

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT



MICHAL STAWICKI

Avoiding the Big Mistake

This part is 'what worked for me' as I changed course and began a habit-focused life. My routine is different now.

You must begin; you get NO SUCCESS until you begin.

When I re-started my pushups program about 8 years ago, I knew I could do it. I had been doing pushups for years prior to that, albeit irregularly. I began with 40 pushups; it seems like a lot, doesn't it? But I had been able to sustain this practice for months and years at a time. It wasn't 'too big' a step for me.

When I started doing pullups a few years later it was a no-brainer for me too. I just installed the pullup bar in my apartment, checked how many pullups could I do and started from that point.'

Nowadays, my health and fitness habits are firmly established. I don't introduce new habits very often. However, when I was losing excess weight I tried many different things. When I did, my concerns were always the same: will it work for me? Can I sustain this discipline?

I started each habit in 'probation mode', giving it at least a month to produce results and to ensure the new habit was compatible with my personality and lifestyle.

For example, I tried going to the gym on a regular basis. Not for me. The ritual of preparing my stuff, changing clothes (twice!) and taking breaks between particular exercises was a waste of time. I could torment my body in my own apartment without all that rigmarole.

When I was focused on losing weight, I decided to ditch sugar altogether. I couldn't sustain that. Like every addict, I got snappy without my 'drug'.

Now I just limit my sugar intake, paying attention to habitual behaviors (for example, I don't add sugar to coffee anymore; one spoon makes no difference, but multiplied by 2 coffees a day it compounds into more than 12,000 calories in a year).

The key to the success of my body transformation has been my commitment for the long term.

If one method failed, or I reached a point of diminishing returns, I didn't stop, dwell in self-pity and regress. I just tried a new thing; and another one; and another, till I found something both effective and sustainable.

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What Worked for Me:

I took what I knew I could do: a regular program of pushups, and I made a deliberate habit of doing them, and kept a record.

For years, pushups had been my ONLY conscious fitness activity.

I had little chance of failing; this wasn't something completely new, it was simply a more definite step on top of something that I had been doing.

- **I knew myself:** I knew how many pushups I could do, how long could I stick with doing a particular exercise and how much I was addicted to sweets.
- **I had a personal 'never quit' philosophy.**
- **I took a long term (lifelong) approach.**

My Suggestions for You:

I encourage you to adopt a similar personal philosophy to me, you know, like:

'Keep trying, you never know what will happen tomorrow'

or

'Keep going, if you quit now you surely won't get results tomorrow.'

MICHAL STAWICKI

Habit-Forming

When I started deliberately making habits, I purposely didn't try to form any habit which seemed 'too big a step' for me.

When I planned to regularly drink a glass of water in the morning, I knew I could stick to that.

When I planned to eat a raw carrot if I wanted a donut, I knew I could consistently do that. When I planned to run up the stairs at the office instead of walking, I knew I could do that.

I don't employ habits only for health and exercises. I adopt them for everything I want to accomplish including progress on the spiritual plane and relationships with my wife and kids.

I'm firmly convinced that my habits shape who I become. Thus, when transforming my health, I formed habits for each part: eating, drinking, sleeping and exercising. Once I decide on a habit I want to implement, it's a matter of repeating it, which consolidates the habit so it becomes automatic, as if on 'autopilot'.

For me, daily habits are the way to go. Habits that I plan to perform less often than once a day are much harder to establish and sustain. I think this is even more so with bodily functions, because we eat, move, sleep and drink every day. My only two non-daily health-related habits are weighing myself once a week and fasting a whole day 1-3 times a week.

I pay little attention to my habits. I don't 'practice' doing them; I decide on a new habit which will help me and I complete the routine every day until I decide it no longer helps me. This way, habits just 'work'.

My fitness and health may seem impressive, but only in our society, where most of people minimize not only the amount of exercise, but amount of movement; where most people eat whatever they fancy with zero thought about the eventual repercussions of their diet.

I do the bare minimum. My body is a platform for other accomplishments. I don't think about my body much. I habituated my health-related behaviors, and focus my attention on other things. Why? I have more important things to focus on. I write and edit about 10 hours a week; I spent at least 10 more on my other business activities (email, social media, research, etc.) and my personal development program. Heck, I pray more than I exercise.

What keeps me glued to my habits is the same power that made me developing them in the first place: my personal philosophy.

My 10-Minute Philosophy reminds me that small disciplines practiced regularly can make a huge compounded difference. I believe this is so with everything you do regularly, either positive or negative.

The effect of all activities compounds over time, so it's better for me to use this compound effect to work for me, instead of against me.

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YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- **creating habits for everyday activities.**
- **practicing the habits I create;** ingraining them into my routine for everything: eating, drinking, sleeping...
- **making daily habits;** I have very few weekly or monthly habits.
- **Keeping habits simple;** I achieve change in 10-minute chunks. I live by my 10 minute philosophy.

My habits provide an effective 'workout', so I can keep my energy at an optimal level.

I exercise a maximum 25 minutes a day; that happens only when I do my full 15-minute Weider series. I don't think I exercise more than two hours per week.

My Suggestions for You:

Your path may be different. I don't earn my living by using my body physically; I am neither model nor bodybuilder nor personal trainer.

Start things you know you can do, and make your 'doing' a regular, planned thing. Tell yourself "*Well done,*" when you continue a habit.

Additionally: stabilise each habit before you add another.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Getting Enough Sleep

Remember this sentence from the book? *“Do as I say, not as I do.”?*

I’m guilty of undersleeping as much as any average person.

My past choices and obligations have chained me to my day job, and it eats a huge chunk of each weekday.

When you add to my mix a family of five, a church community and my side hustle (writing and publishing), it’s amazing I sleep at all. But every use of time is a choice. Clearly, and it’s a big mistake, I don’t consider my sleep need is a ‘must happen’ priority.

I should sleep 7.5 hours each night, maybe even as long as eight hours. When I wake up after 7.5-8 hours of uninterrupted sleep, I can function the whole day, sometimes even without a single nap.

It’s quite possible that my sleeping sweet-spot is even higher. Various sleep researchers have found that adults need between 7 to 9 hours and a century ago adult Americans slept 9 hours a night on average.

However, my schedule is full. I can’t test my sleep pattern. It’s unusual for me to sleep more than 7 hours two days in a row.

On the few occasions I’ve slept for more than 8 hours, I didn’t feel additionally refreshed, but those isolated experiments aren’t decisive.

As I track my activities, I know I only get about 6 hours of sleep on workdays. After I got sick in July 2013, I decided to record my sleep. Thus I’m always aware how much - how little - sleep I’ve had on any particular day. Hence, I’m willing to make trade-offs: I’ll nap on a train instead of using the time to write; I’ll postpone work on a book to the next day, so I can nap in the afternoon, etc.

I strive to add as many naps - long ones if necessary - to get at least 6 hours of sleep a day. So if I sleep 5 hours during the night, I’ll try to find opportunities to nap at least an hour more during the day.

In August 2015 I changed jobs. My new employer prefers I keep a regular 9 to 5 schedule. As a consequence, I get home later, so I go to sleep later ... and I sleep less.

About three months ago, I started another tracking activity: I note down what time I went to bed the previous day.

Yes, I admit I have a problem.

I don’t get enough sleep to function optimally. Hopefully with time, I will figure out how to solve it.

If your schedule is less crazy, I strongly recommend you test how many hours of sleep works best for you.

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My Current Solution is Not Optimum:

I know I would do better at most of my activities, if I got the sleep I know I need.

But other things have more priority, for now.

I compensate by:

- **tracking the amount** of sleep I get on a daily basis
- filling my ‘sleep schedule’ with **naps**
- **tracking my bedtime**

My Suggestions for You:

If you can, test!

Find your ‘sweet-spot’ of uninterrupted sleep.

- **Make a plan** to get the sleep you decide you need.
- **Keep an eye on it.** Track the hours you sleep, or the time you go to bed, so you get the sleep you want.

‘Do it Now! If you don’t, there will be no results tomorrow.’

MICHAL STAWICKI

Sleep If Your Body Needs It

Here's a reality I live with, which I didn't mention in the book: I have a body which simply shutdowns; when that happens, I can't continue my activities effectively without a nap.

When I'm so sleep-deprived that nothing stimulates my mind any more, I'll take a nap, regardless of the circumstances. I know not everyone can nap at will. I can, so I use it to 'catch up' when I can. I'll often take a nap behind my desk at the office. I don't fight it, because even a five-minute nap is better than nothing.

My body knows its needs. The naps are not the goal in themselves. They serve a purpose; they help to invigorate my body. I need that boost to do more work.

Everyone's life is different; you have to work your rest times around everything else you consider important. Sometimes you have no opportunity to squeeze in a nap. And you have to consider the wishes of those you live and work with.

I'm married; I have a family. Working or writing in the evening during 'family time' is frowned on, but my wife will let me nap if I'm tired.

So, I plan my naps. The only exception from that rule are my office 'shutdowns.' Those come unexpectedly, uninvited and are interrupted by coworkers most of the time. This morning, I knew I was exhausted because I worked till 2 am due to an emergency. I slept only 5 hours, and knew there was an intensive day ahead. Thus, I napped on the train during my entire commute to work.

It was a long day. It's evening now. I'm back on the train, and I'm using the time to write these words. I could have easily napped all the way home, too! However, I've already napped in my spare moments today. I napped on the train to work - the whole 45 minutes of it - and for about 10 minutes on a tram when commuting between a client's location and my office. As you'll realise, I haven't yet written a word today, and am unlikely to get the chance once I reach home.

I need to write everyday. Writers write. I'm sleep deprived and hungry, because it's Friday and I have fasted the whole day. My willpower is drained. If I don't write now, who knows? It may be the first day in 808 days when I don't write a word.

It would have been wiser, (from a productivity standpoint) to take a nap on the train and write later this evening in my home office, but you can see why I am writing now, in the hope for a nap at home.

I also apply discipline to any planned nap. I very rarely nap without setting an alarm clock. Almost every nap is precisely scheduled. I know the amount of work I have to do, I know my schedule, I know the circumstances and I know my current condition.

PS. My wife let me sleep in the evening for an hour; and I wrote over 700 words on the train. Plan your naps and get more done!

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

I've learned to force naps on myself. Sometimes I'm 'very much awake', yet aware I'm sleep deprived, and know I'll be hard-pressed to find another opportunity for a nap that day.

If that's the case, I'll use the relaxation techniques I described in "*Bulletproof*:" I'll repeat my personal mission statement, pray or meditate. Nine times out of ten I'm asleep within five minutes.

This is what I do:

- I allow my body and mind to shutdown; I don't fight it.
- I use relaxing rituals. These put me to sleep in a matter of minutes.
- I set an alarm. If I didn't, I'd be almost guaranteed to oversleep. I'm constantly sleep-deprived, so I cannot trust I'll wake up on my own at the end of my planned nap.

My Suggestions for You:

Take a nap when you can.

- **Make a plan** to fit the naps you need around the other obligations you have.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Finding a Diet that Works

My diet 'rules' are very flexible.

I eat all kinds of food, and I eat at every possible time of day and night. I just try to eat more of what serves me than that which hinders me.

I like to eat small portions relatively often.

I aim to leave my stomach 'less-than-full'.

As I'm writing this, I'm reflecting on yesterday's food: I ate six slices of bread; 170 grams of canned fish; two small containers of cottage cheese; three bananas; a peach; an orange; four tangerines; a handful of carrots.

Yesterday I ate without restriction: it was a non-fasting day sandwiched between two fasting days.

I generally avoid processed foods.

Most of the food on yesterday's list was raw, you'll note. Making cottage cheese doesn't involve much processing. The most processed food I ate was canned fish. The veggies and fruits were altogether maybe 600 kcal.

Do you know what is highly processed? Sweets.

I have the worst sweet-tooth in the world. I could live on a sugar diet all the time (well, till early and sudden death, that is).

If there is any food type I consciously try to cut out completely - and often fail to - it is my sweet intake.

On every non-fasting day I aim to eat at least one vegetable or fruit. By 'aim to', I mean that this is a habit I don't consciously track, so I lapse from time to time (my guess is that I fail to eat a veggie or fruit about once a month).

I pay somewhat more attention to the amount of carbohydrates I eat. By 'somewhat', I mean I think about it more, as bread and bread rolls are my favorite food after sweets.

I aim to not eat after 8 pm.

This isn't because 'eating at night will make you fat'. I think that's nonsense. Rather, it's because if I eat late I sleep badly (perhaps still better than 90% of people), but I need the **best** sleep possible, because I get so little sleep in general.

Sleep is more important than calories. I would rather sleep hungry than with a full stomach.

I also prefer not to eat before noon.

When my digestive system has nothing to do, my body has more energy for other tasks.

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- Generally, eating from noon to 8 pm works best for me. If I eat later, I sleep poorly.
- Avoiding processed foods.
- Limiting the amount of sweets I consume.

(I often eat in one afternoon more than a sane person consumes in three days; last Sunday I ate 10 cookies [about 260 calories] and 3-4 handfuls of cookies in chocolate.)
- Eating raw vegetables and fruits.
- Eating often.
- Eating Small Portions.

My Suggestions for You:

Become more conscious of what you are eating.

Think about the effects now, and the effects long-term.

Try eating at different times of the day, and assess your changing energy levels.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Fasting

There are plenty of advocates for the practice of fasting; some do it to lose weight, others do it because they hope to gain spiritual insight through fasting; other reasons people fast include the excuse that 'everyone does', as now and then fasting becomes a trend for a while.

You should know me by now: I don't follow trends; I self-analyse to discover what works best for me, and I act on what I find.

It's the same with fasting.

None of the rules below are 'written in stone', but I feel better when I bend myself to follow them.

I try to abstain from solid food for at least 14 hours each day I eat.

I've heard shouldn't drink calories. Well, too bad. I usually drink two coffees with milk, each about 60 calories.

On days that aren't immediately following a full fasting day, I don't eat till noon and I have my first big meal about 3 pm.

I've found I don't tolerate food for a couple of hours after waking up.

I have been like that for at least the past 10 years. I had even trouble adopting the habit of drinking a glass of water first thing in the morning. My body just needs some time before digesting anything.

At least once a week I abstain from food altogether.

It's always Friday, because of my religious beliefs.

I don't mind fasting twice a week. My additional day of fast is usually Monday (after the weekend's indulgences) or Wednesday (another traditional Catholic fasting day).

If I fast more often than that, my body rebels.

It 'thinks' I'm going to starve myself, and pull out all manner of mind-tricks, so I'll feed myself. At present (as I'm writing this), it is Advent (the weeks leading up to Christmas), and I'm fasting 3 days a week.

Three days a week is hard; it is unsustainable long-term for me.

If I am trying to gain some weight, I don't fast more often than once a week, or longer than 36 hours.

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YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- Refraining from eating for 14-16 hours each day.
- Fasting at least once per week for 36 hours
(I fast from Thursday evening until Saturday morning).
- Fasting twice per week and/or longer than 36 hours to shed off some weight.

My Suggestions for You:

Reflect: ask yourself what your body needs.

That should be your first step.

- **Experiment:** for a week, try going several hours each day without eating, or don't eat at all for a whole day.
- **Look for external motivation** to help you; ask what will this fast do for you, in the widest possible sense?

Assess how fasting affects your mood, your productivity, your attitude. And then decide whether - and how - you could usefully use fasting in your life.

'Do it Now! If you don't, there will be no results tomorrow.'

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Weight Maintenance

As mentioned in the book, I don't recommend *any* specific diet, or categories of food.

Everyone is different. You must discover what works best for *you*.

Generally I let fasting take care of my weight maintenance.



The important thing is to be aware of your weight. Are you?

I am. I weigh myself every Saturday morning.

So, on a weekly basis I know if I've gained or lost weight. That understanding usually triggers the following week's fasting decisions, and my sugar intake.

Hmm ... sugar intake is my vice. I'm a sweets addict. I could eat cake till I'm full ... and then some more. I'm 100% sure that sugar management is crucial to my weight maintenance. I tried to shed some fat for months till I finally switched from donuts to raw carrots.

Then my weight dropped like a stone.

Unfortunately, abstaining from sugar long-term is beyond my abilities. The most I've been able to has been to limit my intake. And I found a 'fix' that helps limit the effects of my sugar craving, since I couldn't give it up altogether.

This method, which has helped me a lot, is quite hilarious and you may think it should only be recommended to married guys. I linked my sweets consumption to sex: if I get laid, I allow myself one sweet thing, like a piece of cake, a chocolate bar or a few cookies. Of course I haven't told my wife about this, which keeps my method so ... effective.

I eat at least 1 vegetable/ fruit a day, not only because they provide vitamins, but also because they have fewer calories than other types of foods.

If you have a problem with a certain food, finding yourself continually craving it, then use your creative mind to find a solution, like I did.

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YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- **I use fasting** as my primary weight-control weapon.
- **I avoid sugar when I can.**
Sweets represent my greatest challenge. My most effective 'fix' has been to match my sweet consumption with my sex-life success.
- **I eat at least one vegetable or fruit per day.**
- **I track my weight** weekly.

My Suggestions for You:

Recognise that 'one-size-fits-all' nutrition programs don't exist.

Understand that being closer to your optimal weight will give you more energy. And most things in life will be easier.

Work out a diet that works, and stick to it. Choose foods that will give you vibrant, healthy life for another ten years or more. You want to live that long, don't you?

- Use a scale to keep an eye on your weight.
- Learn about BMI.
I suggest you aim to stay in the normal-weight range

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Drinking

I'm quite frevent about many aspects of my routine; about drinking, I'm less so. Your body may react differently to its fluid intake; this is why it's important to know yourself well, and to listen to the signals your body is giving you.



I listen to my body; I drink when I feel the need.

I've trained myself to drink 1-2 glasses of water (almost) first thing in the morning. I usually drink 1-3 glasses more throughout the day.

Many health fanatics are big believers that a glass of water in the morning is very beneficial to your body.

Frankly, I haven't noticed that. The only change I noticed (when I began consistently drinking in the morning), was that I got fewer headaches. But I didn't get many headaches anyway.

However, my health for the last couple of years has been top-notch and this habit (drinking water first thing in the morning) is so quick and easy to maintain that I keep it just in case.

Apart from morning glass of water I don't have fixed times for drinking. I drink when I feel like it. I can't always do that, such as when I feel thirsty in the middle of my commute, but I'm usually able to drink when I feel the need.

To keep my body hydrated I also drink two big coffees a day and tea with most of my meals (this is a habit which dates from childhood). Vegetables and fruits consumption also adds some fluids to my body.

On weekends I drink less coffee and more water. I usually sleep more in the weekends, and if I'm tired when I'm at home I can take a brief nap instead of a coffee.

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What Works For Me:

- Drinking 1-2 glasses of water every morning
- Drinking when I'm thirsty
- Drinking beverages throughout the day keeps my hydration even.

During the day, I drink about 2-3 glasses of water; I usually have two coffees; I have tea with meals; in the weekends I drink less coffee.

My Suggestions for You:

Water is always better for your body than anything else.

Almost every drink you can think of is water + something else . . . and the something else may not be aiding your health long-term.

Why not just drink the water?

Think about it.

Most people don't drink nearly enough water.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Getting Fit: Interval Training

High Intensity Interval Training, known as HIIT in the fitness world, is as close to an 'easy fitness solution' that I have found.

The minimum exercise I do each day is one consecutive series of pushups and one consecutive series of pullups, both to the point of failure. In case of pullups, the 'point of failure' is easy to define: I simply cannot do even one more repetition.

In the case of pushups it's different. I do as much as I can. I run out of breath faster than I run out of strength. I lie on the floor, or support my weight on straight arms and catch few gulps of air; then I do a few more pushups; I repeat these cycles to the point when I can't do even one more repetition.

I trained that way for years, that's how I built up my strength to the current level. Sometimes I change my routine and do balance pushups (like on a basket ball).

I start my day by completing one of these exercise series. Since our family moved to a new house in September 2014, my pullup routine has been completed on the steel door to the furnace room. I decided to exercise this way, because I'm chronically out of time and it takes me only about a minute to do these pullups.

I keep a register of my maximum repetition of each exercise, not as a badge of accomplishment, but as a reminder and motivator. Each day when doing my 'failure series' I'm trying to beat my own record. Sometimes it takes me days, sometimes it takes me months. However, several years into this practice I can still beat my records occasionally.

On weekdays I usually do an additional 2-3 series of pushups at the office in the toilet. I rarely do these to the point of failure, because I'm too strong and it would take me too much time. I do them to 'the first failure' most of the times. On weekends, I rarely do more than those two obligatory series. I don't have appropriate habit cues.

If you came here looking for a silver bullet, pay attention: this exact routine gave me the ability to do 40+ pullups and 150+ pushups. Nothing fancy here, just persistence, and the guts to take some pain.

There is no magic in this success; it is my infallible consistency. Take a look on my Coach.me profile. You'll see over 600 days of activity: <https://www.coach.me/users/360e9cc8df81879e1935/activity>

What is so special about my routine is that it **allows** this kind of consistency. The workouts are quick, like lightning.

You need just your body, so you can do them anytime and anyplace. There is no room for excuses.

The workouts are also brutal and that causes your muscles to rip, heal and grow; you reap the benefits every day. **Try it!**

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YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- **exercising first thing** in the morning.
- doing at least a single series of consecutive **pushups till the point of failure**.
- doing at least a single series of **consecutive pullups till the point of failure**.
- **keeping a record** of my exercises and striving to beat my totals every day.
- completing **2-5 intensive series of exercises, spread throughout the day**.
- **exercising on an empty stomach**.
- **working out every day**.

My Suggestions for You:

Give HIIT a go.

You do need guts for such exercises and I mean it both metaphorically and literally. It's painful. No exaggeration here. But you know what they say: no pain; no gain.

I strongly advise against trying any 'to the point of failure' exercise within 2 hours after any meal, even if it was only an apple.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI

Getting Fit: Cardio and Life

Cardio; it is recommended by thousands and enjoyed by millions. But I despise cardio and I don't find cardio an effective use of my time.

Only two things work for me. One is Weider exercises. I find time for this about twice a week. I do Weider because I can listen to podcasts while I train. At this link you can find more about these particular exercises: <http://helpgetfit.com/weiders-6-flatten-stomach-fast>

Let me tell you: achieving a flat stomach with this workout is a myth. Well, maybe it is possible, but I calculated I would need more than an hour to reach the end of a cycle. Your stomach *might* be flat after exercising an hour a day. You wouldn't have had time for meals!

The only other cardio exercise I tolerate is swimming. I can swim for hours. Probably. I have never tried more than 40 minutes. No time.

That's it. I guesstimate I don't do more than 3 hours cardio a month. I can still run 1.5 miles and do 150 pushups. However . . . I do have a reasonably active day, for an office worker.

If I can help it, I don't take the elevator if I can take the stairs. There is a twist, too: I don't just 'take them,' I run them. It's such a tiny thing, but it makes a big difference. Think of how many stairs you face every day.

There are stairs from the train station to the surface level, to and from the subway stations. Running the steps sometimes gains minutes, when I am able to catch the earlier tube, because I ran the stairs.

At the office, I use the stairs instead of the elevator. My day job office is on the third floor. In the same building, my employer has more offices on the ninth floor, so about twice a week I run six floors up and down.

At my home, the bedrooms are upstairs. I have 17 steps to run everyday at least half a dozen times.

As I live in the suburbs, everything is some distance from home, so I drive most places. But when I must walk over 100 yards to anywhere, I 'run' this distance. I get the same advantage as I do when I run steps: I save a few seconds of time, and I use my body more intensively.

All 'running' has an additional benefit: I get out of my comfort zone. I'm never wearing fancy shoes and sports gear that announces *I'm a 'fitness freak'*; I'm usually in full 'battle gear'. Today I have a winter coat and a backpack with a laptop. I have to overcome some internal resistance to run in public wearing all that.

I also look out for opportunities to move more or move harder. For example, I keep coal sacks in a shed about 30 yards from the house. When I need coal, I have to carry 55-pound sacks from the shed. I carry them without any equipment. Sometimes I run with those sacks.

The last thing I do - irregularly - is take cold showers. I have to bath anyway and shocking my body elevates my heart rate (and it's good for willpower training).

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What Works For Me:

- limiting cardio to minimum
- I listen to podcasts and other audio materials during cardio
- moving fast whenever I can:
stairs at work and home instead of elevator; running instead of walking
- taking the chance to do things harder or faster, like carrying coal sacks
- taking cold showers

My Suggestions for You:

You can always find new ways of doing more physical things; doing squats or pressups at work; running instead of walking; using the stairs instead of the elevator.



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Consistency

I've found I don't take particular pleasure from worldly endeavors.

It's not that I don't enjoy good food or good sex. But I've enjoyed almost every imaginable pleasure (I avoided drugs) and found that they don't fulfill me and if I overdo any, they leave me hollow.

I value my spiritual life infinitely more than the bodily one.

However, as my body hosts my mind, I want to take care of it, and I've learned how to do this better than most, with consistent attention.

I believe the only method that ensures ironclad consistency in my actions is developing and employing habits. We are created to use them, this is how our brain is constructed.

My body will be with me in this world till the very end, thus I intend to keep up my bodycare habits until my last breath. This is the attitude I have when I develop and practice any habit. I recognize that short intensive exercises add to my strength and energy. They are also extremely uncomfortable to the verge of 'painful.' I don't care. They are effective, hence I intend to train that way for the rest of my life.

Such an attitude stands behind my incredible consistency. (800+ days of HIIT training, 750+ days of pullups etc.).

I don't have to think much about keeping my body fit. I don't have many decisions to take on a daily basis. I already know the actions to take, and I stick to them. I don't need to think about my morning glass of water; I just drink it. The last time I drank soda was about a month ago when my workmates took me to the bar. Between all of us, mine was the only drink without alcohol. Before that? I don't remember. Drinking soda doesn't serve me, so I don't do it. No thinking involved.

Sugar in cakes and sweets, my life-long vice, is harder to ignore.

Fortunately I don't indulge in cakes and sweets habitually anymore. Each case of consuming a piece of cake, a cookie or chocolate is preempted by a conscious decision. On some level, it's because I've developed a subconscious food tracking mechanism.

One habit I do have to think about is weighing myself once a week. A weekly habit is hard to develop and maintain, because repetitions are separated in time and it's hard for my brain to recognize a pattern. Having said that, I don't think I've missed stepping on the scale more than five times in the past couple of years.

Record keeping, or tracking progress, helps start and maintain my habits. My habit of food journaling is ingrained in my subconscious. I also note down in my journals each time I break one of my fitness habits and I note any illness.

Thanks to those records, I know, for example, that I've only had a serious headache three times since April 2013.

I also track the amount of sleep I get every day.

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- a personal philosophy which states that taking care of my body is a lifelong commitment.
- recognizing the omnipotent importance of habits.
- meticulous diligence in developing 'healthy' habits.
- a regular reality check: weighing myself once a week so I regularly verify how I'm doing.
- tracking important health indicators (fitness performance, amount of sleep, journaling about illness and symptoms).

My Suggestions for You:

Think about the results you want.

Decide on the steps you can take, starting now, with the resources you already have.

Start taking those steps, and record your progress.

Improve, change and develop your process to improve it, once you can measure what is working.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI