



GETTING IN SHAPE

FOR THE SUMMER

by Philip Fusco

Deciding in April that you want a six pack by the summer is certainly making life hard for yourself. Summer will be here sooner than you think, so why not start now to give yourself enough time to get the summer body you wish you had every year.

The first necessary step for getting in shape is to evaluate your diet. Having an occasional cheat day can be ok, but some people have cheat weeks or just a bad diet in general. After reading this article, I want you to put down the Twinkie or bag of chips and be inspired. The first step for inspiration is to feel good. Dwelling on where you're not in your health or fitness life is not the way to motivate yourself. You need to find real, lasting reasons to focus on where you could be and continually remind yourself how great it feels to be on your way there. Thinking that you'll only be happy once you've hit that certain weight or muscle mass is a self-defeating attitude.

Get excited now that you're on your way there. This excitement can be achieved and maintained by making a vision board. This is exactly what I did when I first started serious weight lifting years ago. (For details and instructions on your vision board and other first steps, visit www.youtube.com/philipfusco.)

Once your board is created, remind yourself that before working out is made a priority, you need to change your diet. Cut out processed sugars, salty foods, white bread, and white rice. Get rid of the fast food, soda, and fake iced tea addiction. Keep salts and sugar intake low. Stay away from high-fructose corn syrup. Change the white stuff to brown—white bread to whole wheat bread, white rice to brown rice—but all within limitations. The key here is to “dabble” not to “indulge.” And when you do dabble, you should still be eating natural, healthy foods.

Now you can hit the gym. First, check your form. It's more important that you're lifting correctly than it is how much you're lifting. The key is low weight with high repetitions. Keep track of how much you're lifting (seriously, write it down). If you're lifting correctly, you should be able to add a small amount of weight to each of your sets every few weeks. If you can't, you're not pushing hard enough, are skipping too many days, or are lifting incorrectly.

Everyone has different diet and workout needs, but the important thing to remember is that we all can improve our diets and stay on track with our workout schedules. There's no other mysterious secret—that's how to get the summer body.

For more tips or for a personalized workout plan, visit <http://philcity.com>.