

THE ELEMENTS OF FITNESS

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ACTION TRIGGERS

You know it's hard to change a habit. You've even heard the stats: Just 4 of 5 people can make a habit change stick for longer than a week. Only one of those four can make it a whole month. The normal results of habit change are so dismal, it makes one think it might not be worth trying to change at all.

The good news is that there are those of us who handle change and can stick to it for the long run. Better yet, it's not necessarily a trait that some people have and others don't. More often, success at change simply requires some simple steps; success, it can be said, leaves tracks.

There are certain guidelines you can follow to have success at change. The biggest,



as we covered a couple of months back, is to make the changes small enough that they'll be easy. Like trying to save \$100 per month instead of the whole million all at once. This one is crucial, and it's also obvious.

The next step in successful habit change, is to set yourself up with an *action trigger*.

Action triggers are simply reminders to take our new actions, and we use current habits as those triggers. You take something that you do regularly and simply tie your new habit to it, so that you do the new thing regularly, too.

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QUICK NOTES

The next Learn to Climb classes are scheduled to start July 21st. These courses run 4 weeks, and include 2 hours per week of instruction. We offer classes for both adults and kids. Check out our website for more details.

Be sure to check out the International Climbers' Festival going on in Lander July 11-14. This is a great event and one we're proud to be part of.

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Thanks to all our members for your patience as we try to

get a seemingly simple thing like the card reader at the gym front door on line. Note that although the card reader is working, you need to give it about 2 seconds to open the magnetic lock. Be patient after you slide your card, and be sure the door latches when you leave.

THE STAT:

41%

Proportion of American 2-year-olds' daily vegetable intake that comes from French fries.

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100 WORKOUTS IN 184 DAYS

This year, we're upping the ante. In 2011, we offered a challenge to our athletes of completing 75 workouts within the last five months of the year. For 2012, we are giving you another 31 days and adding another 25 workouts.

The rules are simple: Do a workout, log it on the chart at

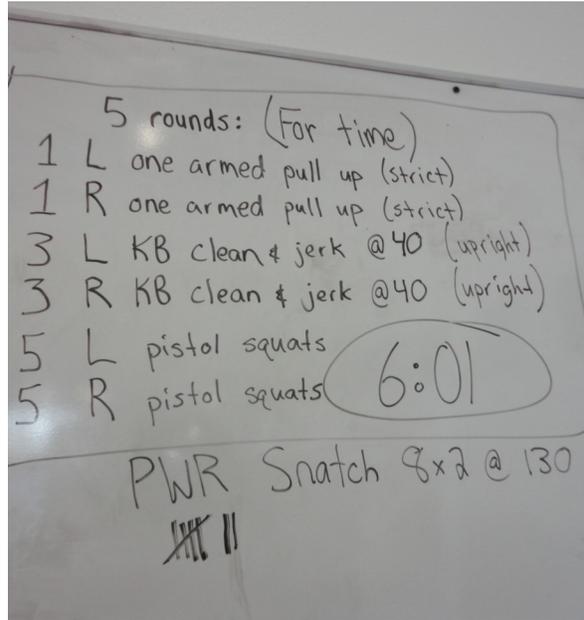
the gym, and try to get 100 by the end of the year.

What makes a workout? You decide. It can be anything from a short mobility session to an all-day bike ride. If it doesn't feel like a workout to you, don't write it down.

Each athlete completing the challenge will get a cool prize—yet to be determined.

We'll also offer monthly prizes and challenges along the way, so stay tuned to the website and newsletter for details.

This is a really exciting time for us at the gym. In our ten-year history, we've never had so many athletes doing so



many great things. We feel lucky to be part of your fitness journey. Now, let's get after it.



WHAT IS LIMITING YOU?

In several Asian countries, elephants are domesticated animals. Strangely, these beasts, the strongest land animals in the world, are usually bound only by a small rope tied around one ankle.

An interested tourist asked why the elephants didn't just break free of the ropes. The

owner explained that when the elephants were younger, the ropes were plenty strong enough to hold them, and they learned early that they couldn't get away. By the time the elephants were big enough to break the ropes, they simply didn't try to break free.

A good question to ask yourself is "what is really holding you back?"

Are you limited by beliefs learned in your childhood? Have you learned not to try? Has someone told you that you couldn't succeed, and you simply trusted them?

THE WILD IRIS MOUNTAIN RUN

The sixth annual Wild Iris Mountain Run will again be held in conjunction with the International Climbers' Festival on Saturday, July 14th.

This 21k, 10k, and 5k trail run event is considered by many to be the most beautiful and challenging course around.

The 5k/10k event is an out-and-back that takes off from the climbers' parking lot at Wild Iris on Limestone Mountain. It immediately climbs north on FR327 past the radio towers and then takes a steady descent to the turnaround at the halfway

point. The rolling descent is beautifully framed by the Wind River Mountains to the west and Red Canyon to the east. The first of two aid stations will be at mile 1.5 (this is the 5k turnaround); this aid station will also be stocked for the return. The second aid station will be at the 10k turnaround. Aid stations will be stocked with water and sports drink.

2012 is the fourth year for the 21k, or half-marathon in length. The course follows the 10k route to its turnaround, then does a technical and "elevation intensive" 11k loop (includes one aid sta-

tion). From here, runners rejoin the 10k course for the 1000' climb back up to the finish. This is an exceedingly hard race.

Pre-registered packets, including bib numbers and directions to the race can be picked up at Elemental on Friday (July 13) between 12pm and 2pm.



FAT LOSS PITFALLS #3 - SUBSTITUTION BY STEVE BECHTEL

Almost all significant changes a person can make in their body weight have to do with changes in nutrition. Our most successful weight loss athletes ever have all made *fundamental* changes to their diets.

When I say fundamental, I mean they made a significant change to their daily eating habit, not just an adjustment. For example, a person who can make the "killer switch" away from processed grains and sugar tends to see tremendous changes in body fat, improvements in health parameters, and even improvements in complexion.

This is a huge shift away from the traditional American diet, but its benefits are profound and immediately apparent.

The majority of us look at making such a shift, and decide to go partway, rather than commit fully to it. This tactic is not wrong; one can have very good success by gradually changing the diet until an ideal is reached.

Where we make errors, however, is in substitution. We replace whole milk with skim, Yoplait yogurt with Greek yogurt, and pour Splenda on everything we put in our mouths. The net change? Zero.

Why? Because instead of changing our eating habits, we are simply trying to trick the body into thinking we haven't changed. Eating lower fat, lower calorie versions of normal food has been proven, time and again, to be ineffective for fat loss.

Replacing our highly processed foods with more whole foods, replacing grains with vegetables, and avoiding sugar-filled drinks such as juice and milk is not only the easiest, but likely the healthiest way for us to get back to a weight we like.

You're not smarter than your body. Don't forget it.

OUR MOST SUCCESSFUL WEIGHT LOSS ATHLETES EVER HAVE ALL MADE *FUNDAMENTAL* CHANGES TO THEIR DIETS





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WE CHANGE LIVES.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
- Michael Jordan

Metabolic Workout of the Month

This month's metabolic workout is done for time—you'll be racing the clock rather than trying for heavier weight or higher reps.

This is a workout you can do at home, in a hotel (I'd love to know what the people a floor below think...), or as part of a gym workout. Start your clock and do one push-up, one jump squat, and one squat-thrust. Then do two of each, three, and on up until you've done eight of each exercise. Stop your clock at the end of the eighth squat thrust.

Push-Up 1-2-3-4-5-6-7-8

Jump Squat 1-2-3-4-5-6-7-8

Squat Thrust 1-2-3-4-5-6-7-8

The next time you do it, look for a 5-10 second improvement in time. If you can consistently improve by this margin for 4 or more workouts, it's a good indicator your anaerobic endurance needs some help.

If you are plateaued at the same speed, and that speed is under 5 minutes, try adding another two rounds, so that your total reps get up to ten by the end. This usually reveals a bit more aerobic endurance, another possible limiter.

ACTION TRIGGERS (CONTINUED FROM P.1)

There are many examples of this type of behavior in our everyday lives. Think about getting dressed in the morning. You go through a very similar process each day, with one action "triggering" the next. If you're like me, you wake up, go over to the pile of clothes on the floor, find some underpants, root around for a clean smelling shirt, put on this week's pants, then find two similar socks. Left, right. Shoes. Left, right.

They're habits. All we're trying to do is create good habits.

Everyone has been made aware of the importance of flossing. Numbers vary, but some of the dental professionals I know say that they think

only half of their patients floss daily. The people who do floss, do so at the same time they brush their teeth. Brushing triggers flossing. But what if we had to floss at a different time of day, performing the action with no trigger? Estimates are that only 1 in 5 regular flossers would get the job done.

What are the behaviors you would like to turn into habits? Eating better? Exercise? Watching Breaking Bad?

The first step to making these habits daily occurrences is to find a trigger for the action.

Want to eat better? How about this: each time you start to eat, be sure to drink a glass

of water with the meal or snack. Eating triggers water consumption. After 2-3 weeks, the action will become more habitual, and you can further modify the act of eating. Next step, add vegetables to your meals. Next step, eat more slowly. You get the idea. Eventually, each time you reach the habitual activity of eating, you'll also do the habitual activities of drinking water, eating veggies, and slowing the hell down.

The only rule? Do one thing at a time. Work on it until you get it. If you aren't getting traction, your trigger is probably not strong enough. Go back, pick a thing you ALWAYS do, and start again.



What do you do right after you wake?