

Volume 1.9 | September 2021

Elite Warrior Tribe

Monthly

Let's Talk About
Body Shaming
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Workout
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And so much more...





Letter From the "Editor"

HELLO!!! Welcome to the September issue of the Elite Warrior Tribe monthly! It's my birthday month! My favorite time of year! Summer is my favorite season, but I'm irrationally obsessed with my birthday!

I used to throw myself a birthday party every year, but as I've gotten older, I've realized that I'd rather spend my birthday exploring, so that's what I'll be doing this month! On my actual birthday (the 15th), I'll be whitewater rafting in Grand Teton National Park in Jackson Hole, Wyoming - we'll be smack dab in the middle of a 3 week road trip, and Grand Teton & Yellowstone was where I wanted to be for the actual

week of my birthday! I've been fortunate enough to be able to make it happen! With that, the challenge this month has something to do with going places or doing things you've never done. So be sure to check it out!

The recipes in this issue are super yummy, but easy to over consume, so watch out if you make them!

We've got nutrition guidelines to help lead you into a generally quieter time of year to prep for the holidays (WHAT?!) and a workout that is sure to kick your booty into gear! (It was my training program leading up to this current trip).

We're also going to talk a little bit about body shaming. This is a topic we can all relate to, and that can get a little touchy, so we're just scratching the surface, but I'd love to hear what you think!

Have a great month!

Let's Goal Get 'Em,
Julie

2 Super Fun Circuits

For When You Just Want More

Tabata Time

The Circuit:

Jump Squat
Power Jacks
Mountain Climbers
Alternating Jump Lunges

Instructions:

Set a timer for 20 minutes. You should do this circuit with 20 seconds for each move and 10 seconds of rest before continuing on to the next move. Continue to cycle through until the 20 minutes are up.

The Hammer

The Circuit:

Jumping Jacks x 20
Push Ups x 8
Inchworms x 5
Tuck Jumps x 8

Instructions:

Set your timer for 20 minutes. At the top of each minute, perform each move. Whatever time remains in each minute is your rest time. Complete 5 times until 20 minutes are up.

CREATING MEANING

If you've ever done any kind of self-help work, you know that studies show 90% of the time, specific and challenging (but not too challenging) goals lead to higher performance than easy, or "do your best," goals. These studies have found that there are 5 goal setting principles that can improve your chances of success. Those include: Clarity, Challenge, Commitment, Feedback, and Task Complexity. The use of the **SMART** Model for goal setting ensures that you will improve your chances of success by meeting the five 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 when 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.

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, now that 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 for the Tribe to hold you accountable! 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 objectives. Goals can always be broken down into smaller steps. Get the steps small enough that you are challenged, but not too far that you give up. For instance, if you want to lose 40 lbs, break down the specific steps you must take. You might decide to exercise 3 times/week as part of your goal. In your objective, address how you will achieve the goal of exercising 3 times/week.



**SO LONG
AS YOU
HAVE
FOOD
IN YOUR
MOUTH,**

YOU HAVE
SOLVED ALL
QUESTIONS FOR
THE TIME BEING

Franz Kafka



Nutrition Guidelines

September 2021



Summer is coming to a close which means parties and BBQs are winding down and things should be mostly quiet until the holidays. That's why this is one of the best times of the year to double down on your nutrition.

If you're serious about dropping body fat, now is the time to do it because you can go into the holiday season leaner, stronger, and more defined. Then you can relax, enjoy the holidays in moderation, and get back on track in the new year.

You do **NOT** have to focus on fat loss.

I would always rather see you focus more on improving your strength in the gym rather than solely emphasizing fat loss. But that doesn't mean you can't get serious about your nutrition and dial it in this month.

Regardless, if you have no interest in fat loss do NOT feel obligated to follow these guidelines.

They aren't drastic. They're very sustainable.

But I don't want you (or anyone) thinking you need to focus on fat loss.

You don't. Most important is prioritizing what you want to focus on.

Your Calorie & Protein Guidelines

Weeks 1-2: Strength Training Days

Calories: multiply your GOAL body weight by 12-12.5

Protein: 0.7g of protein per pound of your GOAL body weight.

Weeks 1-2: Rest Days

Calories: multiply your GOAL body weight by 11-11.5

Protein: 0.7g of protein per pound of your GOAL body weight.

Weeks 3-4: Strength Training Days

Calories: multiply your GOAL body weight by 11-12

Protein: 0.7g of protein per pound of your GOAL body weight.

Weeks 3-4: Rest Days

Calories: multiply your GOAL body weight by 10-11

Protein: 0.7g of protein per pound of your GOAL body weight.

Fitness: DeMystified

Pizza and beer?
No way, man. That
stuff is so
fattening!

That thinking is so
1993, bro. Fat
doesn't make you
fat!



Myth of the Month:

Fat Makes You Fat

If, like me, you were alive during the late 1980s and early 1990s, you know that there was a war on dietary fat in that era. If, like me, you were a kid during that time, you know that we learned that we should be eating chicken breasts (white meat) rather than thighs or legs (what we were primarily raised on), and that fat was going to make us fat, therefore, everything we eat should be LOW FAT.

The crusade against dietary fat was the start of a misguided and dangerous revolution that made society EVEN FATTER. Instead of eating food with satiating dietary fat, our food became "fat free" - or looking at it another way - loaded with sugar! The flavor from the fat that was taken out of our foods had to be replaced with something, and that something ended up being sugar - which only increased the palatability of those foods.

Was your pantry stocked with Snackwell's cookies like ours? We thought that since they were "fat free" that we could eat a whole sleeve of them...after all, it was the fat that was making us fat, right? Wrong. Obviously. If that were true, we wouldn't be a fatter nation now, 30 years later.

Even today, my generation especially loves to use the phrase "that's so fattening!" But what is fattening? If you've been here long enough, you know by now that no food is inherently fattening. The only thing that is fattening...the only thing that will make you gain body fat is too many calories. Can you overconsume fruit and veggies and gain fat? The answer to

that question is technically yes. The likelihood of that is slim to none, but it is possible. The greater problem comes in when we eat too many high calorie, less nutrient dense foods. Foods that tend to be hyperpalatable (easy to overeat) often are loaded with empty calories that don't keep us full for very long. So, even though it's totally cool (and recommended) to enjoy the less nutritious foods you love, doing so with some modicum of moderation is wise.

It's really easy to fall back on the myths that we were taught as kids or teenagers, to continue to use the language that became so familiar, and to think of foods as good and bad, right and wrong, fattening and healthy (not actually antonyms, by the way). The truth is, our bodies need dietary fat. It provides insulation for our internal organs, makes up the majority of our brain, and gives us another fuel source during exercise. Having too low body fat percentage can also lead to health problems - loss of your menstrual cycle being one of the most common, but also hair loss, lower body temperature (where you're always cold), and decreased functioning of the cardiovascular system.

Even after all the science and education out there, it's common to think about dietary fat and body fat as the same thing, despite the fact they are vastly different substances. But now, the idea that EATING fat will MAKE you fat is a myth that, I hope, we can finally put to rest!

My Accountability

PRACTICE WHAT YOU PREACH EDITION!

As I leave for a 3-week road trip, I'm in a place of genuine conflict around my goals. I did really well in August, achieving most of what I wanted to achieve to get ready for this trip. Now that we are getting ready to go, I think about what I always tell my clients: don't diet on vacation! I know that we will be in the car and on the road a lot, with lengthy drives, but we are prepared. We have a cooler in the car with us, tons of snacks, both healthy and some less nutrient-dense, and thankfully, Lee doesn't eat a ton of junk food. While I know that we will have a few nice meals out, most of the time, we aren't going to require fancy dinners or extravagant dining. I'm not visiting a new culture where trying the food is part of the entire experience, and so, aside from the Bed and Breakfast we'll be in for 6 nights, our meals will be fairly low-key and on the move.

I'm not going to be tracking calories, but I also won't be ordering dessert every time we eat in a restaurant (one of my favorite things about restaurant dining usually). I'll enjoy a glass of wine from time to time when the occasion calls for it, but otherwise, this trip will be about staying mindful without sacrificing my enjoyment.

Where Does The Fat Go?

(We say "the fat melts right off you," but does it really?)



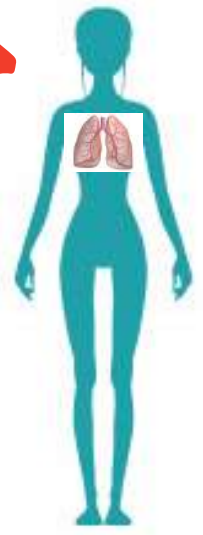
Excess calories are converted to fat and stored in the body for fuel. Fat is stored in fat cells as triglycerides - made up of Carbon, Hydrogen, and Oxygen



To lose fat, you must metabolize the triglycerides to unlock the carbon



Your body releases a hormone that activates **lipase** (an enzyme) that breaks down triglycerides in your fat cells. It then gets released as ATP, water, & CO₂



ATP fuels your activity, water exits via urination, and CO₂ is breathed out.

Roughly 80% of the fat you lose is exhaled as CO₂. This means that your lungs are the foremost organ for excreting fat from the body.

Birthday Burn

This month's workout is called "Birthday Burn" because, as I said earlier, I'm obsessed with my birthday!

This is the exact training program I've been using for the past 5 weeks to prepare for the trip I'm on now. It's only 3 days of strength training, which I did on MWF, and made sure to get my steps on all days, and supplemented a little bit of extra cardio to get ready for my trip.

If you only have dumbbells, you can sub those in where I used a barbell, and if you have only bands or loops, you can use those to substitute for any of the dumbbell moves. This is easily adaptable to whatever equipment you have!

Any questions, post them in the FB group!

Day 1: Full Body

1) Superset:

1a) Barbell Deadlift - 3 x 10

1b) Single Leg Hip Thrust - 3 x 8/leg

2) Superset:

2a) Dumbbell Bench Press - 3 x 8

2b) Side-Lateral Raises - 3 x 10

3) Giant Set:

3a) Dumbbell Glute Bridge: 3 x 12

3b) No Rest Goblet Squat - 3 x 10

(Constant Tension, no pausing)

3c) Plank - 3 x 45 seconds

Day 2: Full Body

1) Superset:

1a) Dumbbell Bulgarian Split Squats -
3 x 10/leg

1b) Heavy Kettlebell Swing - 3 x 2-2-2
(Cluster Set - 2 reps, rest, repeat)

2) Superset:

2a) 4 Count Eccentric Push Up - 3 x 4
(4 seconds down, 1 second up)

2b) Barbell Military Press - 3 x 10

3) Superset:

3a) Dumbbell Flys: 3 x 8

3b) Skaters - 3 x 10/side

3c) Fast Feet - 3 x 30 seconds

Day 3: FULL Body

1) Superset:

1a) Barbell Deadlift - 3 x 10

1b) Single Dumbbell Side Lunges -
3 x 15/leg

2) Superset:

2a) Constant Tension Push Up - 3 x 10

2b) Overhead Triceps Extension - 3 x 8

3) Superset:

3a) Standing Banded Leg Lifts -
3 x 15/leg

3b) Side Lateral Raises - 3 x 10

4) Single Set:

4a) Jump Rope - 3 x 60 seconds

Let's Talk About Body Shaming

When you saw the title of this page, did you immediately cringe? Did you think to yourself "uh oh!"? Did you think "maybe I should skip these next few pages"? It's taken me a few months to actually be willing to sit down and write this because it's such a touchy subject, and we're living in highly sensitive and easily-offendable (<-- probably not a word) times.

That said, it's time to face it because this is an important conversation to have.

The notion of shaming people has become a sort of buzzword these days. If you disagree with something someone says or does, others are quick to accuse you of shaming them. In the fitness world, we mostly hear about fat-shaming - making others feel bad about their body size or for flaunting their less-than-svelte frames. For a very long time, skinny has been the ideal in western culture, and it's been the goal of so many people. That ideal has also led to a host of problems -

poor messages about body image being sent out to impressionable teens and kids, notions of self-worth being attached to size, eating disorders, and body dysmorphia, just to name a few.

There is, of course, scientific evidence that shows that having too much body fat does lead to a plethora of health issues, most notably and commonly, cardiovascular disease - still the leading cause of death in America.

Some people who engage in what would commonly be considered "fat-shaming" naively claim that they are trying to motivate the overweight person. This is a frequently heard attempt to justify this kind of behavior. I can tell you, from experience, that this is neither motivating nor does it help with what is probably already a damaged body image. Once upon a time, when I was at my heaviest weight ever (this was 1998 after spending a semester studying abroad), someone close to me told me that I looked like a beached whale. 23 years later, I still regard that as the single cruelest thing someone has ever said to me, and it still enters my head pretty regularly. I don't live in that space, and I don't let it get to me, but it will always be there, and I'm sure the person who said it to me never thinks about it (if they even remember saying it). The point of

telling that anecdote is to remind you that your words matter, especially about something as sensitive as body image.

On the flipside of fat-shaming is skinny-shaming. Such a different issue, but still pervasive and sensitive. I hate to admit it because this is my wheelhouse, but I regularly say things in my head like, "Girl, eat a cheeseburger!" when I see someone super thin. It's ingrained in me, and I'm trying to be better and do better. I have a dish towel in my kitchen that says, "Skinny bitch, eat a biscuit" because I think it's funny, but I'm also aware that shaming people for being too thin is the same as shaming them because they are fat. As a society we don't think it's as bad because we think there's nothing "wrong" with being skinny. I've talked to very thin people who are just as self-conscious about their bodies as overweight people I know. I grew up believing being skinny was the best thing one could be, a belief that was drilled into me by the images I saw on TV, the things I heard at home, and the messages I got from friends. It never occurred to me that someone skinny might not be happy with their body.

When it comes to commenting on others' bodies, the best course of action is to mind our own business. And someone else's body is frankly, none of our business.

September 2021

Elite Warrior Tribe

Challenge



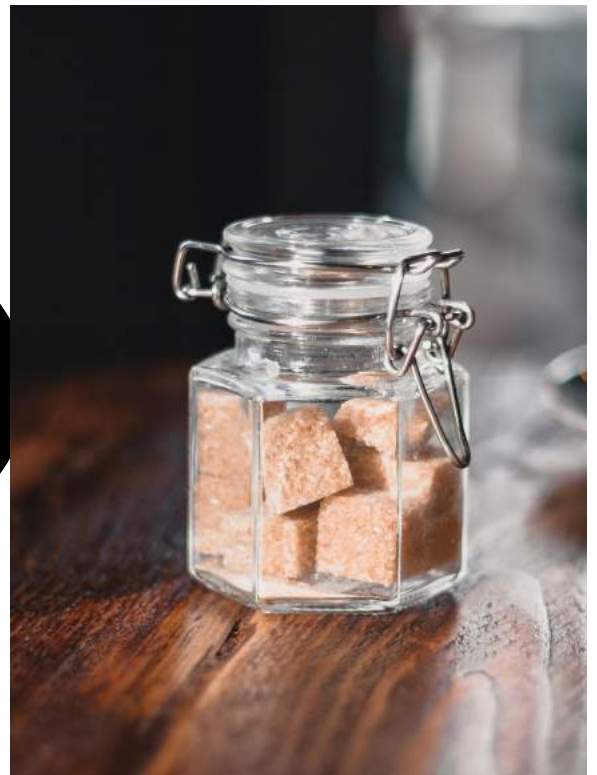
This month, I'm challenging you to step outside your comfort zone. Whether that means doing something you've never done, trying a new gym class, even just a new workout move, approaching someone you want to befriend, asking for a raise at work, whatever it is, JFDI (just f**king do it!)

I'm traveling for the majority of this month (Hallelujah!), so I'm not sure what this is going to look like for me, though I will be going to places I've never been (hello, Flickertail State!) I'll keep you posted on the Facebook page about how I end up getting out of my comfort zone (this generally isn't difficult for me, as most people think I do crazy stuff all the time...we'll see!)

WOULD YOU RATHER



OR



NEVER ADD SALT TO ANYTHING

NEVER ADD SUGAR TO ANYTHING

DISCUSS ON THE FACEBOOK PAGE!

What Is Vitamin B-12?

and why do I need it?

We hear quite a bit about Vitamin B-12. Windows of health food and vitamin shops often have some sort of ad for B-12 injections, and it's sometimes even written on packaged foods to let consumers know that whatever they're buying is a "good source" of the vitamin. So what is it, and why do we need it? B-12 is a vitamin that we need for a variety of bodily functions, and unfortunately, our bodies do not produce it on their own which means we must get it from food (or as an injection or oral supplement).

Most notably, Vitamin B-12 helps in the formation of red blood cells. This is important to keeping your blood oxygenated and transporting materials throughout your body. B-12 may also prevent osteoporosis as it contributes to bone health, and may also contribute to the health of your eyes, preventing degeneration of eyesight as you age.

In terms of mental health, some studies have shown that B-12 can contribute to improved mood, elevated energy, and a decrease in symptoms of depression.

The next page has some foods to help you get more Vitamin B-12 into your diet. Based on the availability of these foods, B-12 deficiency should be something most of us need not worry about.

B-12 Rich Foods



Seafood



Beef



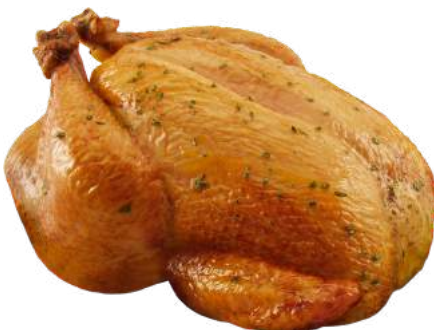
Yogurt



Liver



Cheese



Chicken



Milk



**Fortified
Cereal**

Corn & Avocado Dip



INGREDIENTS

- 2 c yellow corn
- 1 medium avocado, chopped
 - 1 clove garlic, chopped
 - 1 small onion, chopped
- 1 small red chili pepper, diced
 - 1 1/2 tsp ground cumin
- 1 tsp oregano leaves, finely chopped
 - 2 tbsp extra virgin olive oil
 - 1 tbsp lime juice
 - 2 tbsp white vinegar
 - 1 small peach, chopped

DIRECTIONS

1. In a large bowl, combine all ingredients and mix well
2. Add salt and pepper to taste
3. Serve with tortilla chips and/or vegetables

***NUTRITION
LABEL
DOES
NOT
INCLUDE
CHIPS
OR
VEGGIES***

Nutrition Facts

Serving size (28g)

Amount Per Serving

Calories **35**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.31g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber < 1g **3%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein < 1g **1%**

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.

Pumpkin Protein Pancakes



INGREDIENTS

(Serves 2)

- 1/4 c rolled oats
- 1/2 c canned pumpkin
- 3/4 c non-fat Greek yogurt
- 2 large eggs
- 1 1/2 tbsp maple syrup
- 1 tsp baking powder
- 1/2 c whole wheat flour
- 1/4 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- a pinch of salt

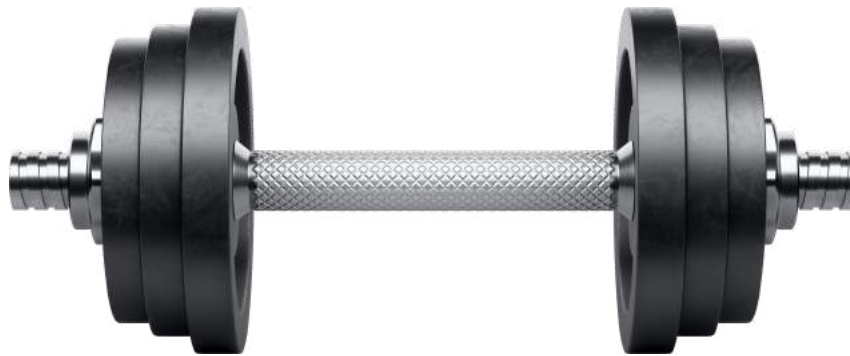
DIRECTIONS

1. Whisk 1 egg in a bowl, then add the other egg, pumpkin, yogurt, vanilla, and a tablespoon of maple syrup
2. In a separate bowl, combine the oats, flour, pumpkin pie spice, baking powder, and salt. Mix the dry ingredients with the wet.
3. Cook the pancakes over medium heat by spooning the batter onto a nonstick pan greased with cooking spray. Cook for 3 minutes, until bubbles shape on top and the underside is brown. Flip and cook for another 3 minutes. Repeat with the remaining batter.
4. Serve with the remaining maple syrup.

Nutrition Facts	
Serving size	(224g)
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.114g	11%
<i>Trans</i> Fat 0g	
Cholesterol 190mg	63%
Sodium 125mg	5%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 18g	36%
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
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- The Tribe



A Sneak Peek at Your October Issue...

2 New Circuit Workouts

Cellulite 101

Science Class: Human Body Systems

New Delicious Recipes



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