

RO//DY

PLAY A BIGGER GAME



10

TIPS

10 Tips to a Healthier You!

As seen on



And in



ABOUT THE AUTHOR

Rowdy McLean

Ron McLean has been known as 'Rowdy' most of his life because he is easy going, friendly, light hearted, pragmatic, down to earth and real. Rowdy is an expert on productivity, personal growth and achievement. He is the master of making things happen and getting things done and has achieved some remarkable things.

Ultimately we all want more, more money, more time, more fun, more love, more customers. Rowdy has spent the last decade studying the key drivers of success and achievement. He has developed a process to help individuals, teams and organisations unlock potential and play a much bigger game than they ever thought possible.

© Rowdy McLean 2013. This book is copyright.

All Rights Reserved. Apart from fair dealing for the purpose of the private study, research, criticism or review as permitted under the copyright act, no part of this publication may be reproduced, stored or introduced into a retrieval system, or transmitted in any form or by any means without the written permission of Rowdy McLean.

e: rowdy@playabiggergame.com.au | p: 1800 438 732 | w: www.rowdy.com.au

ROWDY

1. THE COMMON SENSE GUIDE TO WEIGHT LOSS

If you want something badly enough you can make it happen

Have you ever had trouble losing weight? Have you had the yo-yo effect of dieting fads, where your weight goes up and down on a regular basis as you try different diets and fitness programs? Have you leapt from one new trend to the next, where you are told to only eat protein or only carbohydrates, or tried to eliminate all fats or all sugars? Only to find that nothing works, or if it does work the effects are only temporary!

The problem with these methods is they rely on you changing everything now to get fast results. When you finish the program, diet or process, the old habits return and before you know it you are back to where you started, or even worse than when you started.

This program is called the common sense guide to losing weight because the reality is that we all know that losing weight amounts to two simple things, how much we exercise and how much we eat!

So this program is not a diet or a fad, or some new fangled trend or technology that promises amazing results in record time. It's a no nonsense common sense approach to managing your body and therefore your weight.

This program is about creating new habits, not huge drastic changes but new habits you put in place and then repeat on a regular basis. Consistency is the key. Making small changes that become your new habits. Changes that become part of your new everyday way of living.

These changes should be relatively easy and simple, but you really need to want it. You need to have the passion, purpose and desire to want real change.

Here are the ten tips for the ten changes I made to get the results I wanted. I have to say in all honesty that it wasn't difficult to lose the weight and it has not been difficult to keep it off.

However there is a catch and that is you must really want to get the results, there must be at least one good solid reason for losing the weight, it's even better if you have several.

You CAN do it

#1 Target

Choose a realistic target weight and timeframe and be prepared to simply burn more calories than you eat, it's really that simple.

This is called the common sense guide to losing weight because ultimately it's just that, simple. If you are burning more calories than you are consuming then you simply must lose weight.

The problem though is that most people try to do that way too fast and so they consume too few calories and virtually starve themselves, no wonder they find it so difficult to maintain a diet when they have halved the amount of calories their body is used to.

So the key here is to (a) choose a realistic target weight and timeframe, don't try to change your body overnight. (b) Reduce your calorie intake to less than what you burn or (c) increase your exercise program to the point that you are burning more calories than you eat. The reality is that a combination of these works best. I said it was simple and it is, exercise a little, and eat sensibly.

2. NO DIETING

Create new habits!

Choose a complete NEW set of eating habits that will stay with you forever, the new habits mean you won't have the yo-yo effect, lose weight, put it back on and so on.

NOTE: 70% of weight loss is controlling WHAT goes in your mouth. So the idea is to take control of what goes in your mouth.

Be aware of how much junk you eat, how much sugar you consume and be prepared to take control of that.

This is critical to losing weight, in fact if you can control what you put in your mouth with real determination and discipline you may not have to exercise at all, although I recommend that you do.

Playing a Bigger Game is...

'Courageous', 'inspirational', 'awesome' are just a few words that might be used to describe Frenchman Philippe Croizon a man with no arms and no legs who became the first to swim across the English Channel - arriving a full 10 hours ahead of schedule.

Philippe, a 42-year-old who lost all of his limbs in a freak accident, achieved the incredible feat by training more than 30 hours a week for the past two years and also used specially designed prosthetic flippers. 'I did it! It's mad!' were Philippe's first words on arrival, saying he wanted to become 'a representative' of someone overcoming his restrictions.

'I've done this for myself, for my family, and for all those who have suffered tragedy and lost their taste for life,' he added. Now that's AWESOME!!



3. MONITOR

If you want something badly enough you can make happen

Get a calorie counter app for you phone (I use Myfitnesspal) and use the thing. I found this fantastic as a measuring tool and useful in identifying when I might be able to afford a treat.

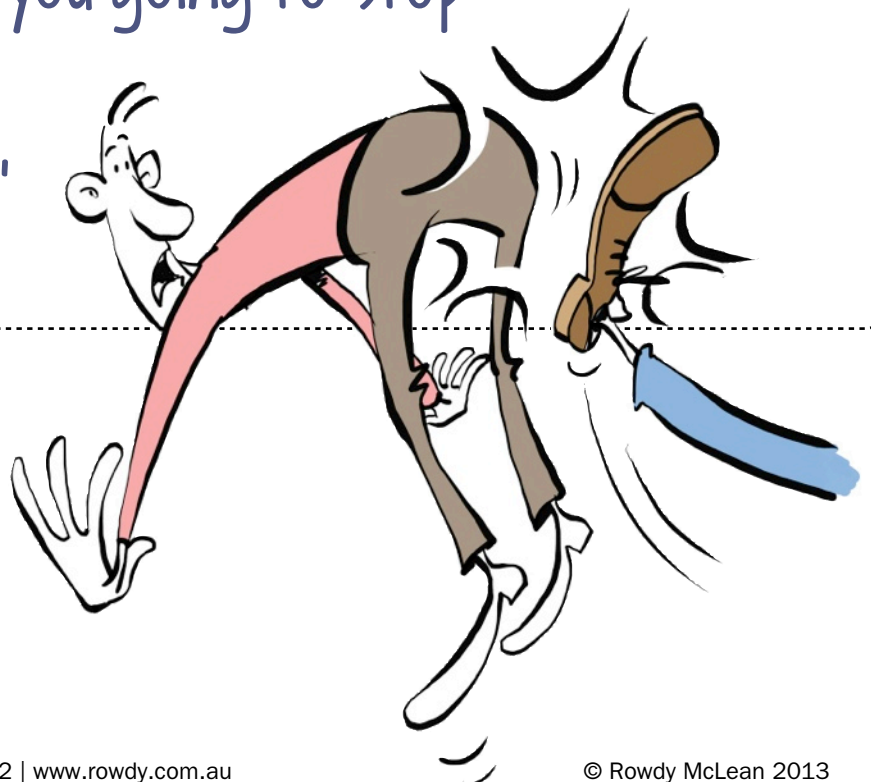
Remember the idea here is to eat healthy foods, stuff that is good for you. The reality is if you consume fast food, or high fat, or high sugar foods then you will blow your calorie limit really easily.

So choose sensible healthy foods that allow you to have breakfast, lunch and dinner every day and a snack in between. If after having 3 meals and some healthy

snacks during the day you have some calories left then you might be able to have some treats like a small piece of cake, some chocolate or ice cream, or whatever it is that takes your fancy.

Remember though these are meant to be treats, something special for being disciplined and consistent, so don't overdo it or you will end up back at square one.

"Sometimes life is about subtraction, not addition, what are you going to stop doing that will help you move forward?"



#4 Accountability

Get an accountability buddy. Create a bet or a contest and include a scenario where you can both win, for example 'if we both achieve our goal we'll go see our favourite band, team, show etc together'. Make the stakes high - I had a bet with a mate of mine worth over \$3000 to the winner or a trip to the footy together if we both made it!

Playing any game is more fun when you play with someone else. So having a buddy

to compete with and against serves two purposes. It is someone to hold you accountable and keep you honest, and someone to share the journey with while making it fun and interesting.

Choose your buddy carefully though because they can also bring you undone. If you choose someone who is not really determined or disciplined they may throw in the towel and encourage you to do the same. Try to choose someone more disciplined and strong willed than you, and rise to their standards rather than bring someone weaker up to yours.

What is confidence & how do you get it?

A big obstacle to people achieving their goals, finding success or realising their dreams is a lack of confidence. When others say 'you just need to be more confident' or you 'just need to learn to believe in yourself', you know that it's easier said than done.

Confidence is the belief in your ability and determination to do whatever it is you plan to do. Therein also lies the answer to improving your confidence (at least partly!).

There are two steps in improving confidence. Firstly, make sure you have the ability. If you don't have the tools or skills, go and get them.

The second thing is determination (not easy to buy in a store or on the internet). So rather than develop it you should start to remove the obstacles to having it. You will have friends, colleagues and family who are dream stealers. These are the people who undermine your determination by revealing everything that could possibly go wrong with your plans and exposing any weaknesses. Once you have removed the obstacles (dream stealers), you can start to build on your determination. You do this by having small wins, breaking down your goal so you can identify the small wins along the way. Stack the small wins on top of one another and you develop determination.

So what is confidence? Getting the ability and determination to follow through on your dreams.



#5 Remove Temptation

Look at the high calorie stuff in your fridge and cupboards and remove it. Things like ice cream, chips, lollies, chocolate, cakes and biscuits can all go. If they are not around they can not tempt you. Make sure you have healthy, low calorie alternatives such as fruit, no fat yoghurt or some muesli bars as replacements.

NOTE: Find some treats that you can reward yourself with if you have had a particularly low calorie intake day. The reality is if the temptations are not around you cannot indulge in them. Having an easy alternative handy means you won't jump in the car and go and get your fix.

Train yourself to choose healthy snack choices and keep looking until you find a variety of alternatives that you really like. Know what fruits are in season and make sure you have the ones you like on hand. Look for nuts that you enjoy and low calorie high fibre snacks. Discipline yourself to finding and having alternatives means you will find it easy to maintain the discipline and create new eating habits, especially if the junk food just isn't around.

6. STAY HYDRATED

Reach for the H2O!

When you feel hungry it is more likely that you are simple dehydrated, not hungry, so when the hunger urge hits, drink a big glass of water before you eat anything. This simple strategy saved me heaps of calories. I couldn't believe how often I thought I was hungry when I was really only thirsty.

The key here is water, not coffee, soft drinks or milkshakes. Good old simple clear refreshing water. Again it's making sure you have what you need when you need it. It's no good thinking, oh I'm hungry, heading to the fridge for a bottle of water and finding none there, so you have a soft drink instead.

NOTE: Make sure you have a bottle of water at work, on your walk, in the gym, wherever you go, so that when the hunger pains hit you have some water handy.

7. REGULAR MEALS

Do not be tempted to skip meals...

Eat at least 3 meals a day, your body needs to know you are going to feed it. When you skip meals your body stores fat because it's not sure when you are going to feed it again.

Try to make dinner the least amount of calories, because your body is not going to be active after dinner and you are probably going to sleep therefore your body will not need the added calories. It will also get your body used to burning calories to create energy, not storing them as fat for later.

When your body understands that you are going to provide it with good healthy fuel on a regular basis it gets into the tune of it, you start to feel less hungry and your body is able to prepare itself for digesting the meals.

8. EAT FRESH

And go Banana's!

If it can be picked off a tree, a plant or comes out of the ground and is edible, get stuck into it.

MORE fresh live food - fruits and vegetables and less processed food - cheese, bread etc.

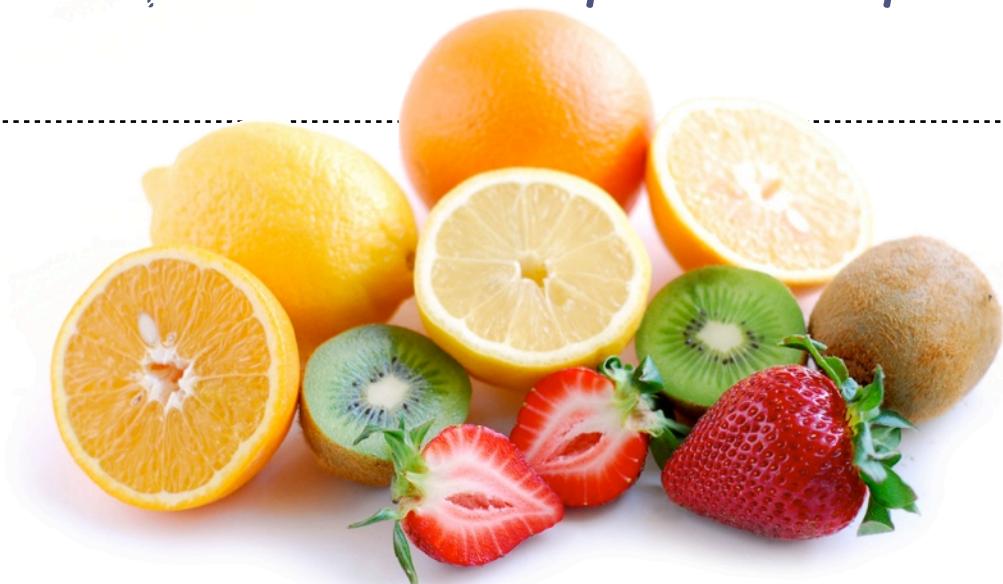
In this crazy mad world we live in it's so easy to get caught up in what is marketed to us. The fast food solutions that are positioned as quick and easy, burgers, fries, fried chicken and so on. These messages are put out there to make us think we will save time by consuming the quick fix, when in reality what could be a

quicker meal than an apple, an orange, a carrot, or a stalk of celery.

There are a mile of healthy quick fixes that you can have in your fridge or lunch box that you don't have to stand in a queue for at all.

My advice is grab an apple, go for a walk, or if a peach or strawberries is more to your liking then grab that, the point is to find some good fast healthy food that you can eat on the run. You will be surprised how just this strategy (apple and walk) can save you calories and burn calories at the same time.

"Pilot or Passenger? The only way you will get from where you are to where you want to be, is to take complete control of your destiny"



9. EXERCISE

If you want something badly enough you can make happen

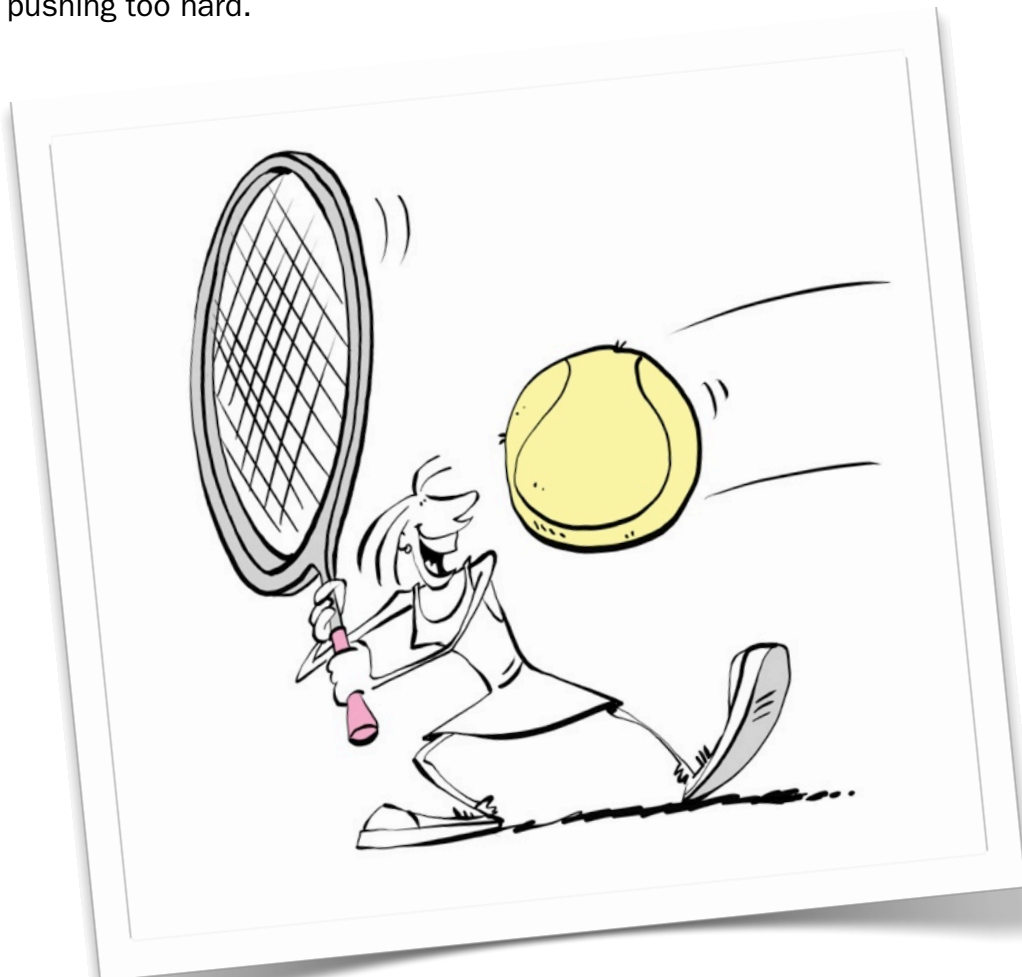
Exercise 3 times a week for at least 30 minutes and make it rigorous exercise. This means you are pushing yourself and working up a really good sweat. So Yoga & Pilates don't count (they are great for you but are more about flexibility and circulation) and strolling the dog doesn't count either, running the dog or a flat out walk does if you get up a good sweat.

The idea here is to get your heart rate up (you may need to get advice on how far you can push your heart). Ultimately you want to be burning calories but still be able to have a conversation. If you are working out that hard you are unable to talk you are probably pushing too hard.

Exercise needs to become a habit but be aware that you need to find exercise that suits you.

For some people it's going to the gym, for others it's riding a bike, swimming or running.

Just find something that works for you and you enjoy. The reality is you will not consistently repeat something you hate doing, so find something that's at least some fun or learn to enjoy it otherwise you are bound to give up.



Playing a Bigger Game is...



This story is about one incredibly brave young fourteen-year-old Playing A Bigger Game in ways beyond what most can imagine.

Coen Ashton suffers from Cystic Fibrosis he has persuaded over 1,000 Australians to join the country's Organ Donor Register after completing a grueling seven week campaign to raise awareness.

Ashton, who requires a double lung transplant, rode the 2,000 kilometer Murray River on a jet-ski to persuade Australian's to join organ donor lists. Australia has one of the lowest organ donation rates in the world.

Without a lung transplant Coen is in danger of dying within the next 12 to 24 months. "I started off with camels, my mum said 'no, camels bite, spit and fart' and then dad said 'why don't you ski the Murray River' and I said 'why ski when you can jet-ski'."

His effort won him this year's Child of Courage medal at the Pride of Australia awards, and WOW! he certainly deserved it. Young Ashton isn't only Playing A Bigger Game as he bravely fights Cystic Fibrosis, he is setting an example for everyone, that anything is possible when you put your mind to it. What's more he is saving life's along the way as he creates awareness for Organ Donation. A true CHAMPION!

10. STAY FOCUSED

Part of Playing a Bigger Game is knowing exactly where you want to go...

DONT GIVE UP, this is your life!

Remember all the good things that will come from losing some weight.

Acknowledge and track the wins, and learn from the trip ups when you lose your way. Consider what it was and rectify or eliminate that thing so it does not occur again.

This is about small changes repeated consistently. It is creating a new set of habits that stay with you forever.

Once you have settled into the new discipline and have achieved some results the journey becomes quite easy and the new you becomes cemented in the sands of time.



USEFUL RESOURCES TO HELP YOU PLAY A BIGGER GAME!

Rowdy at your event

Rowdy McLean is an international speaker and author. People relate to Rowdy because he is REAL. His presentations are down to earth, practical and authentic, and will inspire your people to “Play A Bigger Game!”. Visit www.rowdy.com.au

PLAY A BIGGER GAME Seminar

A one-day motivational program that will have you playing a bigger game in no time. An exciting event full of great strategies to achieve more, be more, do more and have more than you ever thought possible.

THE BIGGER GAME!

An inspiring, engaging, dynamic and interactive game that will have your entire team raising the bar.

90 Day Challenge

From ideas to reality in just 90 days. We provide you with the tools, resources and support to make your goals real.

e: rowdy@playabiggergame.com.au | p: 1800 438 732 | w: www.rowdy.com.au

ROWDY