

Tactics

What To Do For Perfect Health

Introduction

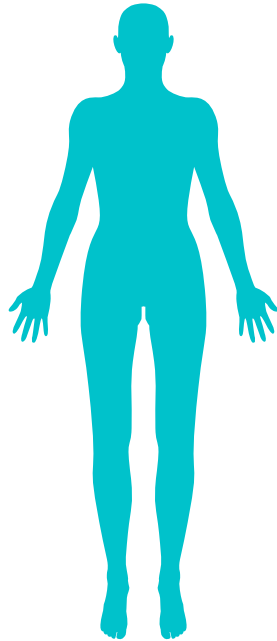
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The Goal

Perfect Health



1. Losing fat
 2. Gaining muscle
 3. Building muscular strength
and endurance
 4. Not feeling tight and in pain
 5. Not feeling tired all day
 6. Getting lasting results
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Strategy



1. Pick one of the six "perfect health goals"
2. Set a measurable goal that you can attain in a weeks time
3. Follow the tactics to achieve that goal
4. repeat or adjust

Goal 1

Losing fat

Losing Fat



Calories Out > Calories In

Above is the equation for losing fat. You need to force your body to burn the energy that it has stored. That's easier than it seems. You don't need to starve yourself. You can limit your portions. You can also eat more nutrition foods, like vegetables, so you do not need as large portions. Lastly, exercise burns calories. It's all about tipping the caloric scale in your favor.

Goal 2

Gaining Muscle

Gaining Muscle



Your body won't build muscle unless it absolutely has to, since maintaining muscle is a lot of work.

Therefore, you have to force it to do so. Do strength workouts, and progressively overload your muscles. That way your body is forced to build more muscle to keep up with the load. Although don't overdo it, or you will get injured. Also, eat more to supply your body with the raw material it needs to build the muscle.

Goal 3

Building Endurance

Building Endurance



To build endurance, the body needs to do one of two things: either increase the strength of the muscle contractions or send more brain signals to get the muscles to contract more often. This process occurs over a long period of time. To build endurance, you need to either do more reps or go for longer workouts. Be consistent in your workouts, as your body won't adapt unless it absolutely has to. Adaptation cost the body a lot of energy

Goal 4

Not Feeling Tight

Not Feeling Tight

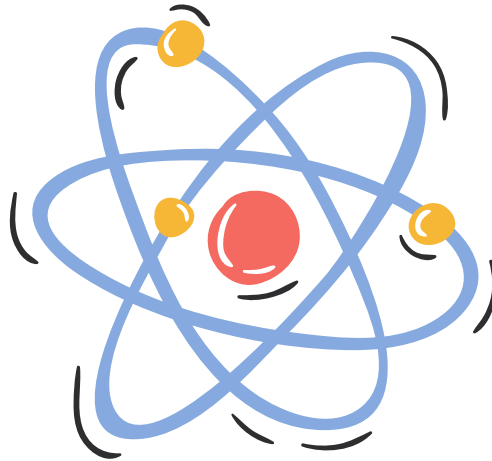


We like to call tightness, muscle stiffness, as it more accurately represents what is going on. Muscles can become stiff for a variety of reasons. You may have a limited range of motion, because you have been sitting in the same position for most of the day. You may have completed a tough workout, and your muscles too tired to be tweaked around. Whatever the case, make sure you are develop a broad range of motion for each muscle. Stretch or do yoga everyday. Make your body adapt.

Goal 5

Getting Rid Of Fatigue

Getting Rid Of Fatigue



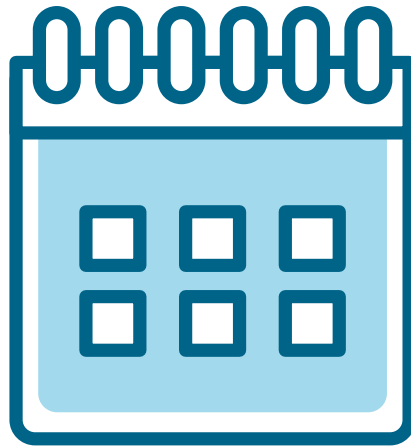
This one is a tough one, as so many things can be at play. First of all, are you getting enough quality sleep each night. If not, figure out how. Next, are you pushing yourself too hard. Stress and lack-of-breaks take their toll. Your body sometimes just needs a break. Are you eating enough?

Sometimes, you just do not have enough energy coming in to support yourself. Finally, are you out-and-about. Sometimes, it is not that you are tired. It is that you are bored. With no stimulation, your body goes into rest mode. Go exercise or do something that you find fun.

Goal 6

Lasting Results

Lasting Results



The key to getting lasting results is consistency. You have to stick with it over the long term. Fun fact, most people who get liposuction gain the weight back. Yes, you can literally lose hundreds of pounds through surgery, and still gain the weight back. Why? The habits that led them to gaining the weight in the first place never changed. There are no shortcuts. You need to put in the work consistently. It is fine if you do not have the best workout, but stick with it. Consistency is the dividing line between success and failure.



