

# Elite Warrior Tribe

Monthly

Lucky You *p.16*

The Importance of  
Sleep  
*p.27*

My Accountability  
*p.7*

And so much more...



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# Letter From the "Editor"

Hi again! Welcome to the March 2022 issue of the Elite Warrior Tribe monthly!

I've got to be honest...this last month flew by, and I'm finding myself scrambling to get this issue and finished and out to you on time. Gd willing, you are receiving this on the 1st of the month, and I'm not falling behind.

I've had a crazy life change this past month, picking up my life in California and moving to Arizona to be closer to my family. The move itself was actually quite easy, but the getting settled and finding a routine has been a bit of a challenge for me.

I'm finding my way, and slowly but surely getting settled, but it's a process.

It's also been a bit of a struggle to get my fitness back in order. As you'll see in the article about my accountability, it's been rough going. I'm focused and ready now that I feel more settled, but WHOA when I got on the scale this morning! That was honestly, not a shock, but still a little discouraging. The good thing is that I know that I can't fail at this as long as I don't give up on myself.

So, that's it. I hope you'll find some value in this issue, learn something new, and participate in this month's challenge. I'll be interested to hear what you're all up to.

Let's Goal Get 'Em,  
Julie

# March 2022

## Elite Warrior Tribe

### Challenge



This month's challenge is easy peasy, but I t's going to take some guts. This month I am challenging you to do something new. In fitness, in food, in life...whatever you want.

I've been wanting to start a martial art, so I am going to try my hand at Krav Maga - the Israeli martial art used to train the Israeli Defense Forces. I found a gym that specializes in it, and I am going to take a class. I don't know if I am going to enjoy it, because I can't really know that until I try, so that's what I am going to do this month!

I hope you'll try something new, too!

**Show Me**

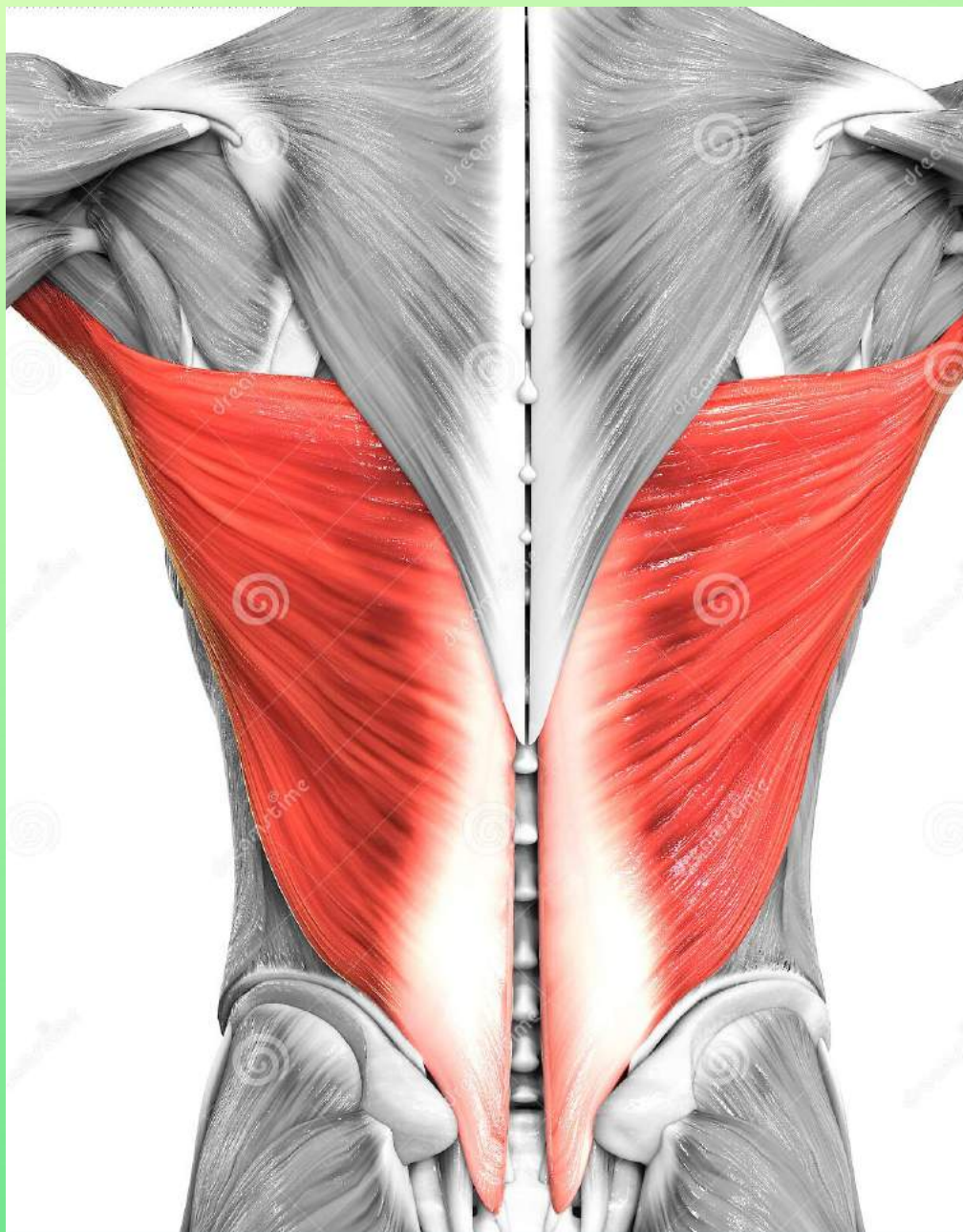
**Where**

**My**

**LATISSIMUS DORSI**

**Is**





# *Latissimus*

## *Dorsi:*

either of a pair of large, roughly triangular muscles covering the lower part of the back, extending from the vertebrae to the armpits.

### *In Daily Use:*

Opening a heavy door, picking up bags from the floor, swimming and breathing. It functions to stabilize your back while extending your shoulders.

### *In the Gym:*

Wide Grip Lat Pulldown, Dumbbell Row To Hips, Seated Banded Row, Straight Arm Pulldown, Underhanded Bent Over Row

# My Accountability

It's been about 6 weeks since the last time I stepped on the scale. Normally, I weigh myself daily. I figure, the more data points I have, the better my information will be.

It's also incredibly enlightening to see the daily fluctuations in my weight, and it's helped me release the emotional hold the scale has on me. I don't get frustrated when the scale seems to jump up (as long as I know that I've been consistent with my nutrition). But, I digress...it's been about 6 weeks since the last time I stepped on the scale. In that time, I've been to restaurants almost daily, went to Disneyland, and, oh yeah...moved to another state. So, I was actually pretty surprised when I saw the number was only about 1 pound higher than it was 6 weeks ago!

While that seems like no big deal, I'll also admit that the scale was also 4 pounds higher than when I STARTED my fitness journey 2 years ago. So, yes...I'm that statistic that we always hear - most people will lose the weight and then gain it back and then some. It's true, and I'm proof.

I'd love to be able to sit here and say that I am not disappointed, or that I know that I can lose it again, but the truth is, I'm incredibly disappointed in myself, and I'm frustrated that I worked so hard for a year and then just let it go, giving in to instant gratification and taking my eye off my long-term goals.

So that puts me here, March 1, 2022, back on the path. I'm still getting settled in my new home, and I'm figuring out what life is going to look like here, but I've also got a kitchen that I love, I'm surrounded by family and people who care about me and support me in reaching my goals, and I'm ready to hit the ground running.

I'll be lifting weights 4 days/week and doing Zumba 4 days/week, most weeks. I'll be eating a realistic number of calories - probably between 1350-1500 calories/day, and consuming about 130g of protein everyday. One thing to note - I'm not doing anything drastic. I'm not starving myself, I'm not eating only frozen meals, I'm not cutting out any food groups, and I'm not even cutting out my nightly glass of wine. This is going to be done in the most sustainable and maintainable way that I can do it.



And even though I'm frustrated and know that I have a long road ahead of me, I also know that my weight is not the be all and end all of who I am. I know that I can't fail. I know that there is no end goal (even though I have a beach vacation in 15 weeks). There's no magic bullet. Patience, adherence, and consistency will get me there.

I'll keep you posted next month about how this month goes. I am looking forward to this journey. It may not always be fun while I'm in it....but I know in the end it will be worth it!



**THE FIRST WEALTH  
IS HEALTH**

# What Is Zinc?

and why do I need it?

Zinc (Zn) is a trace mineral, meaning that the body only needs small amounts of it. However, it is necessary for almost 100 enzymes to perform vital chemical reactions. It is a major player in the creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system. Since it helps cells to grow and multiply, zinc is required during times of rapid growth, such as childhood, adolescence, and pregnancy. Zinc is also involved with the senses of taste and smell.

# Zinc Rich Foods



Oysters



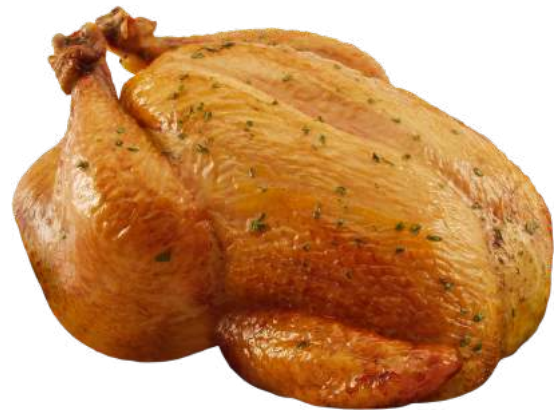
Crab



Lobster



Beef



Poultry



Pork



Beans



Nuts & Seeds

# WHY DO WE WEIGH FOOD



"1 tbsp of  
peanut butter"

262 cal --- 119 cal



"A dash of oil"

190 cal --- 96 cal



"A handful  
of almonds"

152 cal --- 87 cal



"Weighing food can minimize inconsistencies in visual estimations for a more accurate understanding of how much energy you are consuming."

# Nutrition Guidelines

## March 2022



**Y**ou know I'm a huge fan of calorie counting, but you also know I believe in moderation, and after the past couple months of tracking, I want you to take March "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. In April, we'll get back into some meaty stuff!

### 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.

# LUCKY YOU

This month's workout is called "Lucky You" in honor of St. Patrick's Day! It's a 3 Day split - all full body days.

This month, you have the option of using weights or not. If you feel ready, definitely pick up some weights and go for it! If you're not quite there, no worries. Just use your bodyweight.

If you're accustomed to lifting, pick up **HEAVY** weights and really go for it! This can be a quick, yet effective workout, if you lift heavy!

Any questions, post them in the FB group!



# DAY 1: FULL BODY

---

1) BODYWEIGHT SQUATS - 3 X 15

2) PUSH UPS - 3 X 8

3) UPRIGHT ROW - 3 X 10

4) WALL SITS - 3 X 60 SEC.

5) LOW PLANK - 3 X 30 SEC.

# DAY 2: FULL BODY

---

1) BACKWARD LUNGES - 3 X 8/LEG

2) TRICEPS PUSH UPS - 3 X 5

3) GORILLA ROW - 3 X 10/ARM

4) HIGH KNEES - 3 X 30 SEC.

5) WINDSHIELD WIPERS - 3 X  
10/SIDE

# DAY 3: FULL BODY

---

1) SUMO SQUATS - 3 X 12

2) OVERHEAD TRICEPS PRESS - 3 X 10

3) ARNOLD PRESS - 3 X 8

4) WORLD'S GREATEST STRETCH

- 3 X 3/SIDE

5) HIGH TO LOW PLANK - 3 X 3/ARM

# 2 Super Fun Circuits

For When You Just Want More

## Get It On

*The Circuit:*

Spider Runs x 10

Heel Taps x 10

High to Low Plank x 5/side

Push Ups x 5

**Instructions:**

Set your timer for 20 minutes. Complete each cycle until 20 minutes are up.

## Open Circuit

*The Circuit:*

Jumping Jacks

Bicycle Crunch

Inchworms

Tuck Jumps

**Instructions:**

Set your timer for 15 minutes. Perform all exercises in a ladder - 1 of each move, then 2 of each move, then 3 reps. Continue until 15 minutes are up.



## OLIVE OIL

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



## COCONUT OIL

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

### Per 1c 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:** Olive Oil is the better option most of the time. Because of the low smoke point, you have to be careful when heating, but for most things, choose olive oil.

# ADVICE FOR A GYM NEWBIE

Starting at a new gym can be a super Intimidating experience. I remember when I first joined a gym, having no idea what I was doing, what any of the equipment was, or where things were, and really feeling like there wasn't anyone there that I could ask. Part of the problem is that I went in unprepared. I didn't have a plan for my workout. I was just going to go in and wing it. But I was also too scared to ask anyone for help.

Being successful in the gym - whether that means hitting personal records, burning a ton of calories, or just getting it done consistently - requires a plan, first and foremost. If you're going to the gym, have an idea of what you want to accomplish. Are you going to work biceps? Have a few exercises in the notes section of your phone. Is it Leg Day? Make sure you know what equipment you'll need. Those couple hacks will make life in the gym exponentially easier.

In addition to those things, don't be afraid to talk to people. Now, you don't want to be the person who starts chatting someone up at the gym. No one likes that person. But, you also don't have to be too shy or scared to ask for help. Not sure how to use a machine with proper form, DEFINITELY ask for help. Curious about a move someone is doing that you've never seen, ask them about it.

A lack of knowledge should never be the reason you stay out of the gym. While so many people are finding alternative ways to work out now, post-COVID, the gym can still be a great place to crank out a solid workout. With the abundance of equipment, and (hopefully) knowledgeable trainers to help out when needed, the gym can always be a place to go back to when you just want to put on your headphones, blast some tunes, and lift some heavy sh\*t!

PS - If you're lifting REALLY heavy, please make sure to always have someone spotting you!!!

# YOU CAN START AT HOME



If you aren't ready to join a gym, you can get started with strength training at home.

With some **basic equipment**, you can start strength training in your own time and on your own terms.

If you don't have any equipment yet, you can substitute with household items.





# Avocado

For a lot of years, a friend's mom would make a Salad Nicoise every week when I was at their house, and I would always pick out the avocado. You're tempted to ask what's



wrong with me, I know! At the time, I was a little weird about what I ate, and I THOUGHT I didn't like avocado. Something about the texture...though I'm not sure I had ever really tasted one. Fast forward to now, it's hard to keep them in the house because as soon as we get them home, I'll tear it open!

Anyone who loves them knows the feeling of cutting one open and seeing that you've picked a PERFECT avocado! The great thing is, these fruits (yes, fruits) are incredible health powerhouses! You just have to be careful because unlike many other fruits, they are frightfully calorie dense!



We all know that avocados are a "healthy fat," but they are also a great source of fiber, potassium, and vitamin C. Like Brussels sprouts, avocados are also a good source of folate, which is helpful for pregnant women. So, definitely enjoy these creamy, delicious fruits...just go easy on the tortilla chips! ;)

# SELF-CARE:

## SLEEP

There's a growing body of research that warns us of the dangers of lack of sleep. Most studies consider lack of sleep to be less than 6-7 hours per night.

Research has shown that lack of sleep is associated with:

- Weight gain
- Diabetes
- High blood pressure and heart disease
- Depression, anxiety, and mental distress
- Decreased life expectancy
- Decreased cognitive function and performance

Experts recommend adults get 7-9 hours of sleep per night. We know this varies by person – not everyone needs the same amount of sleep. So how do you know if you're getting enough sleep?

It's actually pretty simple. Do you frequently feel tired during the day? While its normal to have an ebb and flow in your energy level during the day, if you find yourself frequently feeling lethargic, constantly yawning, and having difficulty staying awake while sitting still (during meetings, watching TV, etc.), your body is letting you know you need more sleep!

### Things to Consider:

How much importance do you place on getting enough sleep?

Do you usually get a good night's sleep? Why or why not?

Does learning about the negative effects of sleep deprivation make you feel differently about your sleep habits?

What could you do to ensure that you get enough sleep most nights?

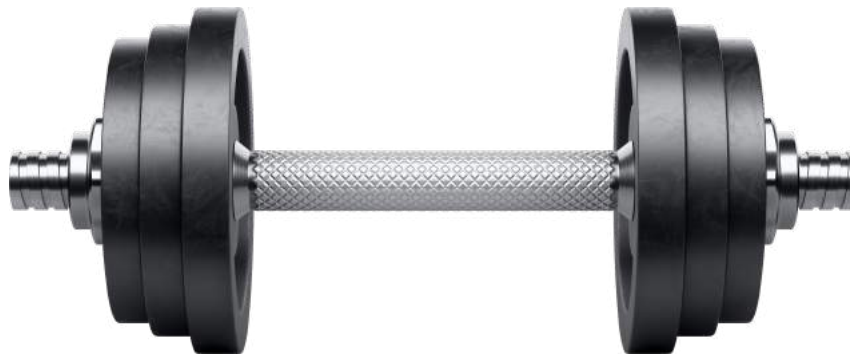
Sources: **The Work We Do While We Sleep** by Maria Konnikova. The New Yorker. <https://www.newyorker.com/science/maria-konnikova/why-we-sleep>

**Sleep should be prescribed: What those late nights out could be costing you** by Rachel Cooke. The Guardian. <https://www.theguardian.com/lifeandstyle/2017/sep/24/why-lack-of-sleep-health-worst-enemy-matthew-walker-why-we-sleep>

**Healthy Sleep.** Division of Sleep Medicine at Harvard Medical School and WGBH Educational Foundation  
<http://healthysleep.med.harvard.edu/healthy/matters>

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## *A Sneak Peek at Your April Issue...*

2 New Circuit Workouts  
Summer Nutrition Prep  
Let's Talk About Poop  
New Delicious Recipes



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