



FIRST CAPITAL GYM

**START FEELING
GREAT AGAIN**

**THE 5 PILLARS
TO ACHIEVING MAXIMUM
HEALTH**

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Start Feeling Great Again: The 5 Pillars to Achieving Maximum Health

If you're reading this, I'm guessing that your energy levels are low and you just don't feel like yourself anymore. You wake up early every morning, grab a large coffee and head to work for the next 8-10 hours. After a stressful day at work and numerous coffees and/or other highly caffeinated drinks, you head home, eat a quick dinner and take the kids to practice. Around 7PM or later, you're finally home for the night where you watch television or help the kids with their homework until you go to bed around 9 or 10.

If you're like most adults I have met during our first day consultation at First Capital Gym, you fall into one or more of these categories.

- **You're not eating well.**
- **You're not exercising, and if you are, you're probably not getting the results you want.**
- **You don't sleep,**
- **Your stress is through the roof**

.....and you wonder why your energy levels are low!

The good news is.....you can definitely do something about it! It might take a little work but I promise you it will be well worth it. At First Capital Gym, we believe there are 5 pillars to achieve maximum health. They are

- **Nutrition**
- **Supplementation**
- **Exercise**
- **Sleep/stress management**
- **Lifestyle**

In the 16 years I have been working with people, these are the 5 most important factors that will not only affect your health, but weight management and performance. Let's take a small dive into each one and see how it can affect your health.

Nutrition

Whether your goal is weight loss, performance enhancement, or just general health, **NUTRITION IS KING!** You are what you eat.....or don't eat. This isn't a book on nutrition and we're not going to get in-depth on the topic because it can get complicated. **The complication comes from all the fad and "get quick results" diets that you see on the internet and television.**

"Should I eat carbs?"

"Are carbs bad?"

"Is eating fat going to make me fat?"

"Is 1000 calories enough calories for me in one day?"



These are all questions myself and the other coaches at First Capital Gym get from new people starting with us. No, not all carbs are bad and eating fat isn't going to make you fat.

You need both and eating only 1000 calories a day is a sure fire way to burn out and screw up your metabolism.

If we could generalize the common problems with most people's nutrition, we could sum it up like this:

- **People are not eating enough protein**
- **People are consuming too much grains and sugars (these are the carbs that you want to keep away from as much as possible)**
- **People are eating too much and are not aware of it**
- **People are unaware of the snacking they do throughout the day**
- **People are not drinking enough water**

When people are lacking energy and/or gaining weight, we immediately look at those 5. In every occasion, one or more of them are happening. If you're having the same problems, try doing the following:

- **Consume 1 gram of protein per bodyweight**
- **For one week, journal everything you eat. I guarantee you'll be surprised of how much you eat**
- **Decrease the amount of grains and sugars you consume**
- **Stay away from the sugared drinks or at least decrease the amount**
- **Refrain from the snacking during work and late night**
- **Try to drink half of your bodyweight or more in ounces of water**

At First Capital Gym, we look at nutrition not as a diet, but a lifestyle.

Diets work for a short period of time but they are not sustainable. I'm sure you or someone you know has been on a diet. In most occasions, in the beginning, you'll lose some weight (or a lot) by massively restricting your calorie intake. In 2-4 weeks, you'll start feeling like crap.

Your energy will be low and you will always seem to be in a bad mood. A week or two after that, you will gain all the weight back and then some. We have seen it countless times. Make your nutrition choices a lifestyle and you'll find a lot more success.

Just a heads up, we simplify the nutrition process during our

6 Week Personal Training Experience!

If you're looking for more help, click here now>> <https://www.firstcapitalgym.com>

Supplementation

Unless your nutrition, lifestyle, and stress management are perfect, chances are, you could benefit from supplements. Should you try to get your vitamins and nutrients from whole foods? Yes, but like I mentioned in the previous section, most people's nutrition is suspect at best. Lots of people ask us what type of supplements they should take. We realize there are thousands of supplements out in the market which can make it confusing. Heck, it's confusing to me and I know more about them than most people. Generally, we think most people would benefit from these supplements:

- **Multi Vitamin**
- **Protein supplement**
- **Fish oils**
- **Vitamin D**
- **Magnesium**
- **Greens mixture**



Coach Mike Allen, from First Capital Gym, wrote some real informative blogs on some key supplements. In the next few days, you'll be receiving those blogs by email to help you out.

Just like everything you buy, there are supplements that are excellent and some that are junk. **We recommend getting supplements that have a CGMP label on them.** This stands for Current Good Manufacturing Practice which are regulations enforced by the FDA. Unfortunately, it's not hard getting in the supplement business, so make sure you look for that label.

Exercise

You were made to move! Unfortunately, people are more sedentary than ever before. **With the addition of bad eating habits, lack of sleep, and high stress, the obesity rate is sky rocketing** and it doesn't seem like it's going to drop anytime soon. Why don't most people exercise? People understand the importance of exercising so why don't they do it? At First Capital Gym, we have all of our new members do a one-hour strategy session before starting. It provides us with a blueprint and a plan on how we'll get the member to their goal. **95% of the time, the person starting hasn't worked out or exercised in years!** I always ask why and here are the usual answers:

- **I don't have enough time**
- **I have no idea what to do**
- **I don't want to look foolish in front of other people**
- **I feel intimidated walking into a gym**



99% of the time, one of those four answers is said during the strategy session. Like nutrition, I think those answers are said because people tend to complicate things. Let me explain a few of them.

“I Don’t Have Enough Time”:

I get it, you’re busy. So is everyone else. Do you have 20-45 minutes 2-3 times a week to work out or exercise? If you said no, I recommend you going through your schedule and see what’s taking most of your time (excluding your job).

What I mean is that I find a lot of people spend time watching television, scrolling through social media, and on the computer.

Lots of people think they have to spend hours at the gym every day to get in shape and be healthy.

That is totally false.

Most of our members at First Capital Gym have high stress jobs. The last thing they want to do is spend hours at the gym. The majority of them come in and feel great by working out 2-3 times a week at 45 minute clips.



“I Don’t Want to Look Foolish in Front of Other People” and “I Feel Intimidated Walking into a Gym”:

Truth be told, I never even thought of this until about 4 years ago. It never entered my mind because I never felt this way walking into a gym. It wasn’t until I enrolled in a public speaking course that I realized what other people felt. I’m not ashamed to admit, I was scared out of my mind walking into that course. I get it now. But something else also happened, **I realized it was all in my head.**

I see it with the new members at First Capital Gym. After the first 1-2 sessions, they don’t feel out of place because they realize none of the other members are watching them. After they realize this, myself and the other coaches can literally see them build confidence after each session. It’s truly remarkable to watch.



You should never have to feel intimidated walking into a gym. If you are, I would recommend finding another gym that’s more suitable to your needs.

At First Capital Gym, 95% of our members are 40 and over so we constructed our gym atmosphere to support that. We also only do Small Group Training sessions (2-4 people per group) and Personal Training sessions that are by appointment only. This is great for people who hate big crowds (like myself).

When it comes to working out, don’t over complicate it! If you need help, ask for it. We actually have a 6 week program that we allow new members to try out our gym.

For more information check out our 6 Week Program here >>

<https://www.firscapitalgym.com>

Sleep/Stress Management

I combined the two of these together because they both affect each other, and most people don't recognize the importance they have on their health. **If you're like most of our members at First Capital Gym, you have a high stress job, you're involved with your kids' or grandkids' activities, and you're always on the run.** High levels of stress have many consequences including

- **Insomnia**
- **Low energy**
- **Low work productivity**
- **More susceptible to illnesses.**



Chronic long term stress may involve more medical problems like

- **Mental disorders**
- **Sexual dysfunction**
- **Cardiovascular disease**
- **Obesity**

High levels of constant stress also increases cortisol levels. If your body is constantly pumping out cortisol, you'll increase your chances of gaining weight, heart disease, digestive problems, increased blood sugar levels, and a less than optimal immune system. Mix in 3-4 hours of sleep a night and you have a recipe for disaster!

Earlier, I mentioned that we hold a Strategy Session for new members at First Capital Gym. Two questions we always ask is, “how are your stress levels” and “how many hours of sleep do you get a night?” We sometimes get a puzzled look because it wasn’t something they expected us to ask. Like I mentioned, the majority of our new members (and current members) have high stress jobs and get little sleep. We now know the problems that this can have on someone’s health. The truth is, you can eat great, and exercise every day, but still live unhealthy (including weight gain and decrease performance) if you don’t address stress and sleep. We’ll get into that now....

People don’t understand the affect stress has on their health. The good news is you can do something about it. Some things you can do to decrease your stress levels are:

- **Exercise daily**
- **Get involved in hobbies**
- **Walk outside daily**
- **Meditate, pray, and use other relaxation techniques**
- **Eat healthy**
- **Get enough sleep**
- **Recover between exercise sessions**
- **Learn how to say “no”.....not saying “no” gets me in trouble as well**
- **Do regular brain dumps: this is when you spend a 15-30 minutes at the end of the week to just write on a piece of paper everything that’s on your mind**
- **Take Supplements: you’ll receive an email later on this topic**
- **Take long weekends**
- **Stay off social media**

Usually, with high levels of stress, a lack of sleep follows. Like we mentioned earlier, high stress and minimal sleep are a recipe for disaster. Many of the same side effects that come with high stress are the same as a lack of sleep.

- **Weight gain**
- **Sexual dysfunction**
- **Anxiety/depression**
- **Risk of heart disease**
- **Digestive problems**

Remember in the beginning of this section when I said that our first goal for new members is to work on stress management and sleep? Now you know why. It is so important. If you don’t address them, you’ll continue running in the wall and not achieve the healthy life and results you want.

I want to share with you a personal story on just how much stress and sleep can negatively affect your life. Back in August of 2018, I decided to run my own gym and go off on my own. We signed the building lease and got the loan to start. From August 2018-January 2019, it was rough, to say the least. I had a full time job, did training on the side, and I was trying to put a gym together. Painting, floor designs, equipment purchasing and handling (that could be a book right there), an ice storm that prevented our installation from happening, my business account being hacked during all this, just married, and codes/regulations. If you ever ran a business, you know what I mean.



At most, I slept 5-6 hours a day. In a short amount of time, my weight went from 185 to 204. I felt and looked like garbage! I was still working out every day and eating fairly clean but the constant stress and lack of sleep took a toll on me (and my family). Now, as time went on and we started to grow, I was able to delegate things. I also quit my full time job in August 2019. When that all happened, my weight dropped back to normal and I had a ton more energy. I'm telling you this because I want you to realize how serious stress and sleep can be and it can happen to anyone.

Like with stress, there are ways you can help improve and get more sleep. Coming from a person who sometimes struggles with sleep, I will tell you that **you must find what works for you can keep doing it.**

I've tried many things but found these strategies help me out the most:

- **Turn off all social media 20 minutes before bed**
- **Wear blue light glasses with orange lens**
- **Refrain from talking about work and projects before bed**
- **Supplementation: you'll get an email about this soon**
- **Prayer, meditation, and/or other relaxation techniques**

Again, stress management/sleep are huge factors in your overall health as well as weight management. Working on these two and addressing the problems will get you ahead a lot faster.

Lifestyle

In essence, your lifestyle will dictate your health. Your work, family, nutrition, exercise, and many other factors influence your lifestyle. Except for your job (unless you quit), you basically have control of your lifestyle. You have control if you want to eat healthier. You have control of what time you go to bed. You have control to start exercising. It's really up to you.

We recently had Ali Weingroff as a guest speaker at First Capital Gym. She's considered one of the top female trainers in the fitness industry. Her talk was dedicated on how your lifestyle is actually more important than what you do at the gym. **In a nutshell, it's this simple, you're not going to out train a bad diet and lifestyle.**

Meaning, you can go to the gym 2-4 times per week and still make no changes in your health or weight if you're not sleeping, eating garbage, and hitting the bars every weekend.



Lifestyle also includes the people you associate with. The people you “hang around” with the most may have a bigger influence on you than you might expect. **A mentor of mine once told me you're the sum of the 5 people you surround yourself with the most.** It's probably the truest advice I ever heard. Most people who live healthy, eat right, and exercise have friends that do so as well. If you take anything away from this book, please take this: **If you're looking to start living a healthier life and people in your inner circle aren't going along with it, don't support your decision, or are pulling you away from your goals, get rid of them**. I have seen many times a person wanting to eat right, exercise, and do what they can to live a healthier life, but get derailed because someone in their inner circle doesn't like their new lifestyle. In most situations, that person isn't supportive because they're either jealous or they can't do it themselves and want you to feel miserable with them. We call them “ass anchors,” and they'll slow you down in every aspect of your life.

StartFeelingGreatAgain

To help you out, here's some things that I have learned along the way to help me stay grounded to a healthier lifestyle. It's planning things out throughout the week to help keep you on track. When I was in the Marines, we believed in the 6 Ps. Proper Planning Prevents Piss Poor Performance. I always liked that and it makes total sense. If you plan things out, I have found things to be a lot easier.

- **On Sundays, plan your week out. I have a Focus Planner that I bought that keeps me on track**
- **Stay committed to going to bed the same time every night. If you can, even on weekends**
- **Wake up around the same time every day**
- **Plan ahead the days and times you want to work out. Know what you're doing each time you go in. Going into the gym aimlessly and without a plan isn't the way to go.**
- **Put your supplements that you're going to take throughout the week in container that's broken up into days. Going through the different supplement containers every day is one more obstacle to overcome.**
- **Know what you're going to eat going into the week. Thinking of meals on the fly we have found, increases your chances of making healthier decisions. Luckily for me, my wife handles this.**
- **Stay in touch with family and friends throughout the week**
- **Schedule some alone time for yourself to gather your thoughts. This is a good time to meditate, pray, or whatever other relaxation techniques you do. Personally, after I do this, I plan my week out and look at what needs to be done.**

In the beginning, these may seem like a lot. It was for me as well. I recommend doing a couple of them in the beginning and adding more as you go. You want to get to the point that it becomes a habit and not a chore. You can look at it as part of your lifestyle.

I hope you came away with some useful information to get you started living a healthier life. **To recap, at First Capital Gym, we believe that good nutrition, exercise, supplementation, stress management/sleep, and lifestyle are the keys to living a healthy life. But the choice is yours, nobody else is going to do it for you.**

Since you read this far, I believe you're willing to make that choice. If I were you, start slow in each of the 5 pillars. Doing too much too soon might be overwhelming. I've seen that happen too. If your sleep is off, try to add an hour a night. If you eat sugars at night like cookies and ice cream, try cutting that out first before changing all your eating habits. If you haven't exercised in a while, find a coach/trainer to help you get back into things. Like I mentioned in the lifestyle section, the more you make things a habit and not a chore, the easier things will be!

PS>> If you have any questions regarding anything in this book, you can email me personally at ryan@firstcapitalgym.com and I'll try to answer questions you have.

Just a reminder, if you're looking for more guidance and direction, our 6 Week Personal Training Experience is perfect for you.

Click here for more information on our program: <https://www.firstcapitalgym.com>

Recommended Readings:

“Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones” by James Clear

“Mindset” by Carol Dweck