

“Lisa Schilling is a one-of-a-kind educator and fitness expert. She genuinely cares about the well-being and overall mind, body, and spiritual health of the individuals that she works with. This book, if followed with the same discipline and passion that Lisa has put into writing, will give you the results and life you have always wanted and deserved!”

Aric Bostick

International Motivational Speaker and  
President of Aric Bostick Success Training, Inc.

[www.aricbostick.com](http://www.aricbostick.com)

Founder of The Camp of CHAMPS

[www.campofchampsusa.com](http://www.campofchampsusa.com)

“Finally, a fitness book written by a busy working mother for busy working mothers! Lisa’s common-sense approach to taking control of your personal wellness makes the challenge of getting into shape feel attainable. By addressing common barriers and easy stumbling blocks, Lisa is able to make the journey toward personal wellness less daunting and seem like it is going to be a fun voyage and not a distant destination. I would recommend this book to anybody who has ever felt like there isn’t enough time in the day to be healthy; it is as satisfying as it is enlightening.”

Gerard J. Stanley, Jr., M.D.

“Lisa has developed an easy-to-follow reference that provides straightforward solutions with no external fluff. This book is packed with sound, practical, reader-friendly information and guidance. Her well-balanced approach to health, fitness, and wellness is a breath of fresh air in a crowded arena. This readable and practical guide is an invaluable resource for anyone who wants to develop a lifetime of wellness. Her down-to-earth style will draw you in, and the adaptable format will keep you going through to the end.”

Tom Antion

Author of the best-selling presentation skills book *Wake 'em Up Business Presentations* and *Click: The Ultimate Guide to Electronic Marketing*

[www.GreatInternetMarketingTraining.com](http://www.GreatInternetMarketingTraining.com)

“In this excellent book, Lisa Schilling, RN, gives us what we really need for our weight loss and fitness goals—empowerment. She realizes that we all know WHAT to do to get fit—that what we really need is the inspiration to go take the action and to stay motivated until we reach our goals. This book is packed and supplies the puzzle piece that I believe is most important for fitness success.”

Dr. Clare Albright  
Psychologist  
[www.NeurofeedbackBook.com](http://www.NeurofeedbackBook.com)

“There’s a reason I’m known as the ‘No B.S. Coach’; I dislike ‘fluff’ and like to get to the *difference that makes the difference*. Lisa Schilling delivers in a big way! Information is everywhere today. What is lacking, perhaps now more than ever, is compassion. As you read Lisa’s book, you’ll have the unique experience of getting a system that works from a woman who cares; you can feel it in her writing, and this is the *difference that makes a difference*.”

Vincent Harris, M.S.  
Body Language Expert and author of *The Productivity Epiphany*  
[www.facebook.com/l/fb0b5](http://www.facebook.com/l/fb0b5)  
[www.VinceHarris.com](http://www.VinceHarris.com)

“Lisa Schilling is a dynamic author, wellness coach and motivational speaker who is passionate about helping individuals and organizations to experience their goals, dreams and successes. If there is one absolute truth about wellness it is that, it is never too late to begin. Whether you are just getting started or need a boost, Lisa Schilling’s, *Get REAL Guide to Health and Fitness* will help you bridge the gap from where you are to where you want to be. Thank you Lisa for sharing *doable* suggestions and a plan for developing a happier and healthier life. Your knowledge and inspiration will help us all to add years to our life and life to our years!”

Dr. Tim Crowley  
Motivational Speaker, Business Consultant and Workshop Trainer

# The Get REAL Guide to Health and Fitness



# The Get REAL Guide to Health and Fitness

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Five Steps to Create Your Own Personal Wellness Plan

*Lisa Schilling RN*

Trafford Publishing

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Trafford Publishing  
1663 Liberty Drive Suite 200  
Bloomington, IN 47403

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[www.getrealwellnessolutions.com](http://www.getrealwellnessolutions.com)

Exercise Photographs and Cover Photograph: Renea Lynch  
Interior Design: Kimberly Martin  
Edited: Kathy Carter

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Printed in the United States of America

{Insert ISBN & Cataloging information from Trafford}

My passion lies not only in showing people *what* to do to be healthier, but in helping people discover a *reason* to *want* to, and *motivation* to continue to.



## Acknowledgments

This guide is dedicated to my family, friends, and the ladies of “First Place.”

To my wonderful husband Shawn, who put up with me and my crazy time demands and supported all of my endeavors, even when they seemed far-fetched.

To my three boys, Cole, Sam, and Luke, who did their best to remind me what’s really important in life.

To my close family members, who have always supported and encouraged me along my own personal journey.

To my friends, especially to Vicki Wheeler for her input and advice that helped this guide come together. A special thanks to Barbara Gaines for her expert guidance concerning my text presentation and Angela Dugan for her formatting expertise. Also, Renea Lynch at Look At Me Photography, for her wonderful photos and cover shot.

To the ladies of my “First Place” groups and my exercise class gals—I learned as much from you all as you ever learned from me.

To the staff at Trenton R-9, especially Lynn Daniels, Shirley King, and Sabra Ferguson, for believing in me and letting me try my concepts out on them.

To the community leaders of Trenton who continue to support me, from my years attending school through my years of working there.

To all my mentors who have influenced me to become the person I am, especially (the late) Steve Orwig and Sharon Wilken. Others include Paul and Lelar Corbett, Taryn Corbett Kinney, Steve Maxey, Kay Lea, Pat Rinehart, and Aimee Cohen. There have been many others along the way. They taught me to take good advice and not listen when people said I could not achieve something. I hope to give back in the same way I was given. I have been blessed in this life, in order to be a blessing to others, through the power of Jesus Christ who is the basis of all good things.



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# PREFACE

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## *A personal note from the author...*

My main motivation for creating this guide was a desire to share with others what I have found personally beneficial, as well as techniques that have been helpful when working with others. This is meant to be a *comprehensive* guide. It is designed to help a diverse group of people map their *own* plan and begin a journey toward better health and fitness. I researched and studied many of the vast resources available and summarized the pertinent points, putting them in one spot.

My goal was to sort through the mountain of information and give people who struggle in this area a place to start. It was important for me to create a flexible outline that could be used by people in various circumstances. I wanted it to take into consideration the unique situations and preferences of each reader. Many of my concepts focus on your mental approach. I believe that by changing how you think about food and exercise, you can start to evaluate what drives you and what stops you in your tracks. This knowledge can be used to create a lifestyle that will allow you to *naturally* achieve your heartfelt goals.

**Disclaimer:** I am a registered nurse and certified personal trainer through AFAA (Aerobics and Fitness Association of America). I am neither a dietitian nor a physician. The content of this guide is a compilation of information and is based on my personal studies, observations, and findings. I am a nurse, fitness director, and wellness coach helping people from all walks of life improve their overall wellness, fitness, and health.

Never attempt a fitness routine without consulting a physician, especially if you have health issues that could be exacerbated with exercise or dietary changes. The author is not liable for any injuries or problems incurred as a result of information offered in this guide. Remember: when in doubt, check it out. You should always make choices that are in your own best interest. Knowledge is power!

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# INTRODUCTION

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## Get REAL Mission

As a result of this guide, you will:

1. Gain a new understanding about your relationship with food and the REAL (Realistic Expectations About Life) reasons you struggle with weight or other wellness issues.
2. Gain a greater understanding of the dynamics of exercise and healthy nutrition (*what* to do, *how* to do it, *what* happens to you when you do, *why* it works, *why* sporadic attempts often fail, and *why* you need to make it part of your everyday life).
3. Understand and explore the mental aspect of health, wellness, and fitness. This is often the most important of all. Those who have struggled with these issues for many years need this the most. When your head and heart are into it, you will succeed!
4. Be able to use the information presented to construct your own Personal Wellness Plan.

So now it's time to get on board with Get REAL thinking and learn how to construct your plan. Along this journey I will introduce you to twenty Get REAL Concepts and several Get REAL five-step breakdowns. You will also come across Get REAL Notes, Points, Ideas, Tips, and Bottom Lines. You will use all of these to help shape your plan. The outline for creation of a solid Personal Wellness Plan is laid out for you.

The complicated part is putting the wheels in motion, determining your choices, and actually doing what you have determined will work for you. Remember . . .

**Any plan is only as good as your willingness to do it!**

## The Five Get REAL Steps for Creating Your Own Personal Wellness Plan

1. **Line up your thinking!** Honestly evaluate your schedule and assess personal needs. Determine what you want to achieve and what you'll get from it. Your mental preparation is essential for all lifestyle improvement.

*Rationale:* To succeed, you must first understand what you hope to get from new behaviors and what is realistic for you personally.

2. **Create a healthy outline.** To shape your lifestyle, you must make decisions that will become the outline for your daily choices. This forms accountability and gives you direction. You must block off time each day for exertion and for recovery. Honor this cycle by scheduling equal recovery time for the exertion activities you are adding.

*Rationale:* In order to reach your goals, you must outline what you want and how you plan to get it. Without this basic step, your efforts will be random and unfruitful. Seek to create balance in your daily activities. Setting your direction and creating accountability gives you direct control over your outcome.

3. **Select a nutrition strategy.** Choose a plan that fits you and your lifestyle (use the results of #1). This is a way of thinking about *food*, not a strict *diet*. You will determine a way of eating that meets your needs and that will help you meet your goals. When you eat following *your* guidelines, you will see favorable outcomes. If you struggle with making good choices, being accountable to someone can help.

*Rationale:* Eating purposefully, with clear and flexible guidelines, will enable you to reach your goals without going crazy. Always plan

ahead—purposeful eating to produce a result will provide structure and reduce confusion over what and when to eat. Proper planning ensures you have what it takes to stay on track.

4. **Select an exercise option.** Chose an option that fits your needs, and create a workable and flexible exercise incorporation plan. Make yourself accountable for daily movement, even if it is only five to ten minutes. Purposefully plan time for exercise by building it into your daily Fitness Plan. Check in with someone regularly if this is a difficult step.

*Rationale:* Exercise does more than condition the body. It releases endorphins in the brain that elevate mood and produce feelings of well-being. As you age, strengthening bones and muscle becomes invaluable. Exercise can improve your overall quality of life.

5. **Develop your lifetime wellness lifestyle.** Wellness is a way of life. It will permeate every choice you make. Throughout this guide, you will be taught healthy behaviors and how to incorporate them into daily life. For health and wellness to be lifelong, you must plan on making them a part of your regular lifestyle.

*Rationale:* By gradually learning and implementing healthy behaviors, you can develop a lifestyle that promotes and maintains wellness. Random or short-term attempts will not affect the permanent changes that you seek. Cultivate your lifetime wellness and it will blossom into an enjoyable, healthy lifestyle.

Be accountable to your plan. Use an accountability group or partner if you have trouble maintaining your focus. Start slow and gradually build up to your goal by using the 10 percent rule: gradually increase your efforts by only 10 percent at a time instead of making vast changes that cannot be maintained in the long term. As you read the upcoming

chapters, consider the concepts offered. Each person will use the information in personally unique ways. Feel free to jot notes in the margins, highlight thoughts that speak to you, or make separate notes. This is a guide, a reference booklet. You may utilize it in any way that meets your needs. It is interactive, so fill in the blanks to shape your Personal Wellness Plan. The chapters to come give detailed information on specific health and wellness techniques to choose from.

**Get REAL Note:** Remember to always enjoy the journey! It is not all about *reaching* your goals; it is about *living* them every day. So get started and make it fun.



# **PART I**

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## **LINE UP YOUR THINKING**



## CHAPTER 1

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### It's Time to Get REAL!

Good for you! The fact that you opened this guide means that you are ready to figure out how to make some positive changes in your lifestyle—realistic changes that will last for a lifetime. Beware—if you are thinking of putting this book down or starting to just thumb through it—STOP! There are some REAL reasons that got you to your current health and fitness level. How did I know that you were considering this? I have been there.

I was always looking for the quick fix. I studied, researched, and looked into every theory that came down the pike. From trial and error, I have learned some valuable lessons. Going from a young pageant queen to an older, overweight wife and mother of three boys has given me some unique perspectives. I have faced the ebb and flow of yo-yo diets and weight cycling. And the journey brought me to this conclusion: “There must be a better way to do things!” So I embarked on a mission of health and fitness education for myself, our school, and our community. I started by realizing that my own health and fitness habits had declined and in many areas had become nonexistent.

My life had evolved into what many people find as they develop multiple responsibilities—too *busy*, too *tired*, and too *overwhelmed* to schedule time for myself and my own health. I saw it as another “thing” on my list of things I needed to do. Have you ever been there? I found out that many people *are* there. I was not alone in my negative health and fitness thinking. But as a nurse, wellness coach, and former pageant

winner, it seemed worse for me to think this way. In short, I knew better. But in this, I discovered my first . . .

**Get REAL Point:** Just because you know the right things to do, does not mean you will choose to do them.

In this dilemma, my philosophy was born. We need to Get REAL! Life was easier to maintain before having a husband, three boys, a household, and a full-time job. What a surprise! But as my life changed, I lost the ability to maintain my previous health and fitness standards. Unfortunately, “experts” in this industry only tell people the restrictive, highest standards that you would follow if you had all the time, motivation, and resources to work on achieving optimum health. But most people live in the “REAL world,” and that is not something they are able to commit to for the long haul. Many start—they try to follow these rigid standards—then ultimately give up due to how difficult they are to maintain.

This crazy setup forces people into “all-or-nothing” patterns, the results of which are yo-yo diets and weight cycling. What was intended to improve people’s health is now the cause of chronic poor health and decreased fitness. So, what could I do about this? I discovered a purpose—to find out how to get back what I once had, in the new lifestyle I currently have. By helping myself, I knew I would be able to help others who have found themselves in similar positions. That is my passionate purpose for creating this guide.

**Get REAL Note:** The big “ah-hah moment” came when I realized that there needed to be a more *obtainable entry point* into health and fitness improvement.

I found that starting small, at less than what “experts” say is optimal, made it easier to stick to my plan and actually see improvement. Seems too simple, I know—but confidence gained from sticking with something and having success propels you to add more healthy habits. Small changes, consistently and slowly done, actually work!

This goes against the severe all-or-nothing mentality that I fight daily. I have lost and gained over thirty pounds at a time. It is a struggle I will always have. But I have a choice. I have learned how to gradually change my thinking and my habits. I now understand the value of appreciating my situation and changing as my needs change. I must fight to avoid those all-or-nothing patterns—it is a daily choice. You have a choice too. Because of thought shifting, reframing, and purposeful living, you have the ability to greatly improve your fitness and total wellness, not to mention increase personal fulfillment.

If this type of planning worked for me, I knew it could help others. This spurred me to coordinate the Great Green Hills Weight Loss Challenge. There were 250 participants the first year and 400 participants the next year. It became clear that many people were looking for ways to get healthier and for something to motivate and keep them on track. I saw a need to help people from different backgrounds and fitness levels find a way to get healthier and stay healthy, all the while living their normal REAL life.

The Internet, bookstores, and TV are full of information about what to do and how to do it. That is the problem—information overload! Who has time to sort through that pile of information? It can be so overwhelming that some people give up before they even start. After a while, people stop listening to the advice available. It becomes like the teacher in the Peanuts cartoons: “wah, wah, wah.” They tune it out because they are simply not motivated enough to deal with it. I have come to understand that the phrase “I don’t have time” really means “I

just don't want to *that* badly." Because the truth is, you will figure out a way to do the things you really want to do.

**Get REAL Note:** The roadblock to helping more people achieve better health is unlocking their motivation. There needs to be less talk about *what* to do and more time spent helping people figure out a tangible reason to *want* to do it. We must also help to uncover a lasting motivation that will keep them doing it.

It is imperative that you discover what will work for you, not copy what someone else has done. This requires some self-discovery. You will use what you learn about yourself to formulate your own Personal Wellness Plan. I will walk you through the basic steps. Each step is a rung on the ladder of your life. You step up one rung at a time until you reach your goal. You don't jump from the bottom to the top in one massive leap (crash scenario). *This is a process.*

You did not suddenly wake up one morning in your current shape. It has evolved from comfortable patterns. This guide is designed to address what got you here in the first place. You will use that information to begin mapping out your own journey forward. Living a healthy lifestyle needs to become something you enjoy, look forward to, and live on a daily basis! Not a short-term fix, something to dread, or a painful sacrifice. You have time—use it!

Living healthy, happy, and fit always requires something of you. Creating your own Personal Wellness Plan is good place to start. But as noted earlier, any plan is only as good as your willingness to actually do it regularly. You will only get from your efforts what you put into them. Think—no investment, no return! This investment will reap big dividends, empowering you to *enjoy* your crazy, busy, and unique life.

**Get REAL Note:** Embrace life—no more dieting and restricting, no more failure, and no more guilt.

Guilt serves as a self-imposed prison for people with good intentions to check themselves into. This happens when you fail to meet the standards you have set for yourself. Well-meaning people—forgetting they are human—hold themselves back when they check into the “prison of guilt.” Guilt sends you rushing back to the coping behaviors that got you where you are in the first place. Do not let guilt or shame make you a prisoner.

This personal acceptance is another key to unlock your potential, and it allows you the freedom to explore who you were meant to be, to find your passionate purpose. You hold this key too. Choose to turn it and set yourself free from the *guilt-dread-inaction* cycle. Remember that how and what you think—your internal dialogue—will impact your overall success.

Successful people do not suffer from the catch-22 of guilt leading to lack of progress. They don't let what they *should have done* hold them back. To succeed, you must learn to accept that you are human and you will make choices that, in hindsight, you will wish you could change. When you begin to accept that you are okay—even better than okay—just as you are, you will empower yourself to succeed at making any changes that you choose.

**Get REAL Tip:** Don't think “diet,” think “plan.” It is time to stop dieting and start planning!

There is not one plan that is perfect for everyone. This book puts *you* in the driver's seat. It gives you all the information you need to create a REAL plan that will work for *you*. I identified the main reasons I have found that REAL people struggle, and I addressed those issues. I wanted to take the knowledge I have gained through research, trial and error, and

working with everyday people to compile an easy-to-read and easy-to-understand guide.

I have used that information, plus what I give to my personal training clients, to develop this guide. I realized that REAL people need an encouraging resource—one that is short, easy to understand, basic, and comprehensive. That is what I have set out to do. If you choose to follow this guide, you will be able to customize your own unique plan. A *plan* for life—an enjoyable REAL life!

**Get REAL Bottom Line:** Living a healthy lifestyle involves having a *plan* and *living purposefully*.