

The LeannessLifestyle

AUDIO COMPANION

Recorded and edited by Christian Pawola at
The Music and Sound Company
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Original Music by Christian Pawola

1

Introduction

Welcome to the Lifestyle

Track	Subject	Track	Subject
1.	Introduction	15.	The learning curve—coming home
2.	Grammar school and fitness award	16.	Why now? The many reasons
3.	Piddling with weights	17.	Who is the LL for?
4.	First systematic approach to training	18.	What you will learn through the LL
5.	Life clusters of the 80s	19.	Results—not theories
6.	Writing beginnings	20.	Try it on for eight short weeks
7.	Original seeds of Lifestyle	21.	Joe Normal
8.	CSCS certification earned	22.	What the LL is and is not
9.	LLSS—What is it?	23.	You haven't tried everything
10.	LL Discussion forum and support	24.	LL is your next step regardless
11.	The LL is ever evolving	25.	Nothing tastes as good as...
12.	Obesity and America	26.	Metabolism isn't broken
13.	Who wants to be normal?	27.	Legal duty
14.	Lifestyle not a diet	28.	Take each step and don't miss one

2

Goals

Why

Track	Subject	Track	Subject
1.	What plan are you following?	13.	Go public!
2.	Dreams vs. goals	14.	The price you pay
3.	Performance goals vs. Outcome goals	15.	Finding your click
4.	All I want	16.	Not how-but why
5.	Visual help (ht./wt./bf./shape)	17.	Self-motivation v. external motivation
6.	Writing goals	18.	Commitment-solidifying with Why
7.	Lifetime Achievement Fitness goal	19.	What does your Why really do?
8.	Setting LAF goal	20.	Commitment lessens impact of obstacles
9.	Other goals to set	21.	Writing your Why
10.	Today goal	22.	Health and longevity and your Why
11.	Three steps to a today goal	23.	Revisiting your Why
12.	Importance of setting and writing goals		

3

Commitment—Action—Leveraging

Track	Subject	Track	Subject
1.	Transtheoretical model of change	16.	Example 5: Enter transformation challenge
2.	Avoiding the hot flash	17.	Example 6: Helping relationships
3.	Getting to Action	18.	Example 7: Positive Influences
4.	Others will take notice	19.	Example 8: Reversed-risk leveraging
5.	Priorities—feeling out of balance	20.	RRL Example 1: Write the check!
6.	Commitment	21.	RRL excuses
7.	Intentions become commitment—how?	22.	RRL Example 2: Pay for B4/Afters now
8.	Fear of establishing a cost for failing	23.	RRL Example 3: Pay for trip or event now
9.	Leveraging-Introduction	24.	RRL Example 4: Buy gift now, accept later
10.	No Escape-No Retreat	25.	RRL Example 5: Prizes possession on line
11.	Leveraging examples: Introduction	26.	Protect your relationships
12.	Example 1: Public humiliation	27.	Are you weak for using leveraging?
13.	Example 2: Make a bet		
14.	Example 3: Set an immovable date		
15.	Example 4: Attach a major reward		

4

Food Logging—Sweat the Small Stuff

Self-talk

Track	Subject	Track	Subject
1.	Mystique of the process	12.	Right tools for the job
2.	You can handle the truth	13.	How to log
3.	Change equals responsibility	14.	Logging lapses and slips
4.	Finding the truth	15.	Scale avoidance
5.	Sweat the small stuff?	16.	Introduction to self-talk
6.	Know your numbers	17.	Apartment analogy
7.	Why we properly log foods	18.	Watch negative self-talk first
8.	When you don't know what you think You know	19.	Internal motivation
9.	Dietary recall	20.	Three Ps
10.	Fighting the food—logging process	21.	Five types of self-talk
11.	Becoming enlightened with food logging	22.	Self-talk examples
		23.	Awkward in the beginning
		24.	Habits are learned—they can be changed

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5

Meal Frequency–Splurge Meal

Nutrients

Track	Subject	Track	Subject
1.	Introduction	25.	Carbohydrate importance
2.	Why 4-6 meals per day?	26.	Carbohydrate sources
3.	Clean Plate Club membership not necessary	27.	Starchy and fibrous carbohydrates
4.	28-42 meals per week	28.	Acquiring a taste for vegetables
5.	One meal losers	29.	Vegetables and flavoring
6.	How to eat 4-6 meals per day	30.	Fruit and vegetable benefits
7.	Benefits and pitfalls of supplementation	31.	Vegetables better choice over starches?
8.	Dangers of living on bars and shakes	32.	Fiber
9.	Common bar and shake use	33.	Healthiest carbohydrate sources
10.	Rely less on all packaged foods	34.	Carbohydrates–how many?
11.	Splurging–what is it?	35.	Carbohydrates–from where?
12.	Splurge vs. Trigger	36.	Lipids (fats)
13.	Splurge not a free meal	37.	Roles of fat
14.	What BFL says about free days	38.	Essential fats
15.	Which is better–free day or splurge?	39.	Flax overuse
16.	No free meals–no cheating	40.	Fats–how many?
17.	Free day extremes	41.	Fats–from where?
18.	Attaching a personality to chemistry	42.	Protein
19.	Splurge meal guidelines	43.	Why daily intake is necessary
20.	Plan your splurges	44.	Proteins–how many?
21.	LL isn't an Either/Or	45.	Proteins–from where?
22.	Introduction to nutrients	46.	Vitamins
23.	Six classes of nutrients	47.	Minerals
24.	Energy–from where	48.	Water
		49.	Alcohol
		50.	Balance your meals

6

Trigger Foods and Eating Print

Weight and Scale Issues

Track	Subject	Track	Subject
1.	Introduction	17.	Clothes and mirror only
2.	Logical or emotional decision making?	18.	Scale makes me feel bad
3.	Trigger food introduction	19.	No weight loss = all muscle gain?
4.	How to view trigger foods	20.	How often to weigh
5.	Identify trigger foods	21.	Objective measure of progress
6.	Eating print	22.	Use one scale to weigh
7.	I'll have just a little	23.	Watch the trends over 3 weeks
8.	Trigger situations	24.	Scale won't budge–what do I do?
9.	Trigger emotions	25.	What kind of scale
10.	Learn your ABCs	26.	Water weight fluctuations
11.	Trigger behavior	27.	Prescription medicine
12.	Trigger food solution	28.	PMS or menstrual cycle
13.	Four steps if you consume a trigger	29.	High sodium meal or day
14.	Benefits of abstention from triggers	30.	Change in carb consumption
15.	Trigger or splurge?	31.	Diseased state
16.	Scale and Bodyweight Intro	32.	Face the scale and use it wisely

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7

Lifestyle Exercise Prescription

Track	Subject	Track	Subject
1.	80 percent of getting lean is...	25.	Delayed-onset Muscle Soreness (DOMS)
2.	Three reasons you must exercise	26.	Reducing DOMS
3.	Women and over-restriction	27.	Still sore-should I train?
4.	Solution to excessive metabolic slow down	28.	Aerobic exercise prescription
5.	Ideal relative caloric deficit	29.	Fat burning zone and morning aerobics
6.	Exercise changes your shape	30.	Caloric expenditure and exercise intensity
7.	Exercise improves everyday functionality	31.	When might morning aerobics be best?
8.	Resistance training introduction	32.	Myths and realities of aerobics
9.	Losing fat-not muscle	33.	Effective aerobic activity
10.	Rant-Women must seek muscle	34.	Duration each week
11.	Goal of LL resistance training	35.	Resistance training before aerobics
12.	Neural muscular adaptation	36.	Aerobic prescription for women
13.	Use it or lose it	37.	Aerobic prescription for men
14.	First real muscle growth	38.	Balance exercise minutes
15.	SAID principle	39.	Aerobic training and muscle loss
16.	Legend of Milo	40.	Who do you want to look like?
17.	Progressive overload importance	41.	Maximum aerobics while keeping muscle
18.	Five years experience or one year x five?	42.	Internal gyroscope says skip it-do it anyway
19.	Setting performance goals	43.	Take advantage of today-you never get Today back
20.	Resistance training maxim of all maxims		
21.	Performance goals test		
22.	Periodization introduction		
23.	Variation importance		
24.	Workout generator		

8

Booby Traps

The Best Time to Start is Now!

Track	Subject	Track	Subject
1.	Introduction	20.	Pay him a compliment
2.	Taking the LL cafeteria style	21.	Nudge-don't shove
3.	Tweaking, cheating and mutilating the LL	22.	Men relying on girlfriend or wife
4.	Relying on support from others	23.	Five reasons for lack of support
5.	It hurts more in the beginning	24.	Say thank you
6.	Shutting up naysayers	25.	Buck stops with you
7.	Ignore bystanders comments	26.	Assuming inevitable crisis will end
8.	Improper handling of food pushers	27.	Where happiness lives-life management
9.	Can a guy be healthy at 10 percent?	28.	Awfulizing with euphoric recall
10.	Can a woman be healthy at 18 percent?	29.	Chronic contemplators
11.	What to say to a food pusher	30.	Waiting is a mistake
12.	Role play ahead of time	31.	Heat-seeking missile
13.	Weekends	32.	Faith
14.	Pavlov reaction	33.	One member's start
15.	Women relying on boyfriend or husband	34.	Airplane
16.	Don't be an enabler	35.	Your destination city
17.	He'll make his own supper	36.	Giant ship
18.	Communication	37.	Take action with a good plan
19.	It's all up to you	38.	Audio Companion conclusion