

The 7 MISTAKES NEWBIES tend to make when trying to stay healthy

A simple guide to make you
aware of the 7 pitfalls or
misconceptions that people
tend to have

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"The hardest part is getting your mind
in shape. Rest is easy!"

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Congratulations!

SETTING THE RECORD STRAIGHT!

My e-books are a sincere attempt to tell you that fitness is easy and anyone can easily be well on their way to leading a healthy lifestyle but it all needs to begin with a change in the mindset. The pre-requisite of getting fit and leading a healthy lifestyle has got nothing to do with what you do, but it's got everything to do with what's in your mind.

Often I have heard the skeptics and hedonists say "Please don't throw your fitness lecture on us. No one can stop our rendezvous with diseases so we rather enjoy only and get sick if that's where we all are headed eventually." But that's beside the point. Making fitness a part of everyday living not only reduces your chances of encountering adversity, it actually plays a far greater role in our lives. If despite doing the best you do encounter a disease or a lifestyle ailment, this shall give you the strength to deal with the health calamity not just physically but psychologically too. By making your health your no.1 priority and embarking on this journey of fitness you shall see the ripple effects it shall have on the other domains of your life. That I promise!



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➤ AUTHOR'S NOTE

"Mistakes have the power to turn you into something better than you were before."

INTRODUCTION

A tale of four brahmins

Many years ago in a flourishing town, there lived four brahmins who had become great friends. They were all extremely naive by nature. One day, desiring to gain knowledge, they decided to join an ashram of a learned guru. For twelve years they studied under him, and finally, they took their leave, intent on seeking their fortune. After they had been traveling for some time, they reached a fork in the road. "Which way shall we go?" they asked. As they stood wondering, a funeral procession came by, heading for the cremation grounds. At the head of the procession walked a number of brahmins and prominent citizens from the nearby town. One of the brahmins consulted his scriptures. "It says here that whatever path is taken by great men [mahajanas] is the right path to follow". The brahmins then began to follow the procession. When they reached the cremation grounds they stopped and looked around. Near them, they saw a donkey, and one of the brahmins said, "The scriptures state that whoever stands by your side in sickness, calamity, famine, war, or at the cremation grounds is a true friend." All nodding in agreement, the brahmins then embraced the donkey as a friend. One of them even washed his hooves. They then saw a camel coming quickly toward them. "Righteousness marches rapidly,"

said one of the brahmins. "This I have read in scripture. Surely then this camel is righteousness incarnate". Another of the brahmins then opened his scripture and said, "Here it is written that a wise man should lead his friend to righteousness." With that, the four brahmins then dragged the donkey toward the camel and tied them together. When the donkey's master saw this, he ran after the brahmins with a stick and they fled away. Soon the four brahmins came to a river. A branch of a Tulsi tree was floating by and one of the brahmins said, "I have read that the Tulsi tree can take one across the ocean of material existence. Surely then it will carry us over this river". He jumped into the water and grabbed the branch but, being unable to swim, began to drown. One of his friends exclaimed, "This is a calamity indeed. But the scripture says that when total destruction looms, a wise man will sacrifice half of what he has to save the rest, for complete loss is unbearable. Let's cut him in half!" He then took up a sharp sword and cut his drowning friend in two. With that, he and the other brahmins were arrested and taken away by officers of the law. Sigh! The moral of the story - 'Don't follow anything or do anything blindly'

“My favorite exercise is a cross between a lunge and a crunch..... I call it lunch”

MISTAKE #1

I can exercise but eat anything & everything

This is the funniest of them all. If your goal is to reduce weight and come in shape, then how can you exercise and then eat an apple pie with ice-cream or grab that favorite gulab jamun of yours. It doesn't work that way. Remember it is only 30% of your exercise and 70% of your diet. Again here you need to be disciplined in your habits. The power of keeping good habits comes into play here. I do not imply that you don't eat at all however you need to follow a balanced and controlled diet. Temptations will always be there but you have a choice; to follow your long-term goal or derive short-term pleasure. As they say, "short term gain is equal to long term pain."

I see people in gyms talk about how they exercise really hard and then go and booze all day. These people then come back, lift-off shirts in front of the mirror, and say "Wtf, when will I ever get the six-pack" Are they naive so as to expect that changes will happen without the power of good habits? I see people go for a smoke after a heavy exercise routine and that amuses me even more! For this one needs to be more mindful of what foods to eat & how exercises have an impact on our bodies. They need to follow the principles of eating right and maintain a healthy lifestyle at all times.



So stop looking at Hrithik Roshan, Kareena Kapoor, or Dwayne Johnson, or whoever it is you idolize as they follow a cut-throat diet and are extremely mindful of what they put inside their bodies. They are like clockwork, they do not miss a meal for the world, follow a controlled and strict balanced diet, and workout regularly and very hard. You can come back to me and say that they do this for a living, but aren't you too in a way? To me, this is just like any other excuse only. Will the guy who doesn't want to look slim & fit please stand up?

MISTAKE #2

I exercise but restrict my diet completely so that I can lose weight



This is the worst possible thing to do. How can you exercise and not eat after that? During exercise, your muscles go through microscopic wear and tear which need to be replaced with new muscle fibers. Only when you take proper nutrition, can your blood carry the necessary nutrients for the repair of the worn-out muscle tissues.

Again a short-term strategy but a painful one and if repeatedly followed can lead to muscle loss, pains, joint pains, deficiencies, exertions, and a myriad of other problems. This is a very dangerous path to tread. This happens due to a lack of proper knowledge or complete ignorance.

Similar is the case when a misinformed person communicates this misinformation to a knowledge seeker. The knowledge seeker without knowing or researching, blindly follows what the misinformed person says. It's contagious you see!



Eating is as vital as exercising. Growing thin does not mean that you do not eat after a workout. If you don't eat and exercise the protein in the body will be utilized for giving energy, whereas you would want fat to burn, right!



MISTAKE #3

Supplements are artificial and bad



This is the most notorious and most prevalent of them all. I have repeatedly been confronted by the fact, that supplements are bad and they are artificial. Understand, that supplements

are supplements. They supplement your diet because your diet does not meet the necessary requirement of nutrients that your body daily needs. Are you aware that your body needs an average of 1 gm of protein per pound of your body weight! Calculate the protein intake you need on a daily basis. Even the daily vitamins and minerals are not met by your daily intake. Supplements are highly recommended in case you are following any regime.

It's super simple. If you are working out or running or cross-training or practicing any form of martial arts, the demand on your body is even higher. Your daily normal intake of food does not give you what your body demands and that is why these supplements have been manufactured. Yes! here are an innumerable number of companies manufacturing these and you need to identify which are the ones that suit you, which are the ones that are genuine, and for that, you need to take the help of your trainer or a nutritionist. On every supplement the maximum dosage recommended is displayed, stick to that.

But we need to understand is the concept of supplements and the fact that it's an alternate way of getting the nutrients in your body. Even the foremost nutritionist Rujuta Diwekar in her bestselling book *Don't lose your mind lose weight*, recommends whey protein!

MISTAKE #4

I will cut on carbs 'n fats and have juices all day to lose weight



Popular amongst women, this is the worst form of torture one can inflict on the body. I have friends who eat during a party and then go back home and vomit out everything. This is a condition called bulimia, which is a serious eating disorder. These types of disorders are prevalent. I see this as more of a mental disorder than a body disorder and one needs serious help on this front. It pains me when I hear about such forms of disorders. When you can work out and burn calories you intake, why inflict this on yourself. Is it because one perceives that there is too much pain in burning calories?

Some women believe in crash dieting, eating as low as one or two meals a day only and that too made up of salads, in the whole day. What on earth about the other nutrients? In the US, a very popular diet called the 'Atkins and South Beach' diet was popular amongst women. That's why it was rechristened 'Atkins and South Bitch' diet. A random sample of women following this diet was taken and they were found to suffer from irritability, mood swings, wild and violent moods, etc referred to as the Atkins attitude. Technically, this happens when your body is deprived of the necessary carbohydrates in the diet. Good carbs are taken in the right quantities release serotonin in the blood, a neurotransmitter responsible for giving the happy feeling.

Crash dieting may result in short-term gain but it's a stepping stone for long-term pain. You are actually screwing up your whole system by depriving it of all the necessary nutrients. Technically, a crash diet leads to loss of water from the body. This obviously shows up as a reduction in weight, not because of the reduction of fat but the loss of water. It is dangerous as this could be fatal. Bodybuilders do curb water intake just before they step on to the stage, in order to increase the tonality of the body right before a competition, but this is not a good practice. Depletion of water reserves will lead to a reduction in muscle, joint pains, etc. I remember going on a no-salt diet during a lean cycle that I followed, for reducing excess fat in my body for a week, obviously leading to loss of water, and trust me I was irritable most of the time. I felt I was ready to snap at the drop of a hat. Even my family got worried. So don't do it at the cost of all this - no point!

“ **Crash dieting is like a fling with a bad boy, even when you are in it you know it won't work long term** ”

————— *Rujuta Diwekar* —————

The reason I exercise
is for the quality of
life I enjoy
– Kenneth H. Cooper

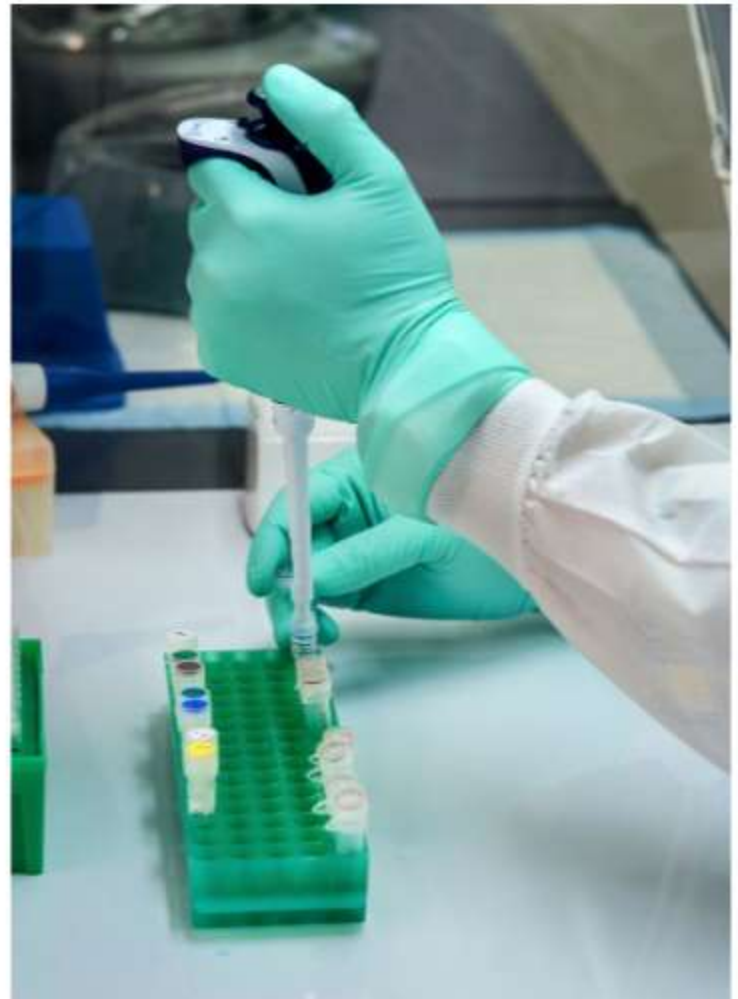
MISTAKE #5

My test reports are
normal, so I don't
need to exercise



This too is lame. I am sure that even if you have been following this principle yourself, after reading this line you will feel amused. Vital stats in your lab report can be normal, but that does not necessarily qualify you as fit or leading a healthy lifestyle. Exercising is vital for opening up your joints, building strength, gaining stamina, and making yourself flexible. As the old adage goes, "All work and no play makes Jack a dull boy" Exercising rejuvenates you, helps you think clearly, increases your productivity, and heaven knows how many more benefits, both tangible and intangible. Your life is not a path lab report. Your path lab report is not an accurate indicator of your health. It's more like a snapshot at that moment.

Quite frankly I look at these stats as an indicator of what's happening on the inside and then I work towards improving those stats by modifying what I should do on the outside. In no way do I imply to ignore path lab reports completely. You should, maybe every six months get yourself tested but if the reports are good then it is not a good enough indicator to accurately imply that you shouldn't exercise or shouldn't stop leading a healthy lifestyle. The inverse is also true sometimes. My path lab report is not good so I think I need to exercise. This can be used as a reason to begin an



exercise program but I perceive this to not be a strong enough reason. Even if you begin an exercise program and your vital stats fall back to normal, you may still revert back to your old crappy habits. So having a strong why is important!

MISTAKE #6

I'll skip my meals so I can easily lose weight



Another common mistake that newbies make is - skipping meals. This again is the worst possible thing that you can do. Your body goes into a fight or flight mode i.e. a stress mode, if it's not fed at regular intervals. This leads to a disruption in various processes (chemical and biological) that occur in your body.

It isn't right to wait till the time when you are completely famished. Whereas it's okay from a longevity perspective to once in a while fast, but doing that habitually is not a good idea. You would have noticed, if you have gone hungry for 4 to 5 hours before eating your next meal, you would

land up hogging more, as the starvation mode causes a calorie-deficit in the body and you then tend to overeat to compensate for that. You may lose weight, but you will screw up your health too in that process.

Remember, eating timely is an integral part of staying healthy. So there cannot be a compromise in your mid-meals, they are as important and vital as your main meals. Carry your meals with you!



You are never too
old to set another
goal or to dream a
new dream
– C.S. Lewis

MISTAKE #7

I don't need to exercise
because ... it's too late

Let me tell you a story. He was born thin, bony, and sick. He looked emaciated and others called him "danda" (Hindi for "match-stick thin") He didn't walk well even until the age of five. Due to his weak legs, he could barely walk long distances. He never went to school and worked on the farm, tilling the land and growing crops. That 'danda' sarcasm didn't ward him off and worked hard at the farm to grow up to be tall and handsome. He was happily married, had children who grew up, one by one got married and started looking for jobs abroad and began to settle in Canada and England. Only one of his sons, Kuldip and his wife stayed back to help him with his farm and take care of him and his wife in their old age. Years went by and they even visited their children abroad. At the age of 81, he lost his wife. Devastated by his loss, he carried on with his life as usual. Two years after his tragic loss, his son died in a construction accident in front of his eyes. After that he felt as if his life had lost its meaning. It was now that his other sons, who were well settled abroad, decided to call him there, and so he moved to London. He could have carried on with his life as is, just like any other old person, had it not been that one day, while watching television, he saw a show about an upcoming London marathon

event. Like a light-bulb going on in his mind and like as if a new lease of life he had breathed, he decided to give this marathon a try. Mind you – a try only. He contacted Harmandar Singh, his athletic coach and a runner himself for training him. In utter disbelief and relent, Harmandar commenced the training. Fauja Singh, 89 ran his first marathon in London in 6 hrs 54 min alongside his coach. Post this, Fauja Singh somehow felt that he had moved on from his tragic past. Next year, he finished the race in record timing and became the fastest marathoner over age 90. Fauja Singh eventually became the oldest marathoner as he ran eight marathons from 2000 to 2011. 2011 was the highest point in his life, his 100th year. That year he ran the 100m, 200m, 400m, 800m, 1500m, the mile, 3000m, and 5000m – setting five world records for his age group in one day. In October 2011, he became the first centenarian to complete a marathon. He has carried the Olympics torch on two occasions. Fauja Singh ran the Standard Chartered Hong Kong marathon in 2013 at the age of 102. With numerous accolades and sponsorships galore, he is now called the "Turbaned Tornado"

You are never too
old to set another
goal or to dream a
new dream
– C.S. Lewis

MISTAKE #7

I don't need to exercise because ... it's too late

“ The first 20 miles are not difficult. As for the last six miles, I run ”
while talking to God. My diet is simple — phulka, dal, green
vegetables, yoghurt and milk. I take lots of water and tea with ginger.
I go to bed early, taking the name of my rabba (God) as I don't want
all those negative thoughts crossing my mind.

Fauja Singh
'Turbaned Tornado'

I have been time and again hearing this when I meet people. It only makes me wonder why. I don't think there is any age to begin your journey to fitness. I am sure if one does research on this criteria, innumerable examples will be found of people who have set goals for themselves well past the age of 60 years and they went onto achieve them. I have heard the story of a woman 70 years of age and at that age, she decided to run. Her goal was to complete the half marathon and she did go onto achieve it. I reiterate what Napoleon Hill said, “Whatever the mind can conceive and believe, it can achieve” My wife goes for a pilates class near our house, where she was shocked to find a 75-year-old woman attending the same class. Take the example, I have given earlier in this book, of Fauja Singh, aka Turbaned Tornado, who is 104 years and who ran the Mumbai Marathon, just last year.

We keep saying “I am too old to begin” or “It's too late for me to begin” and then we land up in front of our family doctor. When he tells us that we need to control our sugar etc by doing daily walks or some other exercises, only then do we realize that we should do so. But even at that moment we are still not committed enough towards this goal, and do it merely because our doctor has told us to do so.

Personally, it is my opinion that there is no age to begin your journey towards fitness. I believe that the earlier you do it the better it is for you. Better late than never! You are only limited by the limitations you put on yourself. Don't get paralyzed by over-analyzing the circumstances and ignore what your peers have to say about this topic. This is your life, you take charge of it.

CONGRATULATIONS!

You've read this far, so congratulations! You now definitely know what mistakes not to make, what beliefs not to form, and what pitfalls to avoid.

At this point, I have given you the 7 mistakes that newbies or people generally tend to make when trying to get healthy.

So, be sure to get it right. Get started. Eat Right. Screw 'your weight'. Have the right mindset. Focus right.

I've also created some cool premium products for you to get started. Make sure to check them out on my site.

Good luck!

Mayur Mathur

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Keep Track of your progress



Be Sure to Get Sleep



Be at it!

The Fitness Blueprint

7 MISTAKES
TID BITS

REVEALED

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