

THE POLITICALLY-INCORRECT NO-GIMMICKS GUIDE TO WEIGHT LOSS

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2014

Foreword

Before I describe in blunt, politically-incorrect and realistic terms how you can lose weight, let me explain why I can provide useful advice:

I have developed my exercise program since 1997.

The person whom I owe a great debt of gratitude to in this -- and many -- regards is **Miguel Bonangelino**.

Miguel successfully combined a distinguished professional career with raising a great family with his wife Titina, helping others and exercising very frequently at a competitive level. Following their example has enabled me to achieve much.

And when I myself travel somewhere for at least a couple of days, I make a point of scouting a good jogging route. Stamina and speed also come in handy when you need to race to the gate to make your flight.

Why I can help you

- ▶ Why I am in a position to help – from the laughingstock at PE, asthma and inhalers to perfect health. I am not a professional wanting you to pony up big bucks to make him or her richer and more famous. This information is free.
- ▶ As a child and into my early teens, I performed very poorly in Physical Education in several elite schools in my native Spain. At one particularly well-attended (teachers, parents, other students) yearly race organized by my school, I arrived second-to-last, as everyone cheered on the boy with a crooked leg who almost beat me to the finish line. Utter humiliation. As ignominious as it gets. Every school-year, I lost a couple of weeks of lectures, lying in bed with a fever, heavy coughing and sneezing. I struggled with asthma into my late teens. I was diagnosed as being allergic to dust mites and some unspecified kind of tree.

The 10-Step Program

You can lose weight and maintain the reduction without having to undertake the fitness program I started in 1997 (only cold showers, jogs, swimming all-year round) if you just follow the **10-point program**.

I have followed the program since 1997. But I have no children and have decided not to cook.

It is not intended for:

- ▶ Persons who have been diagnosed with serious or mild chronic diseases and whose exercise is limited by their physicians.
- ▶ People **over 75** unless they are very healthy.
- ▶ Young people **under 15** without parental supervision.

This disclaimer – in addition to being common sense -- protects me from any lawsuit filed in any jurisdiction

Step 1

When you go **shopping, buy a lot of fruit and vegetables.**



Life expectancy in my native **Spain and Italy** is among the highest in the world precisely because a **Mediterranean diet is rich in fruit and vegetables.**

Drinking a **glass of red wine every day** has also been proven to be healthy (please drink Spanish Rioja).

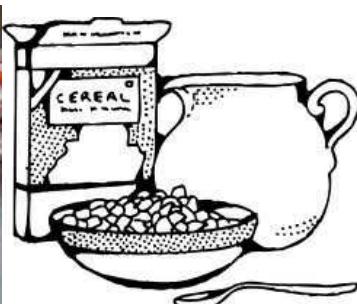


Step 2

Accompany the fruit & veggies with *reasonable amounts* of proteins (meat) and fish.

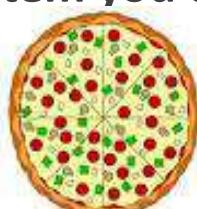


Purchase dairy products (yoghurts, milk, butter), cereal, juice, bread, cheese, ham, snacks (cookies, ice-cream, chips) in ***moderate amounts***. You do not need anything else.(I don't eat meat or fish)



Add in a pizza or whatever other food item you cannot live without.

preferably small!



Step 3

1) You have to commit to weekly exercise. There is no way around this. Exercise is a must. Start at your own pace. I recommend jogging as opposed to the gym or group sports for weight-loss purposes because:



- a) It allows you to enjoy the outdoors and breathe fresh air.** We already spend most of our time in our homes and offices. No need to add hours of indoor exercise.
- b) You are not competing against others.** There is thus no psychological pressure or fear of ridicule which interferes with your routine.
- c) You can incorporate errands you need to run into your jogging route and thus multi-task.**
- d) When in other towns and countries you also take in sights and new scenery.**

Whatever routine you establish – say 2 miles – becomes a benchmark which you can use to track your progress, all other things being equal during the week.

Step 4

Start out with a reasonable distance -- whatever you can do -- but stick to it.

Go on your jog every week. No excuses.

Only heavy rain or snow exempt you.

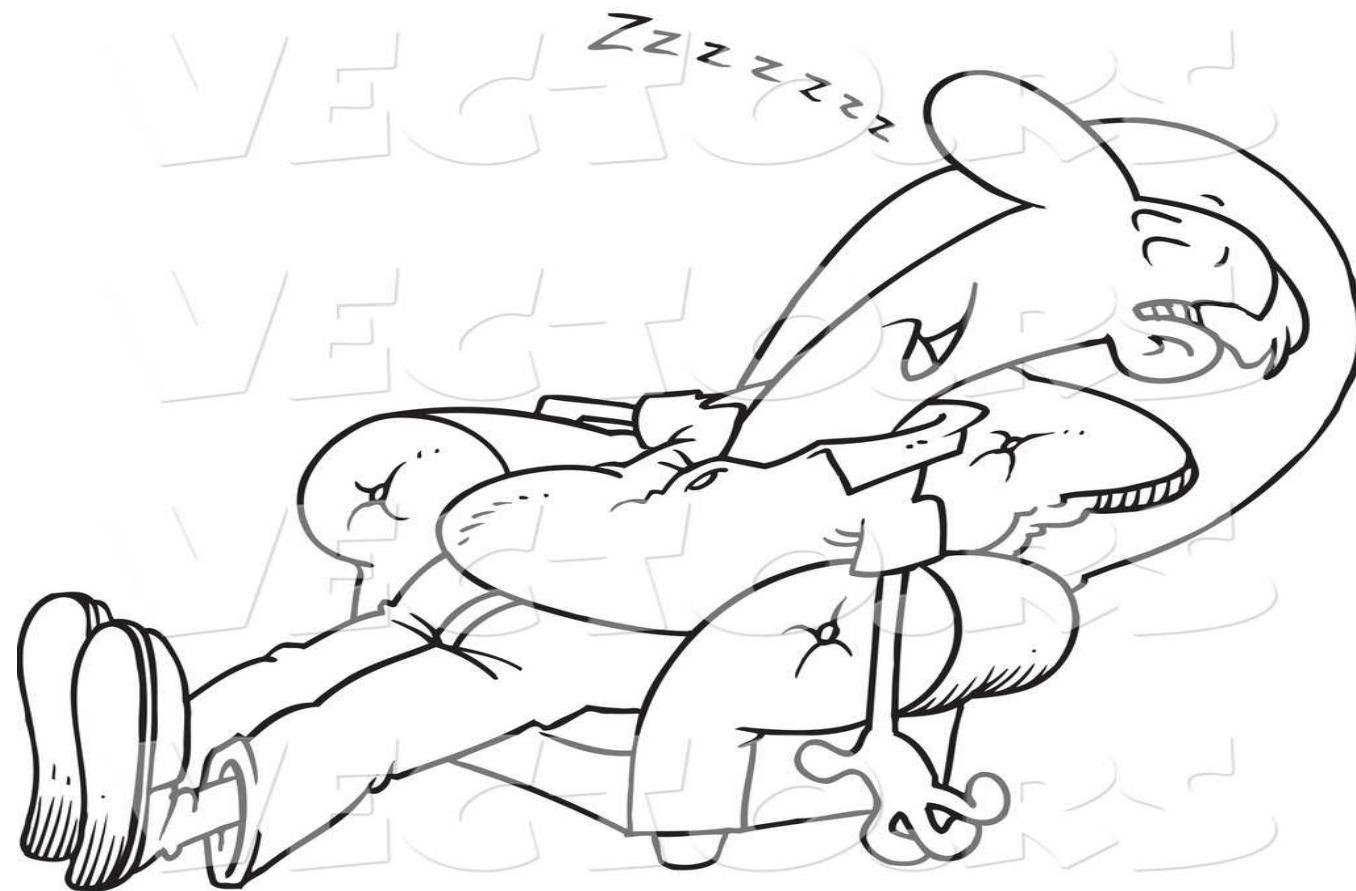
At Brandenburg Gate in Berlin with Barça fans
(Barcelona's soccer team if there is someone on this planet who does not know).



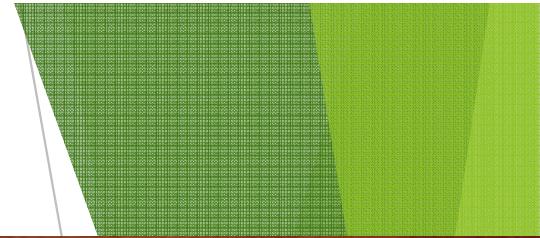
The conventional wisdom has always been that it is healthier to exercise several times during the week for shorter time periods. This may be accurate in theory. But with the busy and often unscripted lives we lead, it is very hard to commit and stick to a two- or three-day-a-week exercise program.

Step 5

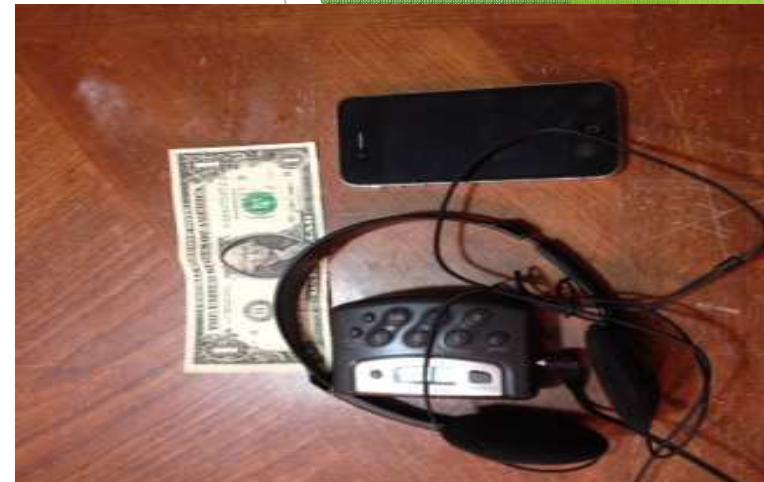
Get enough sleep before your jog



Repeat things which are healthy to memorize during your jog to focus your mind.



Make sure you take money & cell-phone with you when you go on your jog.



And music-hearing device if you wish.

During Snowmageddon winter 2009-2010 in Washington, on 16th Street

Listening to music wires your brain so it links exercise with a pleasant acoustic input.

Avoid rambling thoughts which might get you run over by a car.



Step 7

- When you get back home, drink as much as you want, but try to eat no more than some fruit.

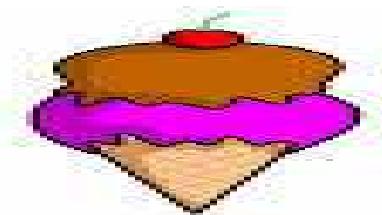


- No rewards.

NO !

YOU DON'T WANT IT!

IT DOESN'T TASTE WELL!



- Discipline yourself. You are jogging so you can lose weight and stay fit, not so you can continue to eat hamburgers, ice-cream or chocolate.

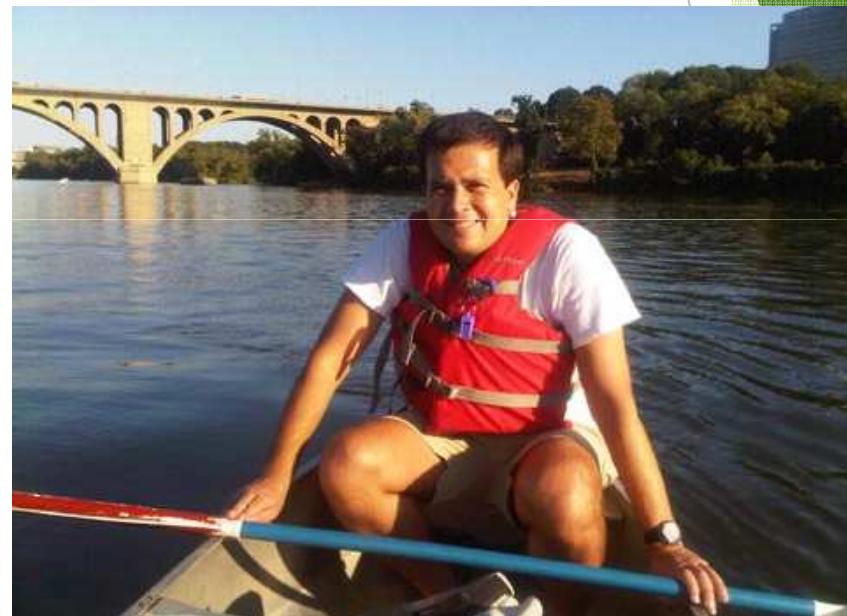
Step 8

Jogging and physical exercise releases endorphins, which make you feel better and happier (and induces the so-called runner's high).

Use the time period after you end your jog – when the effects of the endorphins are highest – to undertake some activity which you enjoy (obviously eating is prohibited).

One of mine in Washington, D.C. is rowing in the Potomac.

Or watching the NFL and Eagles



Read a book, watch something on TV, call a friend, write, etc. As you progress, you will be automatically programming yourself to look forward to the jog because it is followed by something you enjoy doing.

Step 9

As you are able to run longer distances or maintain your original distance for a few weeks, start to push yourself harder after you get back home from your jog.

I recommend **jogging on Sunday afternoons**. You have already gone to mass and watched the Sunday-morning news programs. For those with children, there is a time window before the evening during which the kids don't need to be put to bed.

As you **indulge in your reward-activity (eating forbidden!), apply all of your remaining energy to that activity until you feel unable to continue**. Get to a point where you feel you are running (in this case figuratively) on empty.

NO !!!!



You should not get to the point where you have symptoms, but you should experience exhaustion. This is a healthy exhaustion. One that is arrived at by exercise followed by undivided attention on a hobby. When you have reached your energy nadir, get something to eat – but do not binge!

Step 10

If you have a long day which combines professional and family obligations, chances are you probably reach for sweets, carbohydrates and unhealthy snacks and food to keep you going.

You have to drive the kids somewhere, read a report, mow the lawn, etc.

Your life requires constant action and you need more energy to complete it. You eat sweets and fatty foods. Very understandable.

If you can graduate from the initial 10-point program, you are ready to become a Grazer. And someone who looks forward to jogging, come rain or snow!

And who will order a pizza and not feel like eating more than one slice.



Result: Near-perfect-blood tests (May 2013)

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 Centre d'Atenció Primària Manso
 Laboratori
 C/Manso, 19
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 NASS: [REDACTED]
 Nom: MUNS RUBIOL, ALEXANDRE
 Sexe: 1M Data de naixement: 21.06.1969
 Data registre: 08.05.2013 10:39
 Data impressió: 08.05.2013 15:34

Página 1
 Petició: 135592

EAP Barcelona-5A (Marc Aureli)

Dr. / Dra. 10810713- [REDACTED] ME

ESTUDI BASIC DE SALUT

Paràmetre	Resultat	Unitats	Val. referència	Sig.
ANÀLISI DE SANG				
C Lluçà 9-2-2012 9-2-13				
HEMATOLOGIA				
Hemograma				
San-Leucòcits	6.90	10 E9/L	(4.00- 11.00)	ESP
San-Eritròcits	4.96	10 E12/L	(4.50- 5.90)	ESP
San-Hemoglobina	15.5	g/dL	(13.0- 17.8)	ESP
San-Hematòcrit	47.9	%	(41.0- 53.0)	ESP
San-VCM	95.0	fL	(80.0- 98.0)	ESP
San-HCM	31.3	pg	(26.0- 34.0)	ESP
San-CHCM	33.1	g/dL	(31.5- 37.0)	ESP
San-Plaquetes	324	10 E9/L	(130- 400)	ESP
San-VPM	7.4	fL	(6.5- 11.2)	ESP
San-Neutròfils	45.2	%	(40.0- 78.0)	ESP
San-Limfòcits	40.4	%	(17.0- 48.0)	ESP
San-Monòcits	8.1	%	(2.4- 10.5)	ESP
San-Eosinòfils	4.9	%	(< 7.0)	ESP
San-Basòfils	1.4	%	(< 1.7)	ESP
BIOQUÍMICA BÀSICA				
Srm-Glucosa	74.0	mg/dL	(70.0- 109.0)	ICR
Srm-Creatinini	1.15	mg/dL	(0.50- 1.30)	ICR
Estimació de la filtració glomerular (càlcul MDRD-4) Unitats expressades en mL/min/1.73 m ² Interpretació dels resultats: >60 Normal o compatible amb disminució lleua del FG 30-59 Compatible amb disminució moderada del FG 15-29 Compatible amb disminució severa del FG <15 Compatible amb fracàs renal o diàlisi	>60	mL/min/m ²	(59.00- 120.00)	ICR
Srm-Colesterol Valor desitjable: inferior a 200 mg/dL	207.0	mg/dL	(100.0- 240.0)	ICR
Srm-Bilirubina (T)	0.44	mg/dL	(0.20- 1.10)	ICR
Srm-Fosfatasa alcalina	85.0	U/L	(30.0- 115.0)	ICR
Srm-Aspartat aminotransferasa	28.0	U/L	(< 35.0)	ICR
Srm-Alanina aminotransferasa	17.0	U/L	(< 45.0)	ICR
Srm-Gamma-Glutamiltransferasa	20.0	U/L	(4.0- 49.0)	ICR

Note that my Cholesterol is a little over the desired target -- but this is the good Cholesterol (Doctor might want to challenge this).

How to Become a Grazer

- 1) There are no magic diets. Forget the calorie counting. Ditch the gym, with all the hassle it entails –membership, getting your bag ready, socializing, shower, dressing in the right clothes. **A systemic and structured jog from your home on Sunday to a set location and back to enjoy a favorite activity is an assured way of losing weight and becoming a grazer.**
- 2) There will be pain and sacrifice. No pain, no gain. **Start taking cold showers.**
- 3) **Start swimming in cold water all year.**
- 4) **When you shop for groceries, focus like a laser beam on your usual items** and don't allow yourself to be tempted by all those fatty foods. Aim to finish your purchase as soon as possible.



Whenever possible, walk instead of driving. Jogging to lose weight and then driving short distances defeats the point!

How to Become a Grazer

- 1) Walk up or down steps as opposed to taking the elevator if possible.**
- 2) As you perform your tasks during the day, do not allow others (vehicles, traffic lights, persons) to stop you. Think ahead when you are walking so you can minimize the time spent waiting for a red light to turn green.**
- 3) If you are confident enough, dash across streets after ensuring there is no traffic.**
- 4) When you inevitably are surrounded by crowds walking in different directions (metro stops, malls, crowded streets), look ahead to chart a course that will allow you to skirt others, walk very quickly and do not change course unless there is the risk of an imminent clash with another person. Most people in sophisticated cities respect fast but polite walkers, especially if you are well-dressed.**
- 5) If you want to become competitive, sprint whenever circumstances allow for a jog, jog whenever circumstances allow you to walk briskly, and walk briskly whenever you need to do things outdoors or at home.**

It is not that Hard!
Forrest Gump crisscrossed America w/o
training!

