

Elite Warrior Tribe

Monthly

Volume 2.1 | January 2022

New Year Jump for
Joy *p.21*

Show Me Where My
----- Is
p.45

January Challenge
p.45

And so much more...



IN THIS ISSUE

- 1 Letter From the "Editor"
- 2 Did the Scale Jump?
- 3 January Nutrition Guidelines
- 7 Workout Tip
- 8 January Workout: Jump for Joy
- 12 Food Quote
- 13 What is Iodine?
- 15 Brussels Sprouts
- 17 January Challenge
- 18 Would You Rather?
- 19 White Rice vs. Quinoa
- 20 Show Me Where My....Is
- 22 2022 Theme of the Year
- 24 2 Delicious Recipes
- 28 Back Cover



Letter From the "Editor"

Hiiiiiiii! Welcome to the JANUARY 2022 issue of the Elite Warrior Tribe monthly!

I am completely in shock that another year has flown by, and that we are starting a new year together! And, we're entering YEAR 2 of the Elite Warrior Tribe.

If I'm being honest (and I am), the Tribe didn't pan out quite like I'd hoped so far, but I know these things take time. I'm committed to my goals with both my health and with the Tribe, and most importantly, I'm committed to you - the people who have put their trust in me!

This month's issue is the same format as last year, but there are some noticeable changes.

I removed the "Fitness DeMystified" article in lieu of some other stuff. Some of the feedback I received over the past year was that the magazines were a lot of reading, and that you want your information in small bursts of graphics and quick, perusable bites. So, I'm going to oblige. If you have myths you want busted, or things you believe to be true about fitness but aren't sure, shoot them my way, and I'll answer questions in future editions.

So going forward, you'll see a lot more visuals - albeit visuals that are full of information and education about health, weight loss, workouts, food, and all things fitness.

I've also added a new feature that will compare popular foods - this month we'll start with white rice vs. quinoa. Hopefully these will be helpful!

We have a new (and necessary) year-long theme as well. I hope you'll use the activities to enhance the year ahead! As always, thank you for being here!

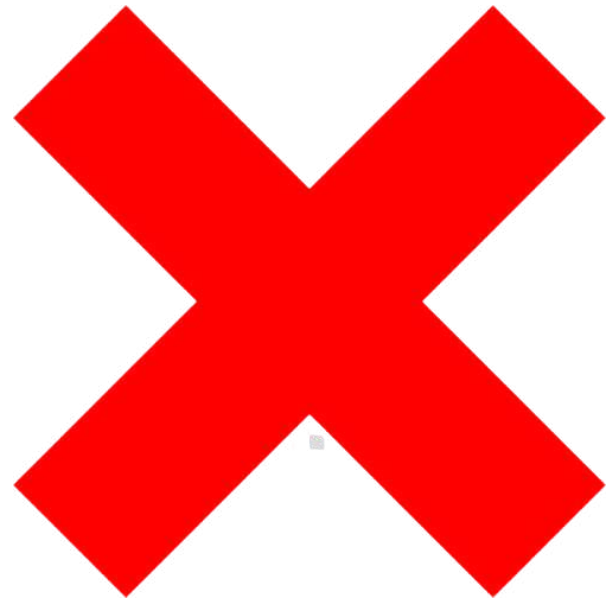
Let's Goal Get 'Em,
Julie

DID YOU GAIN 2-3 POUNDS OVERNIGHT?

WHAT COULD'VE
HAPPENED...

- ⚙️ YOU WEIGHED YOURSELF WITH A DIFFERENT SCALE
- ⚙️ YOU ATE A BUNCH OF FOOD THE NIGHT BEFORE
- ⚙️ YOU ATE A LOT OF SALT YESTERDAY
- ⚙️ YOU DIDN'T POOP YET
- ⚙️ YOU ATE MORE CARBS THE NIGHT BEFORE

WHAT DID NOT
HAPPEN...



- ⚙️ YOU GAINED 2-3 POUNDS OF PURE FAT

VERY BASIC Nutrition

January 2022



It's January! A new year begins and we all know how this goes...everyone is making their resolutions, setting goals, and vowing to FINALLY get it together this year. In a different time, they'd be joining gyms, too! Now everyone has a Peloton, a home gym, a Mirror, or at least a set of dumbbells. We've changed over the past (almost) 2 years in the way that we approach our health and fitness.

But there are still those people out there who are looking to do it as quickly as possible – so they're buying waist trainers and detox teas and looking up recipes for cabbage soup or cayenne pepper lemonade! And I'll tell you what... they'll be successful doing those things...until they're not.

Why, you ask? Because doing it as quickly as possible only means that they'll eventually have to do it again! Quick fixes are completely unsustainable.

So yes, they'll lose some weight, but once they go back to their "normal" habits, the weight will come right back, and they'll start looking for a new quick fix!

Not you, though, right? That's why you're here! You're a WARRIOR, and you know that, as long as you're doing it the "right way," it will be the last time you have to make a January resolution to take the weight off!

I may, at some point in the year, give you some tips on how to achieve rapid fat loss in a safe and cautious manner, but January is not the time! This month we're setting you up for steady, sustainable, long-term success. That means that you'll continue this long after everyone else has thrown in the towel on their resolutions!

Here's what to do this month if your goal is to lose fat:

Multiply your GOAL body weight by 12, and eat within that number of calories, plus or minus 25ish. That's it for your calorie intake. The other VERY important piece of this puzzle is your protein intake. You'll take that same GOAL bodyweight and eat that many grams of protein per day. Yes, it's a lot of protein, yes it will be a challenge at first to get it all in, but you can do it! I promise!

That's it. That's the plan for this month.

Oh wait! Julie!!!! You forgot to tell us WHAT to eat!! Right, right, right. Whoops! Here's what you should eat on a daily basis...

WHATEVER YOU WANT THAT FITS IN YOUR CALORIES AND MEETS YOUR PROTEIN NEEDS!

Seriously? Yes. Seriously. No food is off limits. Not carbs, not cake, not pizza, not burgers, not chips, not cheese. There is no "bad" food.



Now, does that mean that I want you to eat half a pie for breakfast just because it fits your calories? No. The majority of the time, you should be eating whole, nutrient-dense food, from a variety of sources, in a multitude of colors.

But, you should also incorporate the foods you love, within reason. This is not a DIET. This is YOUR LIFE. If you want to lose the weight in a way that is truly long-term and long-lasting, it doesn't make sense to cut out foods you love (that you'll eventually eat again).

**IF YOUR METHOD TO
LOSE THE WEIGHT IS NOT SUSTAINABLE, YOUR
RESULTS WILL NOT BE SUSTAINABLE**

Read that again.

I'll tell you what - I know that to be true from experience. When I deprived myself throughout 2020, I lost a TON of weight, but keeping it off was nearly impossible. I hadn't set myself up for success because I was not eating enough, nor was I allowing myself to eat foods I loved. So, take it from me...

Calories - Goal BW x 12

Protein - Goal BW x 1

That means if your GOAL BW is 150 lbs., you should eat between 1775-1825 calories, with 150g of protein.

Happy eating!

SET A WORKOUT GOAL FOR THE WEEK

While you should definitely move every day, a good place to start is by **setting a weekly workout goal**. You might choose to complete three workouts for the week and gradually progress as you get more confident.

Whatever you decide, be sure to have a plan when you get started.



January Jump for Joy

It's a new year, and that means that we are looking at new goals and new achievements ahead!

Normally, the monthly workout is a beast, full of weights and squats and all kinds of craziness.

Yes, we'll get back to that this year, but for January, we're going to take a step back and work a bit more on our hearts.

Yes, that means cardio.

This month's workout involves a jump rope, so if you don't have one, you can order one or just simulate jumping rope. It's 7 days/week, but only 20 minutes, so it won't take up too much time! (Only the first exercise uses the rope)

Enjoy this one, and feel the joy of what it's like to be a kid again!

Each day, the format is the same - set a timer for 20 minutes. Do all the exercises, then rest for whatever time you have left in the minute. Do this every minute on the minute. After the 20 minutes are up, you're done!

Monday

50 Jumps

20 Mountain Climbers

5 Burpees

Tuesday

50 Jumps

10 Glute Bridges

10 Push Ups

Wednesday

50 Jumps

10 Lunges/Leg

20 Shoulder Taps

Thursday

50 Jumps

6 Rotational Planks

10 Squats

Friday

50 Jumps

10 Frog Jumps

10 Tricep Dips

Saturday

50 Jumps

10 Sumo Squats

20 Arm Circles each direction

Sunday

50 Jumps

10 Donkey Kicks/Leg

20 Scissor Runs



***MODERATION.
SMALL HELPINGS.***

**SAMPLE
A LITTLE
BIT OF
EVERYTHING.**

**THESE ARE THE
SECRETS OF
HAPPINESS AND
GOOD HEALTH.**

WHAT IS IODINE?

AND WHY DO I NEED IT?

Iodine is an essential mineral you must get from your diet. Your thyroid gland need iodine to produce necessary hormones, which affect every cell and hormone in your body.

The recommended daily intake (RDI) of iodine is 150 mcg per day for most adults. Women who are pregnant or nursing need more

.

About 1/3 of the population is at risk of iodine deficiency, especially people who live in areas without iodine-rich soil

.

Iodine deficiency can lead to goiters (swelling of the thyroid) and hypothyroidism, which can cause fatigue, muscle weakness and weight gain.

IODINE RICH FOODS



Cod



Seaweed



Dairy



Iodized
Salt



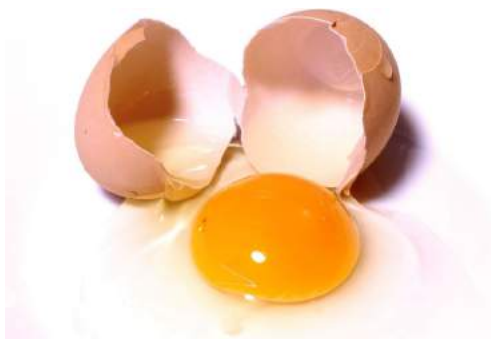
Lima Beans



Tuna



Shrimp



Eggs



Prunes

Brussels Sprouts

Brussels sprouts are, without question, my favorite vegetable. There isn't even a close second (though I do love my veggies). They're easy, they're versatile, and they are delicious.

The best part about them, though, is that they are



one of the kings (or queens) of the veggie world! If you aren't eating Brussels sprouts yet, do yourself a favor and hop on the brussies trend!

What's so good about Brussels sprouts? First, they are loaded with nutrients - fiber, Vitamins C & K, and also pack quite an antioxidant punch.

They are super rich in folate as well,

which is another important component in the formation of red blood cells (along with iron). The best part about them is that they are surprisingly high in protein for a vegetable!

One key piece of Brussels sprouts warning - if you are going to eat them (and I hope you do), the ones at restaurants that are flash fried and doused in bacon and oil aren't the best ones for you! ;)

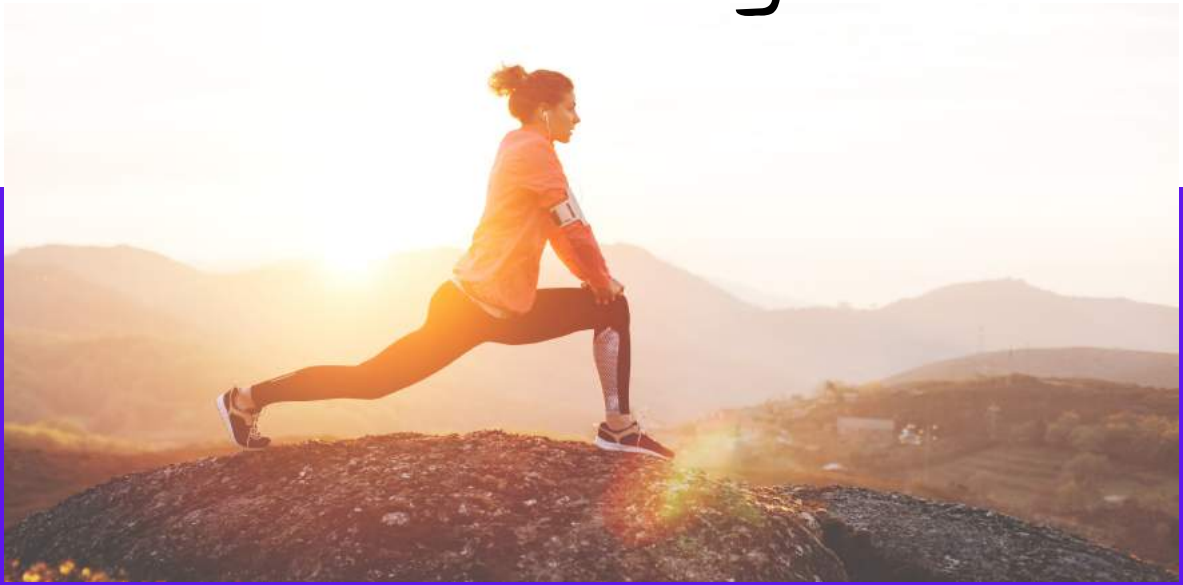


Simply roasted with salt and pepper, olive oil, and garlic powder is my favorite way to enjoy them!

January 2022

Elite Warrior Tribe

Challenge



It's a new year...and along with a new year, for many of us, comes new resolutions, goals, and habits. Or at least, we attempt to create these things. As we get older, our mobility and flexibility naturally decrease or worsen. Both are so important for the overall health and function of our bodies, and aid us in just about everything we do. Losing our mobility pretty much means losing our ability to get around safely.

One of my goals for the year is to create a stretching routine before bed. Nothing crazy, just a series of 4-5 stretches that I do every night before I hop into bed. I'm going to challenge you to do something similar. If you do, tell me about it!

WOULD YOU RATHER



OR



GIVE UP BAGELS FOR A YEAR

GIVE UP PASTA FOR A YEAR

DISCUSS ON THE FACEBOOK PAGE!



WHITE RICE

"Bad" for you because it's carbs, refined, and low in fiber



QUINOA

"Superfood" because it's a whole grain & high protein & fiber

Per 1 cup Cooked

194	Calories	222
4.6	Protein (g)	8.1
0.6	Fat (g)	3.6
41.2	Carbs (g)	39.4
1.4	Fiber (g)	5.2

- Lower in fiber which is good for those with digestive issues
- Usually enriched; meaning stripped nutrients are added back
- Good for those who want to gain weight or want high carbs

- High quality protein; good especially for plant-based people
- Filling fiber & protein make it good for weight loss
- High in nutrients that may fight heart disease & some cancers

Important in some cultures

Naturally gluten-free

- Easy to overeat; misleading portion sizes
- Some types are contaminated with arsenic

- Carries saponin, phytic acid, & oxalate, which reduce mineral absorption & increase kidney stones if sensitive

Verdict: White rice has its upsides, nutrition-wise; both grains can be decent choices depending on your goals

Show Me

Where

My

BICEPS BRACHII

Is





Biceps Brachii:

a large muscle in the upper arm that flexes the arm and forearm.

In Daily Use:

holding your kids, carrying groceries, flexing in the gym mirror, picking up just about anything

In the Gym:

dumbbell curls, push-ups, pull-ups, hammer curls, barbell curls, curl machine

2022:

SELF-CARE

Last year, in February, I introduced a section of the Elite Warrior Tribe monthly that continued through the year - Creating Meaning was our theme. We explored a host of different ideas to create meaning in our lives including creating SMART goals, writing a 6-word memoir, and finding your why.

We'll continue with a new theme this year. This one is fitting for the times we are living in, and I only hope that you will use this monthly resource to create the space to practice this year's theme.

This year's theme is **Self-Care**.

I'd love to have an open discussion about the ways that we all practice our own self-care. I know many people struggle to really give themselves the attention they deserve, need, or crave because they think it's selfish or that they will be neglecting the things that they THINK need more of their attention: spouse, work, kids, etc. The truth, though, is in the adage - If you're not good to yourself, you won't be good for anyone else. Taking care of yourself first should be the priority. This doesn't mean that you have to ignore the other parts of your life; it's about finding the balance. Taking breaks when you need to, getting a massage or facial, saying no when you mean no, turning off your phone, setting boundaries. Self-care can look like a lot of things. It's not always about bubble baths and bon bons. It's about knowing yourself, your needs, and allowing yourself to recharge when you feel your batteries draining.

Next month I'll have the first self-care activity. For now, I'd love to know how you already practice self-care. Share on the FB page, if you would!

Shrimp & Spinach Fettucine



INGREDIENTS

(Serves 8)

- 1 lb uncooked fettucini
 - 6 oz baby spinach
 - 4 cloves garlic, minced
 - 2 tbsp EVOO
- 1 lb uncooked shrimp, peeled & deveined
 - 1/2 tsp Italian seasoning
 - 1/4 tsp salt
- 1/4 c shredded Parmesan cheese

DIRECTIONS

1. Cook fettuccine according to package directions.
2. In a large skillet, sauté spinach in oil for 2 minutes or until spinach begins to wilt.
3. Add garlic; cook 1 minute longer.
4. Add the shrimp, Italian seasoning and salt; sauté 2-3 minutes or until shrimp turn pink.
5. Drain fettuccine and add to skillet; toss to coat.
6. Sprinkle with cheese.

Nutrition Facts

8 servings per container

Serving size (143g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.077g **5%**

Trans Fat 3g

Cholesterol 145mg **48%**

Sodium 660mg **29%**

Total Carbohydrate 37g **13%**

Dietary Fiber 5g **18%**

Total Sugars 30g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

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.

Chicken Rice Bowl

Quick, Easy, Filling, but Low in Calories



INGREDIENTS

(Serves 4)

- 9oz grilled chicken breast strips
- 1 c instant rice
- 1 c chicken stock
- 1/2 chopped green pepper
- 2 tbsp EVOO
- 1/4 c chopped onion
- 1/2 c corn
- 1/2 c peas
- 1 tsp basil
- 1 tsp sage
- salt & pepper to taste

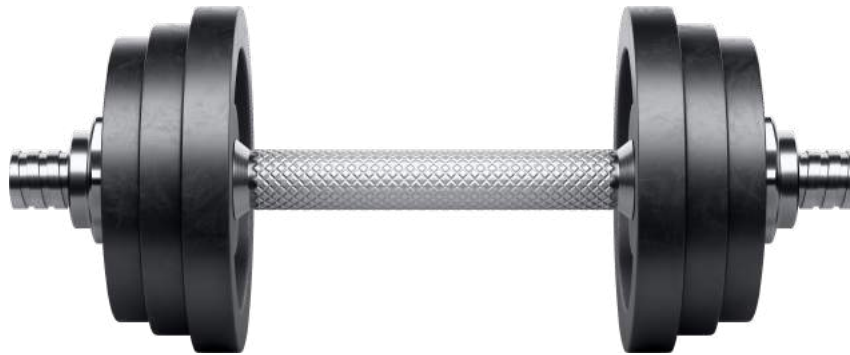
DIRECTIONS

1. Cook rice in broth according to package directions.
2. In a large skillet, sauté the green pepper and onion in oil for 2-3 minutes or until crisp-tender.
3. Stir in the chicken, corn, peas, basil and sage.
4. Cook, uncovered, for 4-5 minutes over medium heat or until heated through.
5. Stir in the rice, salt and pepper.

Nutrition Facts	
4 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.052g	5%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 310mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 23g	46%
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 February Issue...

- 2 New Circuit Workouts
- Reading Nutrition Labels
- Iceberg Lettuce vs. Kale - Who Wins?
- New Delicious Recipes



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