

Here are 27 tips to help you this year...

They're in no particular order, I hope you learn a thing or two-->

---1--- Shoulders are the #1 muscle that will change your physique the fastest.

It's the most bang-for-your-buck muscle. I distinctly remember having this conversation with James (One of my past training partners) who developed some great shoulders -->

Having nice shoulders will make your waist look smaller. However, most ladies are too scared to lift heavy on shoulders, which is a shame.

---2--- Beans are overrated. They don't digest well. Their protein is not complete. And even though they have fiber, you get enough fiber in through dark green veggies. They also bring lectins into the body which can interfere with cell to cell interaction.

---3--- There are lots of mistakes you can recover from. But if you make the mistake of not eating veggies, then you might as well not bother.

Veggies are too important to skip.



---4--- To get 200% more out of your day, write down your schedule the night before. Then wake up with a purpose and full-focus.

This will make you less likely to get distracted.

DOWNLOAD THIS & USE DAILY: [FLAT BELLY CHEAT SHEET](#)

---5--- Avoid Peanuts and eat almonds, walnuts, hazelnuts, macadamias instead. Peanuts are high in linoleic acid, and linoleic acid causes heart disease.

---6--- I hate to say it, but who looks BETTER in real life than they do on Instagram or Facebook? Not looking and comparing yourself to others is a proven way of being more happy.

(Thanks 4 making me look good all these years Gord Weber lol)

---7--- Mushrooms, Vitamin D, Herbal Tea's all reduce the risk of getting cancer.



---8--- Doing sprints is the best type of cardio you can ever do. But if you eat processed food, then all the sprints in the world will do nothing.
TRY THIS SET --- >>

Burst Conditioning with Adrian

<https://www.youtube.com/watch?v=PVmj4e9uKrg>
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---9--- 20 years ago, 1 in every 20 kids was overweight. Now it's one in every 5.

---10--- Kim Kardashian is one of the very few in this world who makes a ton of money with zero talent. Good Read: So GOOD they can't IGNORE you

---11--- Maca, Red Meat, Cinnamon, and Eggs will make you a better lover than you already are. They raise testosterone.

--12--- Lean Hot Pockets are no better than Regular Hot Pockets :) ----->

---13--- Fruit juice is just as bad for your weight loss as Coca-Cola

---14--- Sugar is the #1 enemy for fat loss oh and all cancer feeds off sugar. Don't like Cancer, cut down on your sugar intake.

---15--- Sugar is 8 times more addictive than cocaine



---16--- Food addiction is a real thing . I learned a ton from DREW MANNING - Fit2Fat2Fit (see pic) and the power of food addiction. He's the trainer who purposely gained 75lbs so he could better relate to his clients. It's hard for someone who has been fit their entire life to really relate to the struggle or food addiction. It is a very REAL THING!

---17--- 85% of all processed foods in grocery stores have added sugar

---18--- And those 'modified' foods.. like the sugar-free, fat-free ones, will create cravings.

---19--- Spending money on experiences brings more joy than spending money on things. Experiences grow in value over time. The longer they're in your memory, the more fond you'll think back at them. Diamonds, cars, clothes only excite for a little while.

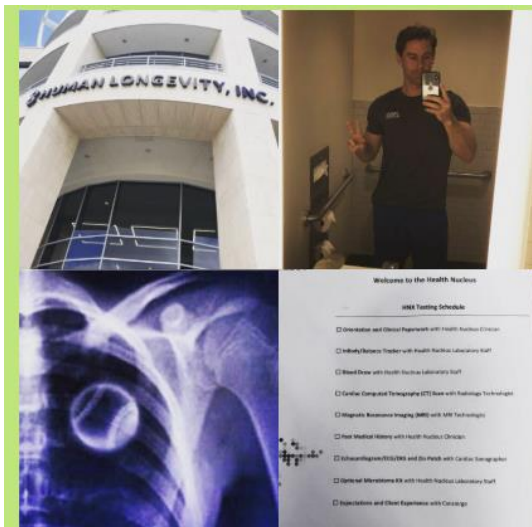
---20--- With that said, I recommend spending money on high quality food. Grocery stores sell bad food for cheap. And the money you'll save by eating cheap food is way less than the associated health care costs.



---21--- Any food you have in your house, will get eaten. Nobody throws fresh food out. We're hard-wired not to.

---22--- 'Emotional eaters' don't really exist. People call themselves emotional eaters because they let their surroundings / circumstances influence them. In reality, everyone has emotions, but not everyone eats tiramisu when they get emotional. Your response to your own life events is what determines your outcome.

---23--- Aggression is absolutely required in your workouts. Lifting weights aggressively builds way more muscle. Next time you squat, think about your ex. & all their pictures on Insta ;)



---24--- 4 out of 5 people in North America don't take action until it's too late. We all know the story of the stressed-out woman diagnosed with a tumor and told she has 4 months to live.. Whereafter she quits her job, starts doing what she loves, and becomes truly happy for a little less money.. only to find out she never had the tumor in the first place.

Recommend looking into Human Longevity Institute and getting a jump on certain genetic markers and diseases you might be susceptible

to. <https://www.humanlongevity.com/>

---25--- Regular High-Intensity Exercise burns calories, puts you in a better mood, keeps you supple, strengthens your body, improves your brain, and puts you in the top 5% of the population. It is therefore the MEDICINE OF CHOICE, and beats anything your doctor can ever give you.

26 - The lion does not turn around when a small dog barks (unless his name is taco - lol) -- Don't get distracted by the critics, successes, bumps in the road, temporary setbacks or things that you don't understand or don't have any control over.

The result of those distractions will be a premature exit from the road to success.

---27--- The positive person looks ahead to make the future a better place. The vampire looks back at times when supposedly 'things were better'.

Your very own attitude is your #1 asset, and always will be.

