



Canned Tuna



Herring



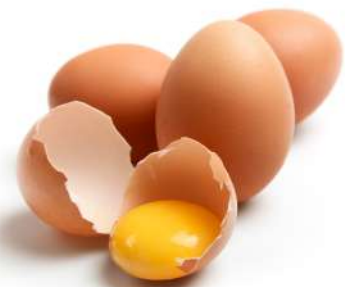
Fortified
Milk



Cod Liver
Oil



Salmon



Egg Yolks

SUMMER HEAT

This month's workout is called "SUMMER HEAT!" It's a 3 Day workout - all 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!

Since it's only 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) Superset:

1a) Inchworms: 3x12 with

1b) Reverse Lunge to Squat: 3x10/leg

2) Superset:

2a) Lateral Raises: 3x15

2b) Supermans: 3x12

3) Superset:

3a) Push-Up: 3x8

3b) Skull Crushers: 3x10

Rest 90 seconds.

4) Skill Building:

4a) Lying Leg Raises: AMRAP to failure
(As many rounds as possible)

5) Finisher:

5a) Skaters x 12/side

5b) Alternating Lunge Jumps x 5/side

5c) KB Swing x 10

****Complete 4 rounds of finisher as quickly as possible with excellent form. Keep rest to a minimum**

DAY 2: FULL BODY

1) Superset:

1a) Squat: 3x10

1b) Lat Pulldowns: 3x12

**if you're not using weights yet, you can use a towel for light resistance

2) Superset:

2a) Feet-Elevated Glute Bridge: 3x20

2b) Triceps Push-Ups: 3x10

*Modify on knees if needed

3) Superset:

3a) Bicep Curls: 3 x 12

3b) Overhead Triceps Extensions: 3 x 10

4) Endurance Builder:

4a) Mountain Climbers: go until fatigued

DAY 3: FULL BODY

1) Superset:

- 1a) Bulgarian Split Squat: 3 x 10/leg
- 1b) Single Leg Glute Bridge: 3 x 15/leg

2) Superset:

- 2a) hands-Elevated Push-Up: 3 x 10
- 2b) Reverse Flys: 3 x 15

3) Superset:

- 3a) Bicep Hammer Curl: 3 x 10
- 3b) Chair Dips: 3 x 20

4) Skill Challenge:

- 4a) Plank (time yourself and hold til failure...try to beat your previous time each time you do it)

I realized
very early
the power of
food to
evoke
memory, to
bring people
together, to
transport you
to other
places, and I
wanted to be
a part of that.

JOSÉ ANDRÉS
PUERTA
SPANISH-AMERICAN
CHEF



August 2021

Elite Warrior Tribe

Challenge



This month's challenge is gonna be an easy one! It's for all of you who are attempting to shed a bit of fat. So, you guessed it - it's a nutrition challenge!

All you have to do to succeed in this challenge is to stay hydrated! My challenge to you this month - in the dead of summer, is to drink AT LEAST 100 oz of water daily.

That's more than a liter, less than a gallon! We undervalue water for all of the benefits that come with it - hydration, continuous functionality of our basic body processes, and satiety. So, this month, get your H₂O!

Chicken, Red Pepper, & Almond Tray Bake

A little higher in calories, but a full meal in its own right



INGREDIENTS

(Serves 4)

- 18oz boneless chicken breast
- 2 chopped red peppers
- 1.75oz chopped almonds
- handful chopped parsley
- juice of 1 lemon & zest
- 3 tbsp extra virgin olive oil
- 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. 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

4 servings per container

Serving size

1 serving

Amount Per Serving

Calories

420

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 1.9g **10%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 190mg **8%**

Total Carbohydrate 33g **12%**

Dietary Fiber 5g **18%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 39g **78%**

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.

Chocolate Protein Ice Cream



INGREDIENTS

(Serves 4)

- 4 frozen bananas
- 1/4 c cocoa powder
- 2 tbsp nut butter of your choice
- 1/4 c milk of choice

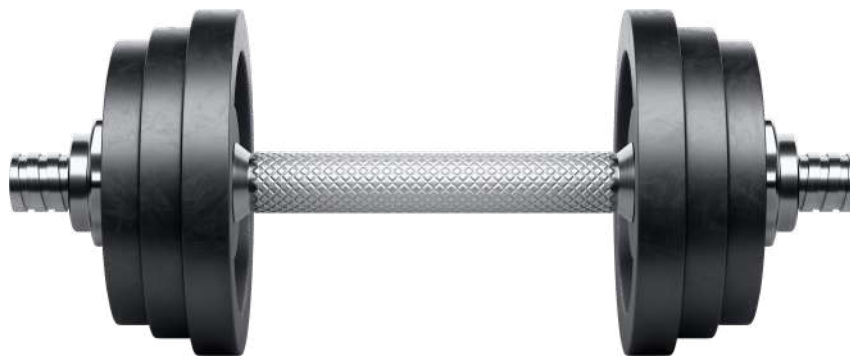
DIRECTIONS

1. In a food processor or blender, add frozen bananas and milk and process until smooth.
2. Add the protein powder, sweetener, carob and cocoa powder. Pulse a few more times.
3. For softer ice cream, enjoy immediately. For a thicker consistency, put in freezer until it reaches your desired consistency.

Nutrition Facts	
2 servings per container	
Serving size	(187g)
Amount Per Serving	
Calories	200
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0.449g	2%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	1%
Sodium 70mg	3%
Total Carbohydrate 56g	20%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Not a significant source of vitamin D, calcium, iron, and potassium	
<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>	

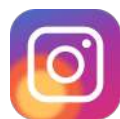
Acknowledgements

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A Sneak Peek at Your September Issue...

2 New Circuit Workouts
Summer Wind Down
New Delicious Recipes



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