

Chris Henning, NASM-CPT

30 **Yards**
or **More** in

30 **Days**
or **Less**



*THE ULTIMATE,
SCIENTIFIC SYSTEM
FOR INCREASING
SHOT DISTANCE*

DIET MANUAL

The 30 Yards or More in 30 Days or Less Diet Manual

Christian Henning, NASM-CPT

Legal Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including 30 Yards or More in 30 Days or Less. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use 30 Yards or More in 30 Days or Less, please follow your doctor's orders.

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Let's Get Simple (Complex DOESN'T Work).....

Like me, you've probably tried all kinds of diets and complex systems and eventually gotten tired of the calorie counting or rigorous systems and quit.

Those plans are ridiculous and I have no intentions of living like that any longer.

For one these plans are not practical, enjoyable or desirable for anyone. Worst, once you quit those extreme diets you generally pack on more weight than you lost. A bigger you..

I've found that gaining a better understanding of nutrition, moderation, and following some basic rules is all I need to be successful. All we really want is something we can live with, and even enjoy satisfy our cravings from time to time.

Why is it so easy to succeed with a simple approach?

Because complex programs do NOT work! Research proves complex programs fail...

EX: (Reference: Appetite. Volume 54, Issue 1, February 2010, Pages 37-43.)

Researchers studied Weight Watchers and tested how long people would stick to a "complex" diet. Researchers theorized that the people would fail if the rules were too complex. Researchers discovered that "perceived rule complexity" was the driving factor associated with an increased risk of quitting. Points, counting, and substitution were too difficult to track and constantly factor in and this caused people to quit.

Bottom line:

Too many rules = failure. Success is easy if you keep it simple. Remember the old saying Keep It Simple Stupid (KISS)?

Eating well is easy once you have a decisive and easy plan to implement.

The 90/10 Rule

Popularized by Dr. John Berardi of Precision Nutrition the 90-10 rule suggests you eat perfectly 90% of the time, with 10% being your not so perfect meals, or cheat meals. 1 out of 10 meals can be less than perfect.

This is NOT a binge meal or an excuse to eat poorly. Instead, simply eat a normal portion of your favorite meals 1 out of every 10 meals.

This may be a reward meal every other day. Reward yourself for eating 9 PERFECT meals – but do not binge or go back for seconds

The idea is that you are rewarding yourself for being good with foods you enjoy. You are not restricting yourself so much that you quit. You will look forward to the less than perfect meal and work even harder to eat well 90% of the time.

The Importance of Nutrient Timing

Nutrient timing can make or break your fat loss efforts. Top athletes have been timing their meals for years knowing that when and what you eat before and after training makes measurable impact on body composition. In addition, eating the proper nutrients throughout the day also aids in muscle retention and growth as well as fat loss. Time everything right with your meal choices and you can make progress like never before. Timing it wrong with the wrong foods leads to stagnation and possibly even regression.

So what is proper nutrient and meal timing?

PRE-WORKOUT

The general rule for increasing workout performance is nutrient timing. Nutrient timing allows you to ensure your body is properly fueled before and after your workout.

Properly timed meals before your workout result in heavier lifts in the gym and better endurance on long runs. Being properly fueled aids you in getting a better workout.

30 minutes to one hour before exercise drink a shake that consists of 20-30 grams of Whey Protein and eat an Banana, Apple, or one cup of Oatmeal. This will give your body the proper amount of fuel to power your workout. I suggest a Protein shake simply because they can be easily mixed while you are still at work or early in the morning when you are rushing around. If you can substitute a real meal in place of the shake go for it as your body prefers real food over any kind of shakes.

POST WORKOUT

Post workout meals eaten within 15 minutes to two hours after exercise aid in recovery. Essentially you give your body exactly what it wants and needs after you hit it hard in the gym. This allows proper recovery and better gains in muscle and fat burn. Again, this should consist of 20-30 grams of Whey Protein along with some form of a more carb dense food such as a potato. Timing this right will allow you to recover faster, reduce muscle fatigue and soreness, and feel better the next workout.

ANYTIME MEALS

For the rest of your meals go easy on carbs that are not dense in nutrients. An example of a poor choice is white bread. White bread is high in calories and low in nutrition. If you read the label you will see enriched this and enriched that. Why is white bread enriched? Simple, it lost all of its nutrients when it was processed and they are having to add in vitamins to try to bring it back to decent. However, it's just crap. If you want to eat bread, opt for a whole grain bread such as Jesus bread (Ezekiel) which provides good amounts of Protein, Fiber, and Carbs.

Limiting carb dense foods that do not provide nutrient density throughout the day will turn you in to a fat burning machine. As a rule when you are not working out stay away from foods that are calorically dense and not nutrient dense (white bread). However, eat and substitute any and all the vegetables you want anytime of the day. Vegetables of all colors provide tons of vitamins, fiber, and anti-oxidants. I think this is where the non-carb craze goes bad. Vegetable consumption should be encouraged and never discouraged.

Your Anytime meal should consist of a lean Protein, a nutrient dense vegetable, and a healthy fat (fish provide lean protein along with Fish Oil which is healthy for your heart and aids in fat loss). I also suggest snacking on nuts once per day (about a handful per day). If you can stick to vegetables and drop junk carbs, you are well on your way to losing all the fat you ever wanted. Avoid buttering up the vegetables too, lots of bad carbs and fats.

SIMPLIFICATION IS KING, FOLLOWING THROUGH IS QUEEN. TOGETHER YOU HAVE A KINGDOM!

Nutrition Tips

Tip # 1 It is important to be consistent with your exercise and food intake.

Tip #2 Protein is important, but do not neglect complex carbohydrates. Your muscles store carbohydrates for energy. Protein and fat are used for other functions of the muscle and cellular health. Protein is essential for certain enzymatic function and especially for repair and rebuilding of damaged or challenged muscle tissue. It is important to consume a balanced food plan that does not exceed or leave you deficient in vital nutrients, fiber or water.

Tip #3 Foods are absorbed best when eating in conjunction with other foods. This may not always be possible, but plan to combine foods at each meal and snack. There are certain nutrients that support the absorption of other category foods and nutrients. This is also why variety is important. There is no magical food. Each has unique properties and value.

Tip #4 Exercise goals may determine food composition and intake regimen. Heavy weight training may require a higher amount of amino acids for repair and rebuilding of challenged muscles. Whereas, a marathon athlete may require certain forms of carbohydrates and electrolytes for replenishment and sustained energy. It is important to remember that more is not always better. Most “high” need nutrients are required either pre-exercise, during, or post exercise. Excessive amounts of both protein and carbohydrate can have negative effects on metabolism and health if not in proportion to the demand of the activity or stress.

Tip #5 Plan ahead. Make sure you are timing your meals, drinking plenty of water and allowing ample time for rest. Choose foods that are low in toxins, avoid toxins in your environment and seek treatment for any corrections to metabolic imbalances such as food intolerance’s, nutrient deficiencies, and other health concerns. The healthier you are as a whole, the better performance and quality of life you will have.

How do I determine if a food is worth of eating?

As a rule, when deciding on a food to eat I think about how hard it was to convert to its current form. One or two steps from its natural source is fine - anything more than two

steps and you shouldn't be eating it. Take Milk for example, not real hard to figure out how the milk ended up in the jug. The milk comes from the cow and is then pasteurized. Compare Milk to Ritz Crackers - how hard is that? I bet it takes more than a few steps to figure that one out.

You know what junk is, so stop eating what you know isn't good for you. If it comes in a box or is frozen and takes more than a few steps to create from its original source - you shouldn't be eating it.

Should I count calories?

I don't count calories and I don't know of anyone who is successful at maintaining a healthy bodyweight that does. Sound crazy? Not at all, if you stick to the rules above you will be just fine. Listen to your body, stay away from junk, and eat vegetables at every possible chance. Eat what you know is good and there is no need to count calories. When eating out, all bets are off and try to limit calories from restaurants.

How often should I eat?

Eating 4-6 meals per day spaced out evenly increases fat burn. On your Anytime meals be sure to eat lots of vegetables and leave out the processed carbs. I think you will feel better and you won't miss that spike in blood sugar (drowsiness). 4-6 meals a day also increases your caloric expenditure over the day, thus burning more fat.

Myth Busting

Myth #1 I can eat junk food because I'm working out and still get buff. Nutrition is the most important factor in fat loss. Eating junk food and doing an awesome workout will not result in fat loss. It just won't work.

Myth #2 I'll burn this meal off at the gym later. This is just lazy thinking and setting you up for failure. Overeat just one meal and there's no way that you can go to the gym the next day and burn off all of those calories with cardio. A single fast food meal contains 1200-3000 calories, but even elite athletes have a hard time burning 1000 calories per hour. So your simple 30-minute cardio workout won't even make a dent in a bad diet.

But don't despair. We want to get away from that cardio mentality, and simply realize the importance of nutrition. Once we do, we'll understand that a few simple steps must be taken and repeated on a daily basis if we want to succeed. And when you combine simple nutrition with short, burst workouts, you can lose belly fat fast. I promise.

Also, I want you to remember that dieting is not something many people can do on their own. It takes help. It takes social support. That means you'll need to make your mission clear to others and to get them on your site, supporting you with positive actions, and avoiding sabotage.

You may need to change some of your social and work eating environments so that you don't have people tempting you, teasing you, or troubling you. This may also involve some hard decisions socially, but if you are committed to improving your health and your appearance, these decisions will be necessary.

Don't let anyone stop you from doing what you want to do. Focus on spending more time with people who will support you – this is the #1 factor in long-term fat loss success.

Determining Daily Calories Required for Fat Loss

Everyone is made up of energy. We measure energy in terms of calories. You require a certain amount of energy to simply be. In order to set energy goals for yourself, you must first find out where you fall in terms of basal metabolic rate. This is the rate at which you burn calories at a resting state. This formula is one of the most accurate measurements and is used today as a logarithm for digital calculations, such as a body fat or body composition analyzer. Please make note that this calculation is for adults only.

BMR calculation for men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in yrs})$
BMR calculation for women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in yrs})$

Once you have your BMR. Multiply it by your activity factor. This will give you a more accurate measure of your daily caloric expenditures. This calculation must be redone if

goals change from muscle growth and weight gain to fat loss, and from certain exercise level to the next.

BMR x Activity factor:

- Light fitness training, such as light walking 20-30 minutes, 2-3 times per week
- Moderate training, such as walking 20-30 minutes, 5 times per week, or more vigorous activity such as sports activity 20-30 minutes, 2-3 times per week.
- Daily aerobic training 20-30 minutes, or daily moderate weight training
- Heavy daily weight training
- Heavy daily weight training coupled with intense sport training, or twice a day intense sport training.

Calculation: BMR x Activity Factor = Daily Energy Expenditure

To calculate for fat loss: Subtract 300-500 calories from your daily energy expenditure.

(-500 per day = 3,500 calories = 1 lb fat)

To calculate for muscle/weight gain: Add 300-500 calories to your daily energy expenditure

(average is 300 to avoid excessive fat gain)

This will determine the menu that best meets your energy needs. You may require adjustments to your daily menu if you miss or increase your exercise.

Plan, Shop, and Prepare Your Meals in Advance

We've all struggled from meal to meal deciding what to eat. Those who work outside the home are at an even greater disadvantage trying to stick to a healthy diet. We know our goal is to get as lean as possible, but yet we fail to plan ahead. And here we are at the last minute trying to make good nutritional choices either at home or at work. What about our next meal? Do I have the proper foods in my pantry and fridge to eat well? Did I even pack a lunch or will my co-workers want to eat fast foods again for lunch?

Lack of planning and preparing our meals in advance has disastrous effects on reaching our goal.

I'm about to suggest a new method of meal planning that will remove the anxiety of last minute meal decisions. Just a few hours of planning and work can solve all of your weekly meal decisions. You don't need to stress when you are supposed to eat or what if you can do a few simple things on Sunday afternoon or evening. Not only will you not wonder when or what you will be eating, your results will dramatically improve AND your grocery bill will be quite a bit smaller! If you work outside your home, your lunch bill will be slashed giving you more money for new shoes or a purse.

If this sounds too good to be true it isn't, it simply takes a few hours on Sunday evening. Taking the guesswork out of your meals is easy with some advance planning.

This system is tried and true and easy to follow. Let me break down the steps and then I will go in to detail on each step.

Weekly Meal Ritual

1. What are your health and body composition goals? Be very specific and honest with yourself. Change takes effort and time. Allow yourself time to reach your goals. This is your journey and it might take 3 years to achieve. Only by beginning and being consistent and allowing yourself time can you succeed.
2. What foods will help you reach your goals? What foods do you like that will achieve the highest rate of success for you? Head out to the book store and find a book on healthy recipe's. Expand your palate and knowledge base. Hire a dietician if you are clueless and struggling!
3. Plan and write out your meals for the next 7 days. Be thorough and be sure to use nutrient timing and our system of Anytime vs. Post Workout as your guide
4. Prepare your shopping list and hit the grocery store. Do NOT buy foods or items that are not on your list. Your trip to the store should mainly consist of fresh foods. Try to limit processed foods to a bare minimum or totally eliminate them.
5. Be sure to buy Tupperware or Glad containers, enough for at least 3-4 days. These will be used to store your pre-made meals. If you will be taking meals to work, buy a

soft collapsible cooler you can use to take your pre-made meals to work and back. Be sure to get some plastic utensils as well.

6. Prepare your meals and place the correct serving sizes in to each container. Generally I shoot for ½ to 1 cup for lean proteins and 2 cups of mixed vegetables. If you are unsure, hire a dietician! They are very affordable and can provide a great deal of insight in to proper meal planning and timing.

Think about how much time you will save when you give up rummaging around for food and preparing each meal. Performing the task of meal preparation in bulk sounds like a lot of work and it is - but it will free up your entire week! This is the hard part and takes the most time, however, it saves time during the week as you are never making a meal from scratch or driving through a drive through window wasting money and gas.

TIPS FOR SUCCESS

Jot down recipe's and meals you run across that can help you achieve your goals. Add them in to your meal plans for variety.

Make your meal plan consistent for the week, this reduces cooking time on Sunday. Your meals will be very similar each day of the week but these are foods you enjoy and are helping you reach your goals.

Keep your menu fresh by changing up the meal plan from week to week while keeping in mind your overall goal.

Never buy anything outside of your meal plan, this goes for quick snacks, late night binges, or extra food you may have lying around. Stick to your plan and you will reach your goal and SAVE MONEY!

You don't need to make meals for 7 days in advance. If this seems daunting, try preparing meals on Sunday and Wednesday evenings. I prepare my meals Sunday and Wednesday evenings, this allows the me to keep the diet fresh and food even fresher.

If you are short of time and would like to follow this system without preparing the meals yourself, you can easily find someone who can do this for you. There are many

freelance chefs as well as trainers who are now preparing customized meal plans for their clients.

BENEFITS

- Improved nutrition by eating fresh foods. Processed foods have no place in this system.
- Improved body composition.
- Reach your body composition and health goals much faster.
- Save money on weekly and monthly grocery bill.
- How much time is wasted driving to and from a drive through window? How much money is spent on the food and the gas? Save time and MONEY by preparing meals in advance.

I hope you find this step-by-step guide useful in achieving your health and body composition aspirations.

Travel Tip: Eat Well and Workout on the Go

At some point either for business or pleasure you are going to need to travel while you're in the middle of a new workout program. Trips are one of the worst destroyers of consistent exercise known to man.

People on trips feel like they can't keep doing what they've been doing and tend to relax their nutrition rules. One of the worst things for your health is doing great at home and then failing to work out on your trips. Failure can be avoided with proper planning and the right mindset.

With the right equipment and preparation, you don't have to miss a single workout and can still get great results. Most hotels do not have decent workout equipment. If you are staying at some of the cheaper hotels you definitely need to pack some essential exercise equipment. Nicer hotels have very nice gyms but may not necessarily have the

proper equipment for your needs. It is always a safe bet to pack a small essentials bag with the bare necessities required for a good workout.

Make Time.

The most important aspect is setting aside time during your trip to exercise. I've found the best times to do this are right before bed or first thing in the morning before your shower. During the day you are usually too busy to make the time and effort to get in a good workout. Another thing to keep in mind is if you are going to be doing a lot of walking that can be counted towards your cardio for the day.

Choose the right workout.

Travel workouts done in your hotel room can usually be done in the entrance of the room. This space gives you plenty of room to do push-ups, squats, sit-ups, and a wide number of exercises and stretches. In addition, the main room door can be used to secure your exercise bands for stability.

The focus of a travel workout should be to maintain your conditioning in all aspects of cardiovascular, strength, and flexibility. The best movements for maintenance are bodyweight exercises with high repetitions. If your lucky enough to own a set of exercise bands then you don't have to sacrifice anything in your workouts, you can do just about everything with a good set of bands.

If you are following DVD at-home workout such as Insanity or P90X you can still keep up without missing a beat. I've known people who take along Tony Horton on DVD and follow along while watching him on the computer screen. P90X and a wide array of other DVD programs can be done quite easily in a hotel with a good set of exercise bands. You may have to modify the moves to some point, but all of the exercises can be done with bands (even pull-ups).

Pack the right equipment.

Creating a portable and functional travel gym is relatively cheap and easy. The main goal is to only take items that have multi-purpose usage. Below we've made some suggestions on some specific brands if you don't know what type of equipment to purchase.

Exercise Bands

Yoga Mat (optional)

30 Yards in 30 Days Workout

Workout shirt, shorts We Recommend:

Bodylastics Exercise Bands. Most sets come with a travel bag, door anchors, handles, and instruction manual. What's also great is that these bands come with a lifetime guarantee. Optional DVD is also available depending on the package you pick. This is a good investment and is worth going all out, the most expensive set is \$134.95 and is guaranteed for life.

I can vouch for the quality of these bands, as I like to alternate them in occasionally to my normal routines

Keep your nutrition in check.

Drink plenty of water, particularly if you're flying.

Plan a healthy meal in your mind prior to eating out and stick to your plan as closely as possible.

Aim for at least three times per day to keep you from feeling hungry and overeating at any one time.

Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.

Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

Keys to Success

Following a few simple guidelines can keep you on track with your goals while traveling on vacation or for business. Simple is best when moving from hotel to hotel.

- Pack your bands
- Plan your workouts ahead

- Grab some good portable healthy snacks
- Make time to workout before bed or first thing in the morning

I hope this short guide helps you continue your workout and fitness goals while you travel.