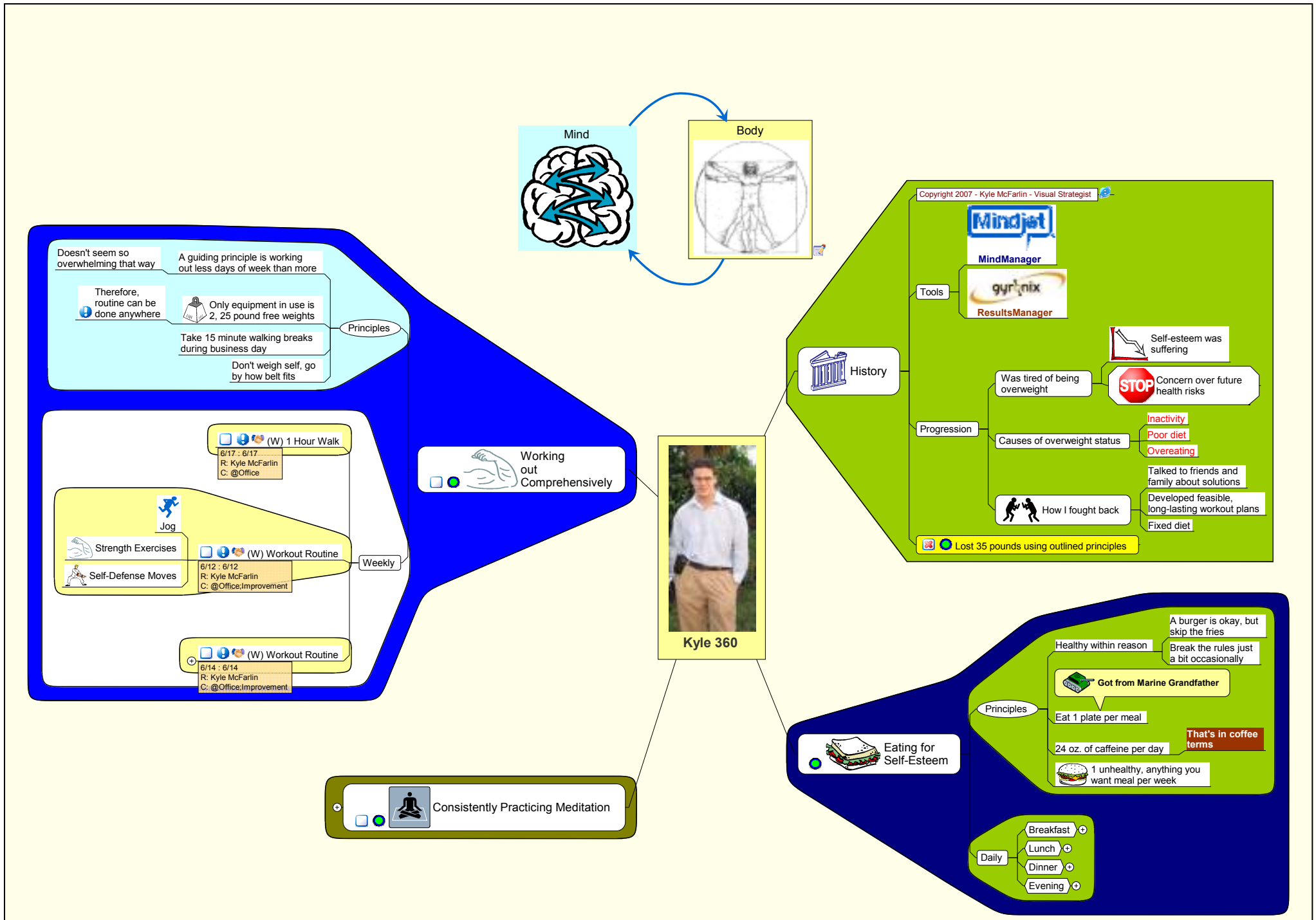
Mind
Body
Working out Comprehensively
Principles
Doesn't seem so overwhelming that way
A guiding principle is working out less days of week than more
Therefore, routine can be done anywhere
Only equipment in use is 2, 25 pound free weights
Take 15 minute walking breaks during business day
Don't weigh self, go by how belt fits
Weekly
(W) 1 Hour Walk
6/17 : 6/17
R: Kyle McFarlin
C: @Office
Jog
Strength Exercises
Self-Defense Moves
(W) Workout Routine
6/12 : 6/12
R: Kyle McFarlin
C: @Office;Improvement
(W) Workout Routine
6/14 : 6/14
R: Kyle McFarlin
C: @Office;Improvement
Kyle 360
Consistently Practicing Meditation
History
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Tools
MindManager
ResultsManager
Progression
Was tired of being overweight
Self-esteem was suffering
Concern over future health risks
Causes of overweight status
Inactivity
Poor diet
Overeating
How I fought back
Talked to friends and family about solutions
Developed feasible, long-lasting workout plans
Fixed diet
Lost 35 pounds using outlined principles
Eating for Self-Esteem
Principles
Healthy within reason
A burger is okay, but skip the fries
Break the rules just a bit occasionally
Got from Marine Grandfather
Eat 1 plate per meal
24 oz. of caffeine per day
That's in coffee terms
1 unhealthy, anything you want meal per week
Daily
Breakfast
Lunch
Dinner
Evening