

The LeannessLifestyle

*Proven Strategies
to Sculpt Your
Body, Heal Your
Mind and Become
Better Today*



David and Tracy



by David Greenwalt

Acknowledgments

The Leanness Lifestyle started as a dream—a dream to help others transform in body and mind. The dream became a goal when I wrote it down, gave the dream clarity, and publicly committed it to dozens of people I know and respect. Goal or dream, there is no way this fourth, but first-bound edition, would have become a reality without the support and love of many individuals in my life.

Thank you first to my beloved mother. As my original mentor I am beyond grateful for your unconditional love. For making me feel special and talented but recognizing that we all must focus on what we do best, accepting that no one truly gets it all. For raising me to be a strong and independent person, filled with confidence and pride. For making me your favorite son when I was most in need. For teaching me how to laugh and keep life's challenges in perspective. For showing me the importance of recognizing the value of the simple things in life. For teaching me the true meaning of compassion for others. For always being there for me until the moment of your untimely passing.

Thank you to my father for teaching me the value of a day's pay for a day's work. For accepting the responsibility of raising me and providing for our family without reservation or appearance of burden. For showing me how to live knowing that all I have is always more than enough. For providing me the true experience of forgiveness that I now share with others. For simply being there day in and day out as I was growing up and giving me a sense of consistency and groundedness.

To my cousin, blood brother and childhood best friend Dallas. Even though you were only a few years older than me, it's hard to even imagine where I might be right now, had I not had you to look up to in my very early years. For helping me know it was good to do my own thing, not to conform to the peer pressures of youth, and being the first person to show me how to get a real bicep pump.

Thank you to my lovely wife Tracy. For sticking with me as a teenage bodybuilder. For putting up with all the foolishness that goes along with being the girlfriend of a guy who just “knows” he has to workout two hours a day, six days a week. For never leaving in times when you probably should have and for honoring our commitment to each other more than 20 years ago—through thick and thin. For letting me spread my wings and watching me start and fail many times in many endeavors. For delivering our three wonderful, healthy children. For taking care of our home, the children and me on a daily basis. For allowing me to watch you become more beautiful today than the day we met. For getting mad or upset *for* me when I'm not publicly allowed to do so. For laughing and crying with me during so many highs and lows over so many years. For being the love of my life and my one, true best friend.

Acknowledgments

I must thank my children for helping me keep a sense of perspective for what's truly important in life. For teaching me new meanings for patience, understanding and love. For providing a drive for me to become better than I would without you three in my life. For getting to experience all the joy of being your Dad.

To Snooky for asking me to train with his group in the Summer of 1982. For being the first to really show me what it took to grow muscle.

I must thank all the training partners and gym rats I've hung with, trained with, laughed with, laughed at and come to know in the past 20 years. The laughter and friendships created in the gym are cherished, and without question, helped keep my interest early on.

To especially the charter-coaching members—many of who are still with me today—but also the current members, of my coaching program. Thank you for sharing your lives with me. For allowing me to get to know many of you at a very personal level. For letting me share in your transformation journey. For setting me straight and allowing me to take original, yet scattered ideas, to create a complete system embodying all that is the transformation journey. For hanging tough with me when others were jumping ship with the slightest hiccup in the development of the program. For letting me share your stories with others so the honest message of transformation can benefit those who are about to begin their first or fifteenth weight loss program.

To those who worked directly with me on preparing the published work you hold today I thank you. Glenn, Colleen, Elisa and others helped turn my garbled initial drafts into a better looking, better flowing finished work.

Many hands were involved in the production of this, the fourth edition of The Leanness Lifestyle. There will be many more lives this edition will touch. The Leanness Lifestyle, as with the journey of your body and mind transformation, is ever evolving. As this edition touches the lives of what's sure to be thousands, I will have many more people to thank as the next edition develops, beginning with tomorrow.

Table of Contents

Acknowledgement	i	02. Are You Ready To Change? cont.,	
Table of Contents	iii	Leverage For Maximum Focus	
Introduction	viii	and Commitment	40
		Summary	61
01. Beyond Diet ...		03. Body Composition and Obesity	63
The Journey of Transformation	01	Measuring Obesity	63
Who Wants To Be Normal?	01	Other Important Points to Consider	71
Why Are You Reading This Now?	04	Normal and Desirable Body Fat	71
Results–Not Theories	06	Progressing Through Life Stages	72
Not Long Ago I Was Also Flabby	07	Summary	75
Joe Normal	10		
What The Lifestyle Is And Is Not	11	04. Your Weight–Everything You Wanted	
Who Is The Lifestyle Really For?	12	to Know But Were Afraid to Ask	77
Competitive Bodybuilders Can		Two-Component Model	77
And Should Use The Lifestyle	13	The Bathroom Scale: Friend or Foe?	83
What If My Goal Is To Gain Weight?	13	What Will I Weigh When I am There?	88
Mr. Skinny Fat	14	Water-Weight Fluctuations	89
Ms. Skinny Fat	15	Summary	93
You Haven't Tried Everything	15		
Legal Duty	17	05. Nutrients–The Fuel That	
Summary	18	Feeds the Body	95
		Carbohydrates (Sugars)	97
02. Are You Ready to Change?	19	Glycemic Index	107
Will Power	19	Insulin Management	108
Laziness	20	Lipids (Fats)	115
Lack of time	20	Total Fat <30 Percent–	
Winding Road of Change	21	Saturated Fat <10 Percent	122
Sam I Am	22	Protein (Groups of Amino Acids)	124
Pre-contemplation–Stage 1	24	Adequate Dietary Protein Necessary	126
Contemplation–Stage 2	25	Lifestyle Guidelines for Protein Needs	127
Preparation–Stage 3	32	Vitamins (Metabolic Spark Plugs)	134
Action–Stage 4	32	Minerals (Frame Support	
Maintenance–Stage 5	34	but Much More)	134
Termination–Stage 6	35	Water (the Hidden Miracle Nutrient)	134
Processes of Change	36		

Table of Contents

05. Nutrients—The Fuel That Feeds the Body cont.,	
Alcohol (Calories and No Nutritional Support)	135
Feeling Good, Improving Energy, and Experiencing Normal Hunger	137
Nutrient Density	141
Evolutionary Eating	142
Macronutrient Charts & Lifestyle Food Pyramid	144
Summary	145
06. Energy Balance	147
Daily Energy Expenditure Needs	148
Thermic Effect of Food	157
Adaptive Thermogenesis	157
Can You Eat Too Few Calories?	157
Relative Caloric Deficit	159
Putting It All Together	161
Zig Zagging	164
Tom Follows the Lifestyle to Healthy Weight Loss	165
Julie Follows the Lifestyle to Healthy Weight Loss	167
Any Calorie Can Make You Fat	169
Stuck Low-Carbers Today No Different Than Stuck Low-fatters of the 1980s	171
Fasting—Starvation on Purpose	176
Yo-Yo Dieting	177
Zero Calories—What If?	180
Caloric Entitlement	182
Jen Gets Real	183
Summary	185
07. The Small Stuff You Can Sweat	187
You Can Handle the Truth	187
Sweat the Small Stuff?	189
When You Don't Know What You Think You Know	190
It's Time To Start Logging	192
When You Fall Down	195
Summary	196
08. Meal Frequency and The Splurge Meal	197
Eating 4 to 6 Times Per Day—How To?	199
Splurging—Not a Trigger, No a FREE Meal	200
Splurge Meal Guidelines	204
Summary	207
09. Goals Are A Must But You Better Know “Why”	209
Choose Performance Over Outcome	210
And So It Is Written and So It Shall Be Done	214
Lifetime Achievement Fitness Goal	215
Public Commitments—Not Private Pledges	221
David Competes and Builds a Website	222
A Price to Pay	223
Know Your Why	225
Summary	234
Center Photo Section	CI
10. Eating Well Wherever You Are	236
Eating at Home	236
My Seven Breakfasts at Home	238
My Six Lunches at Home or Prepared at Home	239

Table of Contents

10. Eating Well Wherever You Are cont.,

My Six Dinners at Home	240
Snacks at Home	242
Don't Keep Your Weak Foods In The House!	243
Everyday Eating Away From Home	245
Holiday and Special Occasions	249
From Thanksgiving Through January 15th	251
Taking the Lifestyle on Vacation or a Trip ..	252
Summary	257

11. Triggers, Addiction and

Self-Regulation	258
Trigger Foods	260
Your Eating Print	262
Learn Your ABCs	265
17 Tips To Counter the Trigger Food Battle:	269
Food Addiction	271
Self-Control is a Limited Resource—Spend It Wisely	278
Self-Control Success	282
Summary	283

12. The 24 Most Common

Lifestyle Booby Traps	285
#1: Living by a False Set of Nutritional Rules	285
#2: Regusing to Accept That Your Reality is Within Your Control ..	286
#3: Mutilating the Lifestyle Into a Diet ..	291
#4: Basing Your Commitment on Support From Loved Ones and Friends	293

12. The 24 Most Common

Lifestyle Booby Traps cont.,

#5: Not Properly Addressing Ambivalence	297
#6: Improper Handling of Food Pushers (not saying no at least once) ..	305
#7: Relaxing the Lifestyle on the Weekends	307
#8: Perfectionism	308
#9: Fighting What's Right	308
#10: Playing the Victim Instead of the Victor? ..	309
#11: Living Your Life Looking in the Rearview Mirror	309
#12: Not Forgiving Yourself and Others ..	311
#13: Becoming Just Like Your Negative Parent(s)	312
#14: Running on Empty Too Long	315
#15: Too Little Sleep	316
#16: The EITHER/OR Syndrome	316
#17: Making It About Him	319
#18: Making It About Her	322
#19: All Married People Get Fat	324
#20: Assuming the Inevitable Crisis Will Become No Longer Inevitable ..	329
#21: Foolish Freedom	330
#22: Awfulizing the Lifestyle	333
#23: Remaining a Professional Student ..	334
#24: Depression and PMS	335
Summary	337

13. Benefits of Regular Physical Activity 340

With or Without Oxygen	343
Making Physical Activity a Part of Your Life	344
Summary	345

Table of Contents

14. Resistance Training for Everyone	346	14. Resistance Training for Everyone cont.,	
Resistance Training Benefits	.347	Advanced Resistance Training Methods	.380
Attention! Women Afraid of		Pre- and Post-Workout Nutrition	
Growing Muscle!	.347	for Resistance Training	.381
Resistance Training 101–		Post-Workout Meal Paramount for Success!	.383
Fundamentals of Hypertrophy	.348	Delayed Onset Muscle Soreness (DOMS)	.386
Workouts Should Be Goal Oriented–		To Squat or Not to Squat–	
Not Seat Of Pants Generated!	.351	There is No Question	.386
Periodization Provides the Lifestyle		Can We Change Muscle Shape?	.388
Resistance Training Foundation	.353	Exercise List and Selection	.390
Repetitions	.357	Eight Steps to Creating a Massively	
Sets	.357	Effective Periodization Program	.395
Momentary Muscular Failure	.358	Summary	.398
Volume	.358		
Intensity	.358	15. Aerobic Lifestyle Prescription	400
Volume or Intensity, But Not Both	.359	The Real Benefits of Aerobic Training	.400
Tempo	.359	The Fat Burning Zone and	
Time Under Tension	.360	Morning Aerobics	.401
Rest Intervals	.361	Myths and Realities of Aerobic Training	.403
Partners	.364	What Is Effective Aerobic Activity?	.404
Damage Muscle During a Workout Repair		Determine Your Target Heart Rate	.404
and Grow Muscle when You Rest	.365	The Prescription	.405
Muscle Group Priority and Exercise Order	.365	Aerobic Training and Muscle Loss	.407
Frequency	.366	Interval Training for the Advanced	
Do Not Train the Same Body Part		Transformationist	.408
Two Days in a Row (Usually)	.371	The Interval Solution to Boring Aerobics	.409
Duration	.373	An 8-Week Interval Training	
Proper Form	.373	Program Defined	.410
Free Weights vs. Machines	.374	Summary	.414
Finding the Right Starting Weight	.375		
Lifestyle “Find Your Max” Chart	.376		
Warm Up	.376		
Stretch As You Go	.377		
Keep A Training Log!	.378		
Microloading–A Personal Best Every Week!	.379		

Table of Contents

16. Contest or After		Appendix	A454
Photo Preparedness	416	Beginning to Intermediate	
Four Weeks Left Until the		Find Your Max ChartA455
Show or After Photos416	Intermediate to Advanced	
Professional Photographers and Poses418	Find Your Max ChartA456
Dietary Supplements419	The Metropolitan Life Insurance	
Putting the Supplements All Together		Company Height / Weight ChartA457
Four Weeks Out424	Body Composition by Three-Site SkinfoldA458
Putting It All Together Two Weeks Out425	BMI CalculatorA459
The Last Week426	Weight GraphA460
Four Common Questions About		Basic Lifestyle Food ChoicesA461
This Method of Pre-Contest/			
After-Photo Preparedness431	Index	I464
Summary432		
17. Maintenance and Beyond	433		
After Photos and the Honeymoon433		
Set-Point Theory of Weight Control434		
What's Next?436		
Moving Toward Hunger and Fullness440		
If Things Don't Turn Out as You Planned442		
Setbacks are Normal—Keep Trying!443		
Do Something Everyday You			
Don't Want To Do443		
“This Is Just Me Now”448		
David's Epiphany450		
Summary452		

Introduction

If you're like most people who read *The Leanness Lifestyle* for the first time, you probably know very little about me—the author. Who is David Greenwalt and what gives me the right to claim to have enough valuable body transformation knowledge that I should feel compelled to write a book about it? If you would like to get a better feel of who I am, where I came from, and why I knew *The Leanness Lifestyle* had to be written, then get comfortable and allow me to properly introduce myself. I'll also discuss how *The Leanness Lifestyle* developed into what I believe is the most comprehensive body transformation guide ever developed for men and women.

Hello, my name is David Greenwalt, a midwestern-born and raised 37-year old (as of 2002), husband of wife Tracy and father to Steven, Christopher and Elizabeth. I don't define my role as husband and father in the first and second positions accidentally. My family truly comes first. But next in line comes my passion for fitness and helping others transform into all they are capable of becoming. Allow me to digress a bit and tell you where I've been before I tell you more about why I place helping others so high on my life's priorities.

My interest in fitness began in grammar school. My memory then was always being intrigued in those who were physically superior to others. In 5th grade I earned the President's Physical Fitness Award. Remember this award? Several events ranging from the standing broad jump to the baseball throw. I don't remember all the events but I do remember wanting that award badly.

I also have a vivid memory of one particular science class in 7th grade. My teacher asked the class who we thought were the most physically fit athletes. I was pretty shy and quiet in those days but as I listened to the other kids shouting their favorite team sports (football players!, baseball players! hockey players! etc.), I couldn't help but think that bodybuilders just had to be the most physically fit. How could they not be? I mean, look at them! I felt so strongly about it that I actually performed a rare act and raised my hand to answer. The teacher called on me and I answered "A bodybuilder?" It was pretty obvious in 1978 that I caught him off guard. He really didn't know what to say. It's not like bodybuilding was akin to apple pie or Chevrolet back then. Oh, the science teacher's answer? Swimmers. Now, some bodybuilders are really swimmers and just don't know it, and maybe that's who my teacher was talking about. I'm not sure.

Like many lifelong resistance trainers, I started piddling with weights at the early age of 14. I remember as a sophomore in high school, and recently-graduated student of the high school driver's ed program, doing curls at home until I thought I'd puke and then going out for a ride on my motorcycle so others could see my great bicep pump. Of course, no one paid any attention to my 13-inch guns but here's another vivid memory I have of those rides. "Man, if I could just hold this pump forever that would be awesome! It would be great to be *this* big all the time!" Jump to the present. I took a ride on my motorcycle (no, not the same motorcycle I owned then) today with no pump whatsoever and found myself still trying to see in the rear view mirrors if

that bicep had the look I was after. It does. Twenty years later. But it does! I guess it's true that failure just cannot handle persistence.

I didn't really begin to train systematically or consistently until the summer of 1982, just prior to the start of my senior year in high school. I had dreamed of growing larger muscles but didn't know how to start, probably like many of you reading this today. I was a whopping 140 pounds. I was first introduced to hardcore resistance training and bodybuilding by local Adonis Richard Rutherford. Richard got me started by asking if I wanted to train with him and his circle of training partners. Together, we trained on ancient, smelly equipment at our local YMCA. As amazing as it may be for some, the few, simple pieces we trained on were all we needed to grow. After a few weeks of serious training I remember my first attempt at an all-out maximum single repetition on the bench press. It was 170 pounds and that's all I had in me. Within six months of starting, however, I could bench press 265 pounds and weighed 165 pounds. As many of you have observed or will observe, progress and success are contagious and addicting. As a senior I was so dedicated to my six days a week training regimen that my physical education teacher allowed me to skip regular P.E. so I could hit the weights. I mean, come on! Volleyball over weight lifting? No way! At least not for me. I still feel so incredibly lucky Richard asked me to train with him that summer day in 1982 but now for different reasons. Not only was he my original mentor for resistance training and bodybuilding but he is a great man and great friend to this day. For whatever reason, I tend to create or experience life-changing events in clusters. Not only did I begin serious bodybuilding training in 1982 but it was that same year I met Tracy and off we went on our very first date.

In 1986 I competed in my first bodybuilding competition at Western Illinois University. I dieted quite insanely and you will read more about that in Chapter 1. In 1987 I earned a Bachelor in Science degree from Western. I also married Tracy that same year. Hard to believe 15 years of marriage have gone by so quickly. In keeping true with my cluster of life-changing events, that same year I operated my first business by purchasing an existing, but failing, gym in my hometown of Dixon, Illinois. Co-Ed Fitness Center II was mine! At the same time I was a Dixon Police Officer. Even though I put in 40-50 hours of shift work per week as a police officer, the additional hours necessary to make Co-Ed II thrive were hours that really didn't feel like work to me. I believe I had a natural propensity toward entrepreneurship and also knew I loved being fit and being surrounded by others who sought the same.

Between 1987 and 1990 I continued to train hard and started coaching members of Co-Ed Fitness as well. I was sent to Northwestern University by the Dixon Police Department to participate in their "Physical Fitness Instructor Training for Police Officers" and really enjoyed it. Between coaching others and receiving specialized training in the field to evaluate and teach others, I felt I was coming into my own. Co-Ed continued to grow but I eventually sought and accepted a position with the Illinois State Police. As a young businessman, I hadn't established a business model that would afford me the opportunity to continue owning the gym while away at the State Police academy for six months. I sold Co-Ed Fitness center upon leaving for the academy.

After winning the award for Most Physically Fit cadet and graduating from the academy, I finally got to settle back in Dixon. I felt an emptiness, however, and knew I wanted to help people again within the fitness circles. It was time to start another business. It was in 1992 that I started a new company called The Power Store, which sold supplements to a few local people. Why “The Power Store?” I was involved heavily in powerlifting at the time and felt some of the basic supplements I took helped me create the “power” and strength I strived for. Over the years I’ve been a state champion powerlifter for the 220-pound class (more about how I got *that* fat in Chapter 1) and I promoted no less than ten powerlifting meets over a four-year stretch in the early to mid 90s. In 1995 my enthusiasm for powerlifting competitions waned in favor of bodybuilding competitions, and I continue to train as a natural bodybuilder today. I don’t want to get ahead of myself so allow me to back up a bit once again. When I say I started The Power Store selling supplements to a few local people, I mean, very few local people! People were coming to my home to buy them or I hand-delivered all of them to their home and hoped they’d pay me in a reasonable time. To say my business plan was suffering is an understatement.

During The Power Store’s formative years I took every call, ordered every product for inventory (3 shelves in a room 10 x 15), picked every product and packed every order. Tracy was working full-time during The Power Store’s early years and we had two of our three beautiful children. So in between wiping snotty noses, giving hugs, changing diapers, reading stories and wrestling with my two boys, I worked full-time as a Trooper. I can still remember a common practice that makes me cringe a bit today and I wonder how I really did it back then. It wasn’t uncommon to have two to four orders per day during this time and I always wanted to make sure the orders got out on time, regardless of the seasons or weather in Illinois. During the bitterly cold winter, the routine consisted of packing two orders that had to get out to be delivered on time. What did this mean for me then? It meant continuing to juggle the duties of a State Trooper with packing up one infant boy and a toddler in full winter gear into my beater car. After packing the whopping two orders, we were off to a UPS center 15 miles away so I could make sure the orders got out on time. The business did finally grow enough to ask UPS to come to my home. Thank goodness for that!

The Power Store continued to grow by word of mouth and small advertisements in magazines and in 1993 it had grown to a point where I had to move the business out of my home. Through the mid to late 90s, The Power Store became one of the largest sports supplement, catalog retailers in the country. In 1996 I resigned from the Illinois State Police to focus intently on my business.

While I enjoyed the success of The Power Store, I continued to feel a strong desire to help people and create real change in their lives. I had gotten a taste of this when I owned Co-Ed and I was hungry for that feeling again. During the time The Power Store was growing in the 90s, I began researching and writing a Power Store newsletter about dietary supplements, basic nutrition, and training. Although I earned a Bachelor in Science, it was through my own research that I learned about dietary supplements. I did so by reading everything I could get my hands on, and finding out what Medline was about, reading endless stacks of full research papers.

I researched and wrote because—although the magazines were good—there was plenty of room for honest to goodness truth in the supplement market. There’s still plenty of room for that today. Since I began researching and writing in the early 90s, I’ve written hundreds of articles on supplements, nutrition and training. I’ve also been published in *Muscle & Fitness*, *Peak Training*, and been a ghost writer for others. I really believe that each article I published or had published was really the way I could help others see things more plainly, and helping clients sift through the muck that defines most of the marketing for supplements, stripping fat and adding muscle. I researched and wrote to positively affect the lives of others beyond making sure they had enough vitamins, protein and essential fatty acids in their meal planning.

As you will read more about in Chapter 1, the original seeds of The Leanness Lifestyle were sowed for many years but one major turning point occurred in 1998 that really gave The Leanness Lifestyle solid roots. It was in 1998 that I competed in my second bodybuilding show ever, but this time I applied the knowledge I had gained since my research into my precontest nutritional program. I wrote about that experience and printed it as an article in a magazine we were publishing then called *The Health & Performance Marketplace*. The article was titled “*Competition Becomes a Leanness Lifestyle.*” Since then I’ve competed in 1999 and 2001. I plan to compete again when I am 40 (in 2005).

As you will read about in Chapter 12, *Lifestyle Booby Traps*, beginning in 1999 I began a year-long project of learning HTML programming as well as another programming language so I could build my own Power Store website. There were many functions I wanted the website to perform and I was not able to get the current programmers I knew to perform what I needed in a timely and cost-efficient manner. I really did not want to learn HTML or any other language at that time but I did learn it and from that I eventually created The Leanness Lifestyle Superfit Coaching program.

In 2000 I completed all requirements of the National Strength and Conditioning Association to become a Certified Strength and Conditioning Specialist (CSCS). I believe their programs for CSCS, Personal Trainer or others are among the very best alongside those certifications the American College of Sports Medicine offers.

The Leanness Lifestyle Success System (LLSS) was created to continually evolve as a comprehensive platform for the latest dissemination of my knowledge for many areas of life improvement. The LLSS is a member-based program consisting of this book, audio programs, regular e-mail and snail mail newsletters, and other wonderful tools thanks to the technology of the Internet. With The Leanness Lifestyle book and audio program in your hands, you can begin today to change. Beginning at www.leannesslifestyle.com you can further your progress and master two exceptionally important tasks you will read more about later: meal and exercise planning. You will also find free special reports, successful stories of others who have used The Leanness Lifestyle to transform from the “before” to the “after,” grocery lists, recipe guides, workout program ideas to break boredom, a full encyclopedia, special calorie calculators to help you to more clearly set goals, and an entire network of support from fellow Lifestylers.

The experience of those who have traveled the Leanness road before you literally comes to life on the discussion forums for members. When you think you are the only one feeling a certain way or who has experienced a particular setback, you can rest assured you are not when you spend a little time lurking and eventually participating in the Lifestyle discussion forums. When no one physically close to you understands why you are so focused on your transformation, your Lifestyle support group will most certainly understand. By becoming and staying connected, you can be sure you never go through this process alone and without exceptional support. I honestly believe the LLSS is the most comprehensive body of transformation knowledge, tools and support ever amassed into one cohesive program.

The first edition of this book was written in 1999. This is now the fourth. It is no longer surprising to me—and I hope it won't come as any surprise to you—if, in this edition, I've amended some previous theories or guiding principles from former editions. Men and women can spend their entire lives seeking the solution to one unanswered question relating to some biological function occurring everyday within us all. As I continue to work closely with clients, my knowledge is ever increasing. This will continue to be a life-long process. As I put the finishing touches on this fourth edition, some who know I am doing so are already asking if there will be a fifth. As I ask all of you to seek true knowledge and not just information, to keep your minds open, to be willing to shift your position and move away from established, self-limiting paradigms, I must continue to do the same. While I cannot give an answer as to when, I cannot help but know that as my knowledge grows, and my love for helping others create their best body and life thrives by sharing my new knowledge, there must eventually be a fifth edition or some continuation through addendums.

Thank you so much for spending a few minutes getting to know me. I look forward to getting to know you through the various channels I've established within the LLSS. I especially look forward to the return of your Before and After packet and reading every word of your essay telling me of your journey to superfitness.

The best place to begin is the beginning. Turn to chapter one now and experience why The Leanness Lifestyle is beyond dieting—it's about the journey of transformation.

Your partner in living the Lifestyle,



David Greenwalt
The Leanness Lifestyle