



Prepare to Succeed

Twelve essential exercises to do before you start the Challenge

By Porter Freeman

THE DECISION TO TRANSFORM YOUR BODY AND YOUR LIFE IS A HUGE STEP. IF you are preparing to take on the *Body-for-LIFE* Challenge—and I hope you are—advance preparation can help you get off to a successful start and make your life-changing transformation smoother.

When I decided to do the Challenge, I weighed 260 lbs—about 50 lbs too many—and was more used to lifting beer cans than barbells. I wanted to dive right into those 84 days at full throttle, but I knew I needed some prep time.

Based on my experience in the weeks leading up to my Challenge start date of February 12, 1997, here are 12 physical and mental exercises that will get you off to a running start from Day One.

Let's call this the warm-up stage of the transformation. We watch pitchers warm up. Fighters work up a sweat in the locker room before a fight. Golfers walk the course and spend hours on the driving range before the tournament. Don't most musicians play scales before a big concert? You bet they do. Actors rehearse their lines and get in character before the camera rolls. We have to get our motor running before we get out on the highway and go.

Winners have a plan. They try to eliminate any stumbling block before it happens. Many times in life, errors are going to occur—it's inevitable. But advance planning

can prevent some of these errors and give you that extra edge. Remember, "If you fail to plan, you plan to fail."

Exercise #1 Make Up Your Mind to Succeed.

The first thing to do is make a mental adjustment. Whatever chain has been holding you down, you must now know you can overcome it. No more excuses. If you really want to do this, take all the reasons you haven't gotten healthy in the past, and throw them out the window. I don't have time: Yes, you do.

I don't know what to do: Yes, you will. But Porter, you don't understand! Yes, I do understand. I used every excuse in the book (some legit, some not) why I couldn't do it, until I finally made up my mind that I could. Then I just did it. Go watch the *Body of Work* video. Lynn Lingenfelter was living with the knowledge that he was HIV-positive due to a tainted blood transfusion, when he undertook the Challenge. If he can do it, so can you. He had a real excuse not to do it, but he did it and achieved an amazing transformation. So can you.

Make your mind up to succeed. Your body will follow the directions. Don't give up, try your best, and if this 12 weeks doesn't work, you never have to try it again. Try it before you announce to the world that you can't do it. You can. It starts in your head. The night I decided to do the Challenge, I put down the copy of *Muscle Media* I was reading and made up my mind right then and there that I was going to prove I could go 84 days and do my best. I worked hard those 84 days, but the very first piece of work I did, was to make my mind up to at least finish the Challenge.

Exercise #2 See Your Doctor.

Before I started the Challenge, I visited my doctor and got his advice and opinions on my physical limitations. This is a crucial step if you have been sedentary for a number of years or have any health complications.

Exercise #3 Find a Coach or Partner.

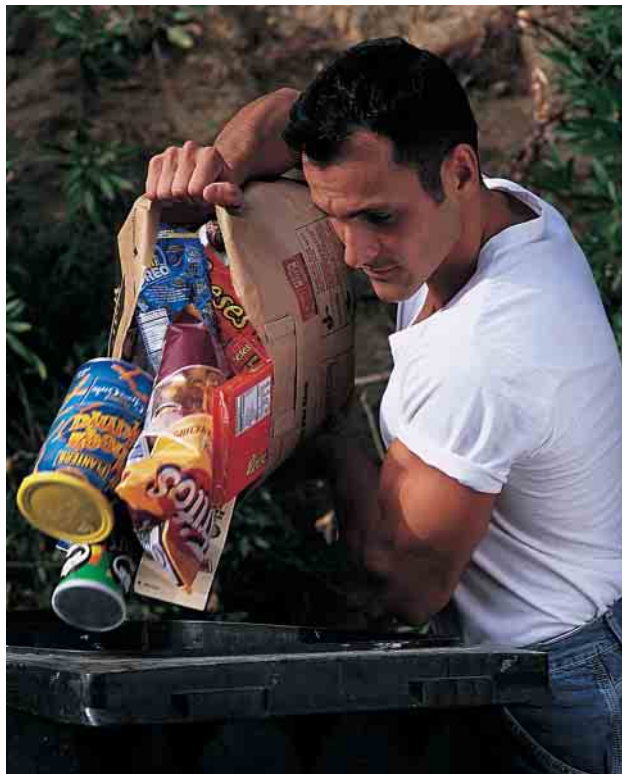
This step isn't essential, but past Champions will tell you that when the going got tough, it was their Success Coach or fellow Challenge competitor who pushed them to go that extra mile. If you can't afford a coach, do the Challenge with your significant other, co-workers, or friends.

Having other people around you will help you break through mental and physical barriers when you train, always taking your workout to the next level. It's these breakthroughs that fuel the transformation process. Training with someone else can also be a great motivator if you're ever tempted to skip a workout—and chances are, you will be.

Exercise #4 Tell the People Who Matter.

I didn't tell a lot of people I was going to do this Challenge, but I definitely told my boss. I wanted to make sure I wasn't going to be out of town or on a new project. There were no guarantees, but I at least felt that my job would not suffer if I did the Challenge. Having been in and out of the martial arts for years, I told my martial arts instructor that I would not be coming to class for 12 weeks, and I told him why. These people contributed to my success.

Talk to the people who will notice a difference in your schedule, however slight, before you make the 12-week commitment.



Exercise #5 Schedule Your Time.

One of the first things I did during the four weeks before I began the Challenge was to go out and buy a new calendar. I had to start figuring out how I was going to fit six meals per day and six workouts per week into my schedule. You may need to shift some items in your current schedule. You may need to get up an hour earlier every morning. You may need to make arrangements with your spouse. You may need to hire a babysitter. Whatever you need to do, plan it now, so it doesn't hold you up once you're ready to start the Challenge.

Exercise #6 Get Familiar With the Gym.

Find a gym and get comfortable with it before you start the Challenge. We all practiced driving

before we went and took the test to get our license. The same common sense would apply here. If you haven't been in the gym in a long time or if you haven't been in a gym at all, why not shop around and find one that you like and become familiar with it before you start the Challenge? Look at home gyms, check out the local YMCA or community centers. There are a lot of options out there, and whatever your situation, you can find a gym or some equipment that will fit your needs.

If all you can do is buy a small set of weights, great. Get the weights a couple of weeks before you start the Challenge. No matter where you train, do not be intimidated by the weights or the gym. Everybody had to start somewhere. If you're reading *Body-for-LIFE* and *Muscle Media*, and carefully studying the information on training, nutrition and supplementation, you'll already know more than many of the people in the gym. When you're checking out fitness facilities, talk to coaches and trainers and find out how they can help you.

Exercise #7 Ease into Exercise.

If you haven't exercised in a long time (or ever), your body is in for a shock. You can lessen the impact by easing into your routine. Start doing aerobic exercise slow and easy a few weeks in advance of your Challenge start date. When you officially start, you are going to want to do your best. Get the initial soreness over with well before then.

If you've been a stranger to aerobic exercise for a long time, perform a low-intensity workout a couple of times a week. This won't have the same fat-burning or car-

diovascular effect as the high-intensity workouts we recommend, but it will begin to get you into the groove.

Exercise #8 Ease into Healthy Eating.

Begin adjusting to your new nutrition plan. I cannot emphasize this enough. It is hard to stop overnight what you have been doing year in and year out. I'm not saying it can't be done, I'm saying it may be a little easier to ease off bad foods and habits than to quit them cold turkey. If you are spending two nights a week out drinking with your pals, cut it to one. If you are having four days of totally haphazard eating, or "free days," cut it to two before the Challenge starts. Find ways to fit five or six meals in to your day. Get your body accustomed to the new types of food and new eating times. Experiment with new recipes.

Exercise #9 Tackle Unhealthy Addictions.

Unhealthy food isn't the villain in every person's life. For some competitors it will be addiction to something other than food. It's amazing how many people write, call, or tell us in person that the Challenge helped them to stop smoking or abusing alcohol. The sooner you start addressing these challenges and changing destructive habits, the further along you will be by the time you start the Challenge. See your doctor for help, or contact a group such as Alcoholics Anonymous.

Exercise #10 Scope Out Your Local Grocery Store.

Make sure your grocery store carries all the items you need. You may need to find a health food store for certain items. Familiarize

yourself with brands and the nutritional labels of the products you'll be using. Talk to your butcher if necessary about getting lean cuts of meat. Get rid of junk food in your cupboards, and stock up on staples so you can be sure you won't run out on a Sunday night when the store is closed. If your experience with vegetables is limited to potatoes and frozen peas, try a few new ones.

Exercise #11 Stock Up on Supplements.

Figure out the right combination of supplements for your fitness goals (you can consult www.eas.com for help). Try the supplements, start getting them in your system and benefiting from them ahead of time. If you are unsure about what supplements to use, ask your coach or read the *Sports Supplement Review*. You can call the EAS help-line at 800-297-9776, 24 hours a day, seven days a week.

There are several hundred people here who will be glad to help you. I called when I did the Challenge.

Exercise #12 Recruit a Team of Supporters.

In addition to informing those people in my life who I knew would notice any changes in my schedule, I also told a few other people who I knew wanted me to succeed. Even if they weren't doing the Challenge with me, I knew they would be there to cheer me on throughout the 12 weeks. It made a big difference.

Good luck to you and good health to you. Get ready, because in 12 weeks, a big change will have taken place. Plan on it!

Faithfully yours,



G. Porter Freeman
"Since 1949"



Rules to Live By

Before I started the Challenge, I made four rules for myself and did not break them during the entire 84 days. I would consider it an honor to share my rules with you. They have been applied to other challenges I have taken on in the last four years. I used them to test for my 3rd degree black belt in the martial arts. I won't ever be a world class martial artist, but I applied the rules and tested with my instructor and did my best. No one could ask for anything more. Here they are.

1. You have to want it.
2. You have to make it a priority.
3. Quit doing bad things to yourself.
4. Start doing good things to yourself.

There it is, pretty simple. Get ready to be ready. Whether you have two weeks or three weeks or four weeks before your start date, prepare to succeed.

I have developed one other set of rules since I did the Challenge. They help me a lot. I hope you find them useful.

1. Plan your work.
2. Record your progress.
3. Share your success.

Share your success, because as your transformation occurs, people are going to notice. They are going to comment and ask what you are doing. They may not see you make your mind up to change, but they will not be able to avoid seeing the obvious positive transformation going on before their eyes. You will experience a world of reward when you begin to share your success. I know I do.