

# What's "Best" for Diet and Exercise in 2012?



by  
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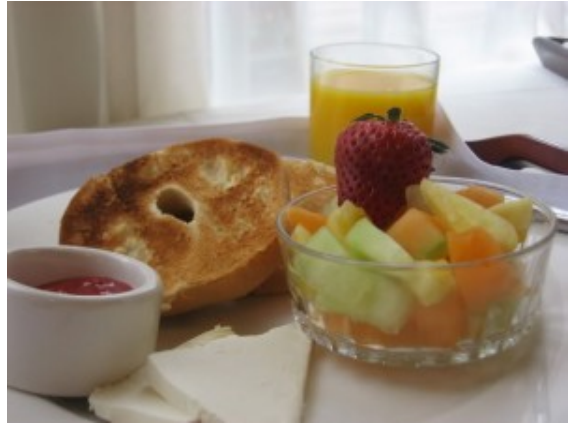
Funny you should ask. Here's my 2012 "Best List" of everything that matters:

## **The Best Muscle Building Workout?**

Brief, infrequent, high-intensity weight-training workouts continue to be the most scientifically supported muscle-building strategy. It's a hard pill for my muscle-head friends to swallow, but the 30-minute/one-set per-exercise training protocol simply makes the most sense, produces the best muscle-gains, and is the least likely to cause long-term, over-use joint injuries.

## **The Best Weight-loss Workout?**

When "weight-loss" is one's primary goal, the best exercise strategy often comes down to just "moving more." It bears mentioning that effective weight-loss has more to do with eating-habits than any exercise routine. Brisk-walking sessions, more intense cardiovascular-type training, and even weight training, can all play an effective role in a successful weight-loss strategy. However, if you're obese and it's mainly due to an overly sedentary lifestyle, the best weight-loss workout is to just move more. Begin by simply finding ways to add more movement to your day.



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### **The Best Sports Supplement?**

Uhg, do I really have to go there? I would rather say they ALL suck, 'cause they mostly do nothing. However, if I had to choose one, "Creatine" actually has some scientific evidence backing its effectiveness. That said, it should hardly be expected to work magic. The theoretical improvement on short burst of energy-output is only incremental. It will NOT add 50 lbs. to your bench press or 30 lbs. of muscle to your physique. Stop dreaming!

### **The Best Diet Strategy?**

"Portion Control" will always be the most practical and most sensible dieting strategy. It's probably not, "what" you eat that has you packing on the pounds, but instead, "how much" you eat. Learn to eat "any" food in sensible amounts and you won't have to give up bacon or hot fudge sundaes. Portion Control makes weight-loss a breeze. Stop torturing yourself with overly restrictive n' dumb diets.

### **The Best Overall "Body Makeover" Strategy?**

"Smart Exercise and Sensible Eating" (See above). Yes, it is just that simple. Nonetheless, few people actually use this strategy, mostly because they're too lazy and too busy looking for a short cut. This is the reason the weight-loss and

fitness industry is a multi-billion dollar business. There's a "sucker" born every minute. In 2012, don't you be one.

### **The Best Commercial Dieting Plan?**

Again, I don't feel they are necessary, but if I had to choose one, I would conclude that "Weight-Watchers" makes the most sense. The eating program is nutritionally sound, the least restrictive, relatively inexpensive, and the "support meetings" work for many folks.

### **The Best Gym to Join?**

This is a bit tricky, but in my opinion and experience I'd give this advice: If you are an "experienced" workout enthusiast – needing NO instruction or guidance, and are not likely to succumb to high-pressure sales tactics on supplements and useless, mostly under-qualified Personal Trainers, I'd have to say that the "big box" chain gyms are hard to beat. For about \$10/month you often get hundreds of thousands of dollars' worth of the best exercise equipment money can buy, and plenty of it. Additionally, these-type clubs are often open 24/7.

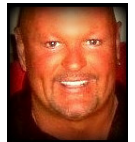
If you are more of a "novice" or workout beginner, you may find your locally own neighborhood gym more suitable. The owner is usually on-hand and customer service can be much better and more personal. You can usually get some free workout advice regarding the "basics" of exercise from the owner, gym-manager, or what is generally a friendlier clientele-base. The one caveat; there "are" exceptions to EVERYTHING I just said. Trust your gut whenever you "checkout" a new gym – because it's usually correct.

### **The Best Source of Weight-loss and Exercise Information?**

Why it's the incredibly informative and unbiased book, "Diet, Exercise, & Weight-Loss BullShit- Exposed!" By Franny Goodrich, of course. Did you really expect a different answer?

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# The Truth About Starvation Mode



by  
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It's time to re-think the common myth that the intake of too few calories will cause your body to go into "starvation mode" causing your body to think it's starving and therefore burn only muscle as fuel, holding on to "all" its fat-stores.

Also, let's stop buying into the notion that to get out of "starvation mode" you'll need to consume more calories to kick start your now sluggish metabolism. Most people believe this, probably because they've heard it so often. They assume it must be true, but like most other dieting myths, it's false.

You cannot eat more calories to force your body to lose weight. The laws of physics and thermodynamics will simply not allow it. Let's say a person claims to be eating only 1,000 calories and not losing weight. A well-meaning friend then tells them that they are in starvation mode, and in order to lose weight they must eat more to jump-start their metabolism.



My question is: instead of eating more, what do you think would happen if you just stopped eating altogether? Would you then go further into starvation mode and continue to stay at the same weight or maybe even gain weight? Clearly, you would lose

more weight if you stopped eating altogether. Dumb, I know – I'm simply illustrating a point.

So, where did this myth come from, and how did it begin.

Like many myths, they are born out of semi-truths. There actually is a well-documented and true phenomenon known as the starvation response. However, it only happens in humans when they lose so much body fat that they fall below fat-levels essential for survival. For men this would be below around 5%-fat and in women, just above that. This hardly applies to the average "dieter" reading this post, or bodybuilders dieting for their next competition.

My bodybuilding friends usually like to jump in here and say, "but, if we consume too few calories we'll be burning muscle instead of fat, right?" Wrong again. This is another case of a slice of truth being blown-up into a major exaggeration. We always burn or lose some muscle (amino-acids) when we diet, no-matter how sensibly it's done. But before it actually amounts to anything significant (or an amount that is noticeable in one's visual musculature), the body will first exhaust most of its fat reserves.

**BOTTOM-LINE:** if you are "over-fat" and NOT losing weight, regardless of your efforts to do so, the most important thing to do is re-evaluate your own energy-equation. Yes, I mean "calories-in versus calories-out".

Outside of a special medical condition, weight-loss will

always be the on-going balance of how much you eat versus how much you move.

The best way to do this will always be to focus on food-  
portions and to maintain a healthy level of activity.

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# Healthy Foods Do NOT Guarantee Weight-loss!



by  
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Wait! Before you call the Food Police on me, hear me out. Although nobody would argue that eating healthy-foods is wise, it's not an automatic slam-dunk that doing so will trim your waist, butt and thighs. If you're a person – like many – who's daily diet consists of Chicken Caesar Salads, Tuna Wraps, handfuls of Mixed Nuts or Raisins, then you should also know that these – so called – diet foods, are loaded with calories!

I have said many times, it's NOT any particular food that makes you fat, it's the excess calories – regardless of the food-source. You can get just as fat eating too much lean white chicken, as you can eating too much ice cream n' hot fudge. Conversely, you can get just as lean eating the right amount of chocolate-chip cookies, as you can by eating the

right amount of fruits n' vegetables. This is a weight-loss fundamental that quite frankly too many ignore, or too many fail to understand.

Here's a way to understand my premise. At first glance, would you "ever" imagine that you could actually lose weight on this diet?

### **Breakfast**

1 Hot Fudge Sundae -284 calories

1 Small Coffee with Milk and Sugar – 80 calories

Total – 364 calories



### **Lunch**

1 Big Mac – Sandwich – 540 calories

1 Small Diet Coke – 0 calories

Total – 540 calories

### **Dinner**

1 Serving Kraft Macaroni & Cheese – 210 Calories

1 Fudgsicle – 100 calories

1 cup Grape Kool-Aid – 60 calories

Total – 370 calories

### **Late-night Snack**

2 Chocolate Chip Cookies – 260 calories

Small glass Whole Milk – 150 calories

Total – 410

**Daily Total:** 1,684 calories (Not many, huh?)

The truth is that most people would lose weight – lots of it – if their daily caloric in-take was 1,684 calories. Obviously, I would never advocate eating this way on a regular basis, however, it illustrates my point that “excess” calories makes us fat, and not any particular types of food.

No matter what you choose to eat on a daily basis, “portion-control” is the best diet-advice. We should strive to eat a healthy cross-variety of foods in reasonable portions. When one chooses to indulge in sweet or fatty treats, eating reasonable portions is the key. The good news is that no-food should be totally off-limits. As they say, “anything and everything in moderation”. Eat, drink and be merry.

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## **Understanding Your Body's Stubborn Belly Fat**

Franny Goodrich explains your belly fat with “Puddles & Ponds.”

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## **Four Pieces of Weight-Loss Advice**

Franny Goodrich helps you focus on what really matters when you are trying to lose weight.



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# The Marriage Between Women and Weight Training

Franny Goodrich on why women start losing muscle-mass as they get older, and how to prevent it from happening!

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## Summertime Stomach

Franny Goodrich explains how understanding your abdominal muscles is the first step towards getting them ready for the beach.