

# 10 Fast Fitness & Self-Defense Tips

## Fitness tip #1:

If you don't have time for exercise - make it part of your life. Here are examples of exercises you can do throughout the day (some you can even do while sitting at a desk!)

**1. Muscle flexing.** Throughout your day, go through your body, from your legs on up, holding your muscles flexed for 15 – 30 seconds (whatever you can handle). For example, squeeze your thigh muscles, and hold for 15 – 30 seconds. Then release. Then squeeze your butt muscles, and hold. Repeat for abs and arms.

Make it a goal to do this for your entire body 3-4 times a day.

**2. Carry a basket at the supermarket.** You'd be surprised how strenuous it can be to carry a basket instead of pushing a cart! It's a great workout on its own. Practice standing up straight (instead of leaning due to the weight of the basket) for a great abdominal & back workout.

**3. Park far away - and speed walk!** Park your car across the lot from wherever you go - and speed walk to the entrance. Also, when you're at the supermarket, department stores, the mall, etc., practice speed walking.

As you can see - these exercises don't require you to spend extra time on fitness. Instead, you incorporate it into your day. Use your imagination and come up with other ways you can embed exercise into your life, too.

## Fitness tip #2:

Eat a low-glycemic diet (don't worry, I'll explain what that means in a second!). When you eat carbs of any kind, it causes fluctuations in your blood sugar levels. Foods with a lot of white sugar cause your blood sugar levels to go crazy. They also cause you to gain fat, reduce your energy levels, and lead to overeating (see, after your blood sugar levels spike up, your body reacts by bringing them back down - which causes you to get hungry and crave MORE bad foods!).

Low-glycemic foods keep you fuller, longer... help your body eliminate excess fat... and keep your energy levels sustained all day long.

So, the question is... "How do I know what foods are low / high glycemic?"

Luckily, there are a few websites loaded with thousands of foods and their glycemic indexes. Here's the best one:

- <http://www.glycemicindex.com/>

### **Basically, you want every meal you eat to contain:**

1. A low-glycemic source of carbs (to give you sustained energy)
2. A healthy source of fat (to keep you full)
3. Protein (to build muscle, reduce fat, and help strengthen your body)
4. Fresh fruit / veggies (these aid digestion, boost metabolism, and help your body process what you're eating)

### **Here are some examples of meals:**

**Breakfast:** Two eggs on whole wheat toast with an apple or other fruit.

**Lunch:** Tuna sandwich on whole wheat bread with spinach and tomato.

**Snack:** Smoothie with 1 Tbsp. Peanut Butter, 1 Banana, Reduced Fat Milk

**Dinner:** Lean-Beef Burger on whole wheat bun, lightly-baked asparagus, sweet potato

As you can see, each of these meals contains hardy carbs, fat, protein, and fresh fruit / veggies. As long as you stick to this structure, and make sure your carbs are low-glycemic, you can replace these foods with any others in their categories.

**Smart Phone Tip:** If you're at the grocery store - or out to eat - and want to know if the food you're looking at has a high glycemic index... just open up your smart phone, and google "glycemic index of [food]".

You'll know within seconds if the food is okay to eat ;-)

## **Fitness tip #3:**

Keep it Simple. A lot of people think you need complex equipment... crazy varieties of exercise... and other complicated things to get started with exercise. While variety and equipment certainly help - they're not the most important factors for fitness.

Start simple. Run for 10 minutes a day. Do as many pushups & sit-ups as you can, twice a day. Power-walk around your block 5 times.

The important thing is to START. Once you develop a simple routine, and get used to it, it's EASY to add on to it. So if you start by power-walking around your block 4 times - maybe after a week or two you can start adding 20 jumping jacks before and after. Then you can add 10

pushups on top of that a couple weeks later.

Before you know it, you'll have a great routine that works your whole body.

## **Fitness tip #4:**

Good music. Have you ever listened to a song, and just had to start moving your body? Or are there certain songs that instantly get your adrenaline pumping?

Good music is CRUCIAL to getting a good workout. In fact, if you have a playlist of even 3-4 songs, and you workout for those songs without stopping... you can get an awesome 15 – 20 minute workout and the time just flies by!

However, you have to pick songs that work for you. You'll know when you've found a good one when you can't help but start moving the moment you hear it ;-)

## **Fitness tip #5:**

Books on tape. Load up a gripping novel into your mp3 player, and go for a jog. If you get sucked into a story, you'll forget you're even working out. The time flies by, you get a great workout, and you suddenly have a lot of extra time to catch up on your reading!

<http://librivox.org/> is a site full of completely free books on tape. However, the quality varies as the books are read by volunteers. Some are professionals, some are not.

There are paying sites too that offer professional-quality recordings for a monthly price. The most famous one is <http://audible.com>.

A quick Google search will give you a ton more of sites like these, too!

**Smart phone tip:** This same tip applies to TV shows and movies, too. Load up a good movie you've been wanting to see, and spread it over a few good workouts. The time will fly by!

## **An important note about the self-defense tips:**

If you're a martial arts expert, you might disagree with some of these tips. You'll probably think of better ways to handle these situations. That's because these tips are geared toward total beginners, and people with no experience in martial arts at all.

If you're a pro, you have access to a wealth of advanced techniques to keep you safe and sound. However, these tips are designed to teach anyone how to diffuse a situation quickly, and get

help. They're not fancy, pretty or sophisticated - but they'll get the job done and keep you safe.

The truth is, most people will never encounter a situation requiring self-defense skills. But knowing martial arts will give you peace of mind, and help you live more confidently - whether you end up using your skills or not.

Okay, on to the tips!

## **Self-defense tip #1:**

GFTG: Go for the goods! Nothing stuns a man like a good shot to the groin. This will give you time to escape, and seek help. It's a common misconception that this doesn't work on women. In fact, it works nearly as well.

When you're in a dangerous situation, the most important thing is getting out intact. Stunning your opponent for even a few seconds will give you an opportunity to get away.

Immediately run to a crowded area, in a store, etc. Attackers want you alone, where no one can see what's going on. By escaping to an area with even a couple of people around, most situations diffuse immediately.

## **Self-defense tip #2:**

Many places like malls have security teams. If you're a single woman, or a single mom with a child, or anyone who feels unsafe walking through a dark parking lot at night - you can ask for an escort. A lot of times you'll get a free ride in a golf cart, too! ;-)

## **Self-defense tip #3:**

What to do if someone grabs your hair. In this situation, most people instinctually pull away. In turn, your hair is pulled even more, causing more pain. Here's what you do.

1. Put your hands on top of the attacker's hand
2. Push the hand down **HARD** into your head
3. If the attacker's hand releases at this point, pull away, and run
4. If the hand doesn't release, turn, kick them in the groin, and run.

Then immediately seek help.

## **Self-defense tip #4:**

Go for the eyes. The eyes are two of the most vulnerable places on the body. It takes very little contact with them to stun someone. Hitting someone in BOTH of their eyes will blind them temporarily, allowing you to escape.

## **Self-defense tip #5:**

What to do if someone grabs you from behind:

Simply fall down. Pretend you're a corpse, and let your entire body weight fall to the floor. Have you ever seen those movies where people try to move a corpse, and it's nothing short of a back-breaking process?

The same applies to a completely relaxed body. The attacker won't be able to carry you away quickly, which will buy you time to scream for help, try to hit the groin or eyes, and get away.

The most important thing is to let your legs collapse under you, which makes you hard to carry. This will also put a lot of pressure against the attacker's hands. Using your own arms, you can break the hold, and run.