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10 Success Principles for Fitness & Life

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By Del Millers, PhD

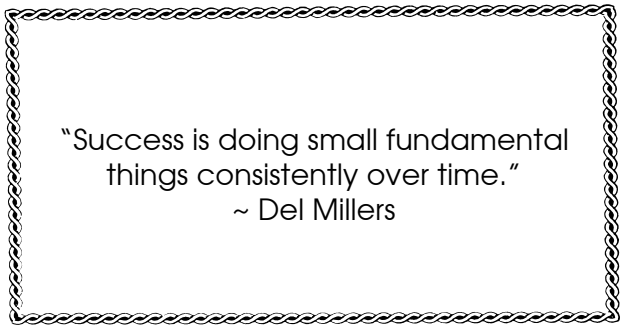
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"Success is doing small fundamental
things consistently over time."
~ Del Millers

10 Success Principles for Fitness & Life

"Without health life is not life; it is only
a state of languor and suffering
- an image of death." ~ Buddha

I've been a pioneer in the field of fitness and transformation for over twenty years. I've also been a student of personal development since high school. During this time, I've made a number of key observations about what it takes to be successful at changing your body and your life.

I like to use the word transformation instead of change because it refers to a larger, more life-changing process. Change is what happens when a snake sheds its skin. It's just changing from the old skin to a new skin, like changing clothes.

On the other hand, the metamorphosis of a caterpillar into a butterfly is a transformative process. Transformation is irreversible. It is life changing. Transforming your body requires that you first transform your life because the process demands that you develop new life-changing habits.

One of the key observations that I've been sharing with my clients, most of whom are very successful business professionals, is that the same principles of business success also apply to fitness and the rest of their lives.

This shouldn't be a surprise because we are, after all, whole integrated beings; at least, some of us strive to be. This means that we bring who we are to every thing that we do. Therefore, to achieve lasting success in fitness and life require that we develop new success habits and behaviors.

Maintaining these new habits and behaviors over time will lead to a dramatic life transformation.

What is a principle?

A principle is a general rule or guideline that informs and supports our behaviors and actions while in pursuit of a particular goal or mission. Principles are never absolute; they are meant to be guidelines. Every successful person in any endeavor is guided by a set of principles, whether conscious or unconscious.

The following are a set of principles that I have been teaching to my clients for several years. It isn't necessary to follow all of them, just pick the ones that speak most to you. As we say in the martial arts, "take what is useful, discard the rest."

Keep in mind that principles are guidelines; they're not absolute truths. However, experience has taught me that those people who follow a clearly defined set of principles are usually more successful in fitness and in life.

Finally, if you find this e-book to be of value, please feel free to share it with others. As my friend Walt Goodridge likes to say, "I teach what I know so that others may grow."

Peace & Blessings,

Del Millers

Success Principle #1:
Surround Yourself With Winners

One of the key qualities of successful people is that they avoid negative individuals. Instead, they choose to spend the majority of their time surrounded by those who have already achieved what they seek to achieve. So if your goal is to weigh 135 pounds through healthy eating and active living, then seek out others who already live a healthy lifestyle and have achieved their weight loss goals. Hanging out with people who just talk about getting in shape, but who never take persistent action, will increase your chances of never reaching your goal.

Accountability

It's great to have a walking buddy, but if all you do is talk and socialize then you're not holding up your end of the bargain to yourself or your buddy. If you're going to have a workout partner, find someone who really wants to workout. In addition, clarify your intentions up front about what you expect to get from and contribute to your new relationship. Most importantly, hold yourself and your partner accountable. If your partner starts to slack off, gently remind him/her what your original intentions were in coming together. Also, ask him/her to do the same with you. Hold each other accountable.

Actions are more important than words

If you're going to be successful then spend time with people who are better than you in the areas that you are most lacking. Don't go out to eat regularly with people who don't have the self-discipline to make healthy food choices. As a matter of fact, just don't go out to eat regularly at all. The point is, hang out with people who have already made fitness and healthy eating a lifestyle. Watch how effortless it is for them to practice healthy habits. Mirror what they do. Remember, if you do something over and over again, it will become second nature.

I know quite a few people at the gym who are workout buddies. The problem is, when they leave the gym they encourage each other to eat crap. That's not the kind of person you need to be around very often, choose again.

Adopt a mentor

If you don't know anyone with the habits and lifestyle you would like to mirror, adopt someone. Look around the gym and find the people who inspire you. If you don't go to a gym, get out of your house and go to where people are working out outdoors (parks, beach, stairs, jogging/walking trails, yoga classes, dance classes, martial arts classes, etc.). Get in the habit of talking to people. Compliment them on how they look, what they wear or how hard they're working. Ask them about themselves. You can learn a lot about someone in a short thirty-second conversation if you learn to close your mouth and open your ears.

By talking to people, you will quickly discover whom you would like to emulate. You don't have to talk their ears off or try to get together with them all the time, if at all. You just have to communicate that you admire their commitment to a fitness lifestyle and if it's ok you would like to pick their brains from time to time. Most people would be very flattered that you think so highly of them. Furthermore, people love to share what they're doing with others who take an interest because it helps to validate them. So you see, you're doing your perspective mentor a favor. You're helping to build his/her self-esteem, while at the same time getting a valuable mentor in your corner. It's a win-win situation so go for it.



Success Principle #2:
The Less You Do To Food, The More It Will Do For You.

Most people struggle with their weight because they struggle with food. In fact, if more of us would eat real foods we would cease to have an obesity epidemic in this country. Unfortunately, most people settle for processed "food stuff" that only resembles food. Not only are these products loaded with lots of simple sugars and other hidden health hazards, they also contain a lot more calories than do natural foods. The simple solution is to eat more whole foods.

I have one rule when it comes to food, well I have more than one but this is the main one. It's very simple, "if man makes it, don't eat it." Of course I don't mean don't ever eat man-made foods. However, man-made foods should only make up a very small percentage of our daily diet. If that is not the case, then not only will you struggle with weight issues, but you will also struggle with other adverse health issues.

Choose whole foods

Here's another rule of thumb that may be useful to keep in mind when making your shopping decisions: Your primary source of foods should come from things you can dig up out of the ground (yam, potatoes, green leafy vegetables, other root vegetables, etc.), pick from a tree (fruits, nuts, grains, etc.), or catch by land or sea (poultry, lean meats, fish and seafood). If what you're about to buy doesn't fall into one of the above categories, then it shouldn't be a regular item on your daily menu.

Most food items that come pre-packaged have been highly refined or processed, therefore not worth your consideration. I'm assuming, of course, that your goal is to live a fit and healthy lifestyle. If it is, then make it a habit to cook your own unprocessed foods. Choose rolled/steel cut oats, brown/wild rice, quinoa, millet, yam/sweet potato, beans, peas and fruits and vegetables as your primary sources of complex carbohydrates. Choose lean unprocessed meats, poultry, wild caught fish, eggs, and organic soy as your primary sources of protein. And of course, nuts, seeds, avocado, olive and flaxseed oils as your primary sources of fat.

Over the past twenty years I have personally witnessed incredible health and fitness transformations by people who simply adopted the above recommendations. If you're not willing to at least follow the above guidelines, then you're really not that interested in a fit and healthy lifestyle.

Here's the bottom line, the less you do to food, the more it will do for you. Choose wisely.



Success Principle #3:
It's not About Your Body; It's About Your Life.

One of the questions that I've been asking some of my clients lately is, "what do you really want out of life?" I know to most people, this doesn't really sound like the topic of a fitness discussion, but to me it is. So far, the responses I've gotten have all been quite similar, as expected. In their own way, everyone to whom I have asked this question have all responded that they're really just trying to make their life work. And in your own way, I suspect that's what you're trying to do too.

So what does this have to do with your health and fitness? I'm glad you asked. One of my client's responses to my question was that she's just trying to have all the pieces of her life working--career, health, spiritual, etc. She said that in her work, she's very driven and focused, but she's having a hard time bringing that same focused attention to her physical and spiritual practice. Sounds familiar?

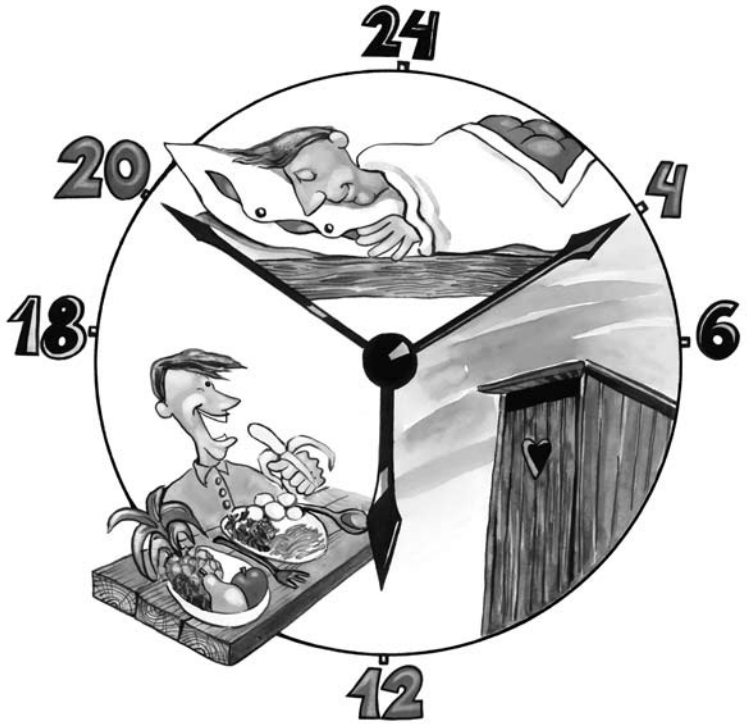
Here's the kicker though. As long as fitness is just another piece of the puzzle of life that you need to give some attention to, you will always struggle with it. You have to get past that. You have to make the connection that you're a spiritual being having a human experience on this earth. And your body is the vessel through which you experience all of life's wonders, joys, frustrations, heartache, pain, and everything else that you get out of this life.

So now let me ask you a simple question. For those of you who are church going folks, how would you feel if you walked into a church and saw garbage thrown all over the place? There's graffiti on the walls and the place looks like it hasn't been tended to in years? It sure wouldn't feel like a sacred place, would it? I imagine not.

Now let me ask you another question. Is your body any less sacred than your place of worship? To me it's not. Your body is the temple of your spirit. So why on earth wouldn't you want to tend to it daily. Feed it nourishing foods, paint the walls and sweep out all the junk that accumulates over years of neglect. When you make that connection, I guarantee that you will never again struggle with making the time to exercise, eat right and respect your body for the incredible wonder of

nature that it is.

If this is a little too deep for you, maybe you're just not ready to hear it. On the other hand, I am only here to share what I know so that others may grow. I was fortunate enough to make the connection at a very early age. When you do, you'll learn that fitness isn't just about doing mindless activity. It's a way to connect more deeply with your spiritual nature. But first, you'll need a major paradigm shift.



Success Principle #4:
Small Changes Lead to Big Transformation

Most people aren't ready to change because change is difficult. I talk with many people every week who are struggling with fitness and life because change is hard. It's easy to keep doing what we've always done because it's comfortable and familiar. The status quo keeps us in our comfort zone. Not too long ago I heard a professional speaker (Les Brown) said that in order "to manifest your greatness, you have to become uncomfortable." I couldn't agree more.

Change is difficult, but to be successful at any endeavor, we must change. However, keep in mind that change is only temporary. I can change the way I eat for a week, but if I revert to my previous poor eating habits, is that going to get me the results I'm looking for? Most likely not. However, if I maintain those changes over time, chances are I will be successful.

Did you know that changing just one habit each week could transform your life forever? Think about it. What if you were to develop one new positive habit each week around your fitness and nutrition goals, could that make a difference? Just one new habit each week will end up being fifty-two new habits at the end of the year. Do you really think that you can develop fifty-two new habits and still remain the same person? That is not possible. So changing just one thing in your life each week could transform your health, fitness, body and your life at the end of one year. The only catch is you have to maintain each of your new positive habits.

So here's my assignment for you this week. If you're struggling with making the time to plan your meals each week, let's dumb it down a bit. Instead of thinking about a meal plan, just think about one meal. Start with breakfast. Come up with two or three good options for a healthy breakfast that would help you to move closer to your desired goal. I say that because what you eat should depend on your goal. Eating to lose weight and eating to build muscle require two different meal plans. Likewise, not all healthy foods will help you to lose weight. So your eating plan has to be specific to your goals. If you're still confused about what to eat, I'm sure you'll find many articles at my website that will help to clarify your confusion.

In any case, your assignment for this week is to eat a healthy goal-

specific breakfast everyday. Noticed I said everyday. Not two days on and one day off, but everyday. And your objective is to maintain this new habit indefinitely. If each week you were to do the same for your other meals, you would have the perfect meal plan that's just right for you in less than a month. If you were to maintain these changes, within a year you most definitely will experience a dramatic transformation of your body and your life.

In short, to be successful, you have to become consistent with your new habits over time. When you do, those little changes you make on a regular basis can lead to BIG transformation.



Success Principle #5:
You Get What You Put In

One of the questions I often ask my clients is "what have you done since I saw you last." While most of them probably think that I'm just trying to make conversation, I'm really assessing their level of commitment to their stated goals.

The truth is that most people are lazy. They tell themselves that they would like to change their bodies, however, they're very rarely willing to do what it takes to do so. If you can only exercise two days out of the week, don't expect to get six days per week results. You have to be realistic and be willing to commit to what it takes to get the results you're looking for.

Most people quit exercising because lack of results lead to lack of motivation. If you're not motivated to do something, it's only a matter of time before you realize that you're wasting your time. Yes, I know that a number of you may object to me saying this but it's the truth. As I've written before in one of my previous articles, you only need motivation when you don't have a purpose for doing what you're doing. When you have a clear purpose, you do what needs to be done because it's part of a bigger picture. I'm not saying that it's always going to be fun or easy, it's not. Some days will be a struggle. However, you will keep going because you have a very clear picture of what you're striving for.

Anyway, getting back to the point I'm trying to make, if you only exercise two days per week, that's just enough to maintain a certain level of health. Three to four days per week will allow you to develop a new set of skills that will lead to greater physical and physiological adaptations, which ultimately leads to better results. Those who are really serious about getting maximum results will commit themselves to a five or six day per week plan. If you can't make that kind of commitment, then you're not ready for the big league; and that's okay. There's nothing wrong with being in the minor league. The important thing is you're still in the game.

I'm sharing this with you so that the next time you get frustrated with the slow pace of your results, instead of quitting, you'll imagine me asking you "what have you done since I saw you last?" Again, if you imagine that you are like most of my clients, who I see two to three

times per week, if your answer is "nothing," then you should expect "nothing" in return. If you want more, then you have to be willing to give and become more. You only get what you put in.



Success Principle #6:
Stay Plugged-In to Your Support System

I was having a conversation with one of my clients this morning, we were discussing how far she has come in the time we've been working together. She's been my client for fourteen years. Yes, that's a very long time. I still remember the day she walked (waddled, to be more accurate) into the gym. She was 5'2" and 175 pounds. Today, she's still 5'2", but she's now 112 pounds and stronger than most women half her age (she's in her late 60's).

As I sat down to write this article I thought about all the people I have worked with over the years. Some I worked with in the gym. Others came to learn martial arts or dance. Some I never met because we only corresponded by phone or email for nutrition coaching sessions. However, the clients or former clients who have continued to make progress, year after year, have all plugged-in to a support system to nurture and enhance their growth.

I still have a few clients that I've been working with in the gym for over ten years. Most don't continue coming to me because they don't know what to do. They keep coming back because I'm their support system. We train and we talk about their lives. When I see that they're straying, I set them straight.

I've also noticed the same thing with some of my former dance students. The ones who have continued dancing have all found a support system to further nourish their growth. They have started taking classes with other instructors. Some have even gotten involved with competitions. However, the common denominator between every client and former client, who continues to grow and meet their goals, is a support system.

You don't have to keep going to a private trainer as your support system. Figure out what you love to do and find people who are doing it, who inspire you. Rule number one, they have to inspire you. Don't hang around people with negative energy. Eventually, you will become more like them. So choose your crowd wisely.

If you love tennis, find a tennis group or buddy. Love to dance, find a good class and go regularly. Try a running, triathlon or marathon training group. It doesn't matter what you do, just find the people who are going to support you and plug-in.

Success Principle #7:
Strive for Consistency, Not Perfection!

Perfection doesn't exist; it's a fairytale. Therefore, don't beat yourself up when you slip up. Don't lose any sleep over it, just recommit yourself to your program and move on. The truth is it happens to the best of us. It's called life happens.

We all fall off the wagon from time to time, the secret is to get up and get right back on. If you miss a meal or eat something that's not a part of your plan, forget about it. Recommit to your plan at your next meal.

If you miss a few days of working out, recommit as quickly as you can and strive to be consistent.

Of course, if you find that you're consistently being inconsistent with your plan, you need to have a serious look at why things are not working. What's going on in your life that is pulling you away from your commitment to yourself.

As I've said many times, if you try to fit a program into your already chaotic life, there's a greater chance that you will fail. You need to reorganize your life around your goals. This is assuming that health and fitness is one of your top values. If it isn't, struggle you will.

Don't get discouraged when you have a bad week. Put it behind you and come up with a better plan for the week starting today.

Most people I speak with struggle with their meal plan because they never take the time to prepare. Everything begins with preparation. Would you give an important business presentation to top executives at your company without first preparing for it? I don't think so.

There are 168 hours in a week. If you sleep 7 hours each night, that leaves 118 hours. Even if you work ten hours each day, seven days per week, there are still 49 hours unaccounted for. You only need about two to three hours each week to shop and prepare your meals for the entire week.

So what's your excuse?

If you can't make time to go shopping, find a few places in your area with menu items that will allow you to stay on your meal plan.

If that doesn't work then just continue to allow your life to be the boss of you. You're not ready for what it takes to get results. That doesn't mean that you should give up; don't do that. However, you need to change your expectations of what's possible.

You don't have to be perfect to get great results. However, you have to have a plan and you must follow that plan more than you deviate from it.

The more you deviate from your plan, the longer it will take you to get the results you're looking for. The more you stick to your plan, the faster you will get to your goal.

Success is nothing more than doing small things consistently over time. You don't have to be perfect, however, you do have to be consistent. You can do it, so go for it!



Success Principle #8:
Be Coachable

Whatever it is that you're aiming to accomplish, I believe that you will get farther faster if you find yourself a great coach. Great coaches have a way of bringing out the best in us. They have the ability to push us beyond our perceived limitations. Sometimes just the mere thought of them is enough to inspire us to do, or be, our best.

Earlier this year I decided that I wanted to revisit my past life as an amateur gymnast. I had practiced gymnastics regularly in high school and continued with various acrobatic skills as part of my martial arts discipline throughout the years. However, it's been many years since I've practiced any of these skills. So I decided to attend an adult gymnastics class. Within a couple months I was able to perform skills that I hadn't done in over twenty years.

I was able to improve my abilities much more rapidly than I could on my own because I had the assistance of great coaches. They were able to break down each skill into smaller, doable skills. Most importantly, they were able to show me how to put it all together. This is the power of great coaching.

One of the primary reasons why some of my clients don't reach their goals is that they are not coachable. Just yesterday I finally had to ask a client, "If your way was working, why did you bother seeking my help?" Unfortunately, it is not uncommon for most people to revert back to their old habits. However, if you took the time to ask for help, then at least do yourself a favor and be coachable.

Great coaches can help you reach your goals faster because not only do they have the knowledge and experience, they're also not as emotionally involved as you are. Being emotionally involved is a great thing; this is necessary to get results. However, it is much easier for you to get frustrated when you don't think that you're progressing as quickly as you should be. Being coachable means talking things over with your coach to come up with the best way to proceed.

The sad thing is that many of the people who suddenly decide to do it their way, simply revert back to old habits. Guess what? If you keep doing what you've always done, guess where you end up? You got it; exactly where you are.

So if you took the time to ask for help, which I encourage, then do yourself a favor and follow the plan.



Success Principle #9:
Get Back to Nature

When was the last time you took a hike in the mountains? What about a walk on the beach? If it's been a while, you're not alone. I think one of the primary reasons why most people are very unhappy is because our lives have gotten too far removed from nature. Most of us no longer have a connection to the natural world. Our days are filled with noise, chaos and distractions. Even our food no longer resembles anything from nature. Reconnecting with the natural world is a great way to have a more enjoyable fitness experience. It's also an opportunity to clear your mind and to truly appreciate the simple wonders of the world.

On Sunday mornings, I used to take my daughters to the playground. For the past couple of months, however, I've been taking them to the Santa Monica Mountains. In the mountains there are no swings, slides, sand pits or any other fake manmade contraptions to distraction them, yet for two hours they are completely engrossed in activity. Not only do they get to play and have a great time, but they also learn to appreciate the simple beauty of nature.

I don't know about you, but I find it incredibly calming just watching a natural stream of water as it navigates its way around various rocks and other obstructions in its path. It reminds me that I don't have to fight against life; it's better just to go with the flow.

Reconnecting with nature is also a great way to make a deeper mind-body connection. It reminds you that most of your limiting beliefs are in your head. However, once you take the time to clear out those negative thoughts that no longer serve you, a whole new world of possibilities suddenly appear. Some of my most transformative ideas were born on a hike or run in the mountain. In fact, whenever I seek clarity about anything in my life, I simply put on my trail running shoes and go for a run in the mountains. There is something incredibly empowering about standing atop a giant rock overlooking the ocean, miles away from the noise of modern living.

One of my observations over the years is that nature lovers also tend to be lovers of natural foods. They just go hand in hand. Once you learn to appreciate the beauty of nature in all its simplicity, it's hard not to also appreciate the vibrancy and energy derived from eating

natural whole foods. Jack Lalanne was fond of saying that if you "Eat nutrient dense natural food you'll feel like a champ. Eat processed food and you'll get sick and depressed." I wholeheartedly agree.

So make some time in your busy schedule to get out of the city and take a hike in the mountains. Or take a walk on the beach, away from the crowds. Just allow yourself to reconnect to the silence and stillness of your own mind. When you get in the habit of appreciating the beauty of nature, it may help you to truly appreciate the beauty within yourself.



Success Principle #10:
Develop Your Own Fitness Rituals

Rituals are important. We perform them every day. When you wake up in the morning, wash your face, brush your teeth and sit with your cup of coffee or tea, you're performing your morning wake-up ritual. You may not have thought about it as such, but that's what it is. So what are rituals and why are they important?

A ritual is a series of actions performed primarily for their symbolic values. Though rituals are not as prevalent today, in the past, people used rituals to mark important milestones or events such as birth, death, and a boy's transition into manhood, among others. A ritual is a way of anchoring our thoughts and intentions in the subconscious mind through symbolic actions, in order to affect change.

Fitness rituals are important because over time they will program the subconscious mind in a way that makes it effortless for you to engage in your particular activity. Back in the days when I used to work in corporate America, I used to get up at 5am every morning and go for a run in the Santa Monica Mountains. That was my ritual then. Though it was hard to get out of bed at first, over time it became increasingly easier. After a while I no longer needed an alarm clock to wake me up.

So what are fitness rituals? They could be as simple as going to the gym at the same time everyday, attending your favorite classes every week, or performing your fitness regime at the same time on a regular basis. Regularity is the most important thing with fitness rituals. In order to program your subconscious to assist you, it is important to perform the same series of actions at the same time, regularly.

This doesn't mean that you have to do the same exercises all the time. In fact, it really doesn't matter what you do. You could go for a walk one day, go to the gym the next, do yoga in your living room or hit the trails like I did. What matters most is your intention to participate in some form of physical practice. The ritual of doing whatever you choose to do at the same time regularly (daily, every other day, weekly, etc.), will anchor your intention in the subconscious mind. Over time, it will become almost effortless to maintain your fitness ritual, because you have enlisted the assistance of your subconscious mind.

As a final note, a ritual can be something that you perform mindlessly without thought or intention, or it can be a series of actions that are performed with meaning and intention. The latter has the potential of being transformational. However, the choice is yours.



Success Principle #11:
Don't get Caught up in The Quick Fix

There is no such thing as a quick fix and you're fooling yourself if you think otherwise. Good things come to those who wait, and any health and fitness goals are going to take effort and commitment on your part.

Most of the questions I get asked at the gym are about how to get something fast with little effort. You're fooling yourself. Anything worth having is worth the pain and suffering it takes to get it. And let's face it; if you want to look like me, or any of those models you see in the fitness magazines, you're going to have to work for it.

There are three types of super fit fitness people. You have the ones who are super fit because they've been active their entire lives. Then there are those who are super fit because they decided to make a radical lifestyle change. And then you have the little show-offs who never do anything but look great because they're just young and genetically gifted--don't you just hate them?

The first and last types are out of bounds to you. That leaves just one way for you to join the super fit club. You can get there but it's not going to be easy. I can guarantee that it definitely won't be a quick fix.

Over the years I've witnessed very overweight people completely transform their bodies in just a few years. In just a few years? Yes, you might think that's a long time, but the time is going to pass by anyway. What better endeavor can you dedicate yourself to than looking and feeling your best? I can tell you, it feels great to look great.

Stop fooling yourself, walking around the block is great for your health but it's not going to change your body. To do that you have to get working on it, and work hard you must. It won't be a quick fix.

Stop getting frustrated when you don't see results and start realizing that you're not working hard enough at it. Either you're not training hard enough or you're lying to yourself about what you're eating. Maybe you're lying to yourself and don't even know it.

I've sat down with many clients who thought they were all eating great, however, by the end of our session most are usually shaking their heads

saying "and I thought I was doing so well." Not!

Here's a simple test, if you have to ask me if you should be eating something, chances are you shouldn't. And that's not because it's bad for you, but because it's not going to help you to change your body.

I don't believe in good or bad, things are as they are. There are no such things as good foods and bad foods. There's only what's going to help you move closer to your goal and what's not. That's all there is, so you get to decide what you eat based on what your intentions are. Are you just trying to stay healthy? Are you trying to get fit? Or are you trying to change your body? These all require a different way of eating so choose wisely.

If you don't know what you're trying to do maybe it's a good time to clarify your goals or even to set some new ones. And remember, self-mastery demands that we dedicate ourselves body, mind, heart and soul to the task at hand.

As Walter Cronkite used to say, "and that's the way it is!"

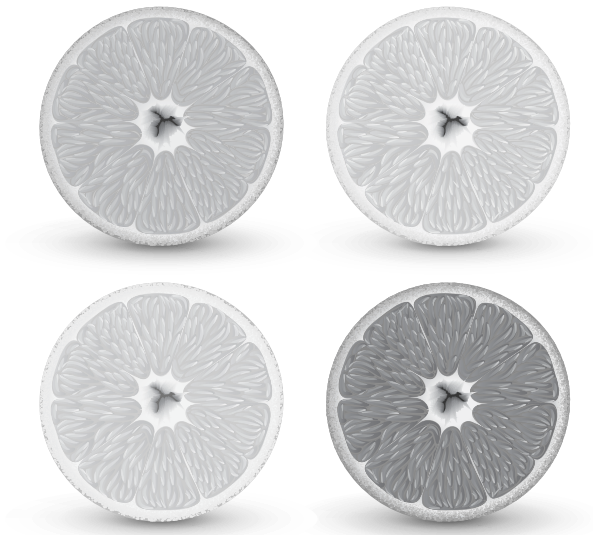


The Final Word

Obviously as you can see there could easily have been a 12th principle called "Always Give More Than You Promised." I promised you ten principles and I gave you eleven. Imagine the difference you could make in your life if this was one of your core principles.

In the gym, I'm always encouraging my clients to "take it to the next level." This means that I want them to give more of themselves and to make a deeper commitment to their goals. If you were to give more than you promised, especially to yourself, whether in or out of the gym, this would make a tremendous impact on your body and your life.

Remember, a principle is not an absolute rule. Rather, it is a guide that informs and supports your actions while in pursuit of your goals. And as I've said before, take what is useful and discard the rest.



Other Resources From Dr. Del:

Below are some additional resources that may be helpful. Check them out and see if they're right for you.

❶ Dr. Del's Rapid Fatloss Manual
This book will teach you everything you need to know about the fat loss process. You will develop a clear understanding of how exercise and nutrition affect the fat burning process, how meal pattern and frequency affect your metabolism and fat loss, and what conditions cause your body to break down stored body fat. This manual cites over 30 gold standard clinical research studies on fat loss.

❷ Dr. Del's Rapid Fatloss Meal Plan
Here you will find all the details of what you should be eating on your fat loss program as outlined in Dr. Del's Rapid Fatloss Manual. This book contains a detailed weekly meal plan for both Phase Two (Muscle Building & Fitness) and Phase Three (Fat Loss) of your program. In addition to a complete 8-week meal plan, you'll also have weekly menu and shopping lists.

❸ Dr. Del's Rapid FatLoss Cookbook
In case you're wondering how to make the recipes listed on my meal plan, don't despair. My 10-minute recipe book contains over 130 easy to make recipes; everything you need for your meal plan. Download your copy today and get started on your journey to rapid fat loss.

❹ Dr. Del's Rapid Fatloss Detox-Cleanse Program
Dr. Del's detox-cleanse program is a whole food based nutritional cleanse designed to jumpstart the body's fat burning system. This 21-day program will enhance your digestive, elimination, absorption, circulation and hormonal systems.

❺ www.PersonalFitness.com
My website is a virtual treasure trove of everything you will need to be successful. Here, you can either design your own workout and meal plan, follow one of my many pre-designed plans or I can also designed a customized plan just for you on a weekly basis. Your workout plan can be designed for you to train either at the gym or at home. For your convenience, all the exercises are demonstrated with pictures and/or video clips. Your meal plan will contain complete calorie count and detailed nutrition profile of each food item.

❻ Fruit and Vegetable Capsule
www.FruitandVegetableCapsule.com
The Fruit and Vegetable Capsule I use and recommend is whole food based nutrition, including juice powder concentrates from 17 different fruits, vegetables and grains. Each ingredient is specially selected to provide a broad range of nutritional benefits.

This is a simple, convenient, and inexpensive way to add more nutrition from fruits and vegetables to your diet, every day. This product is supported by clinical research conducted by researchers at leading hospitals and universities around the world and published in peer-reviewed scientific journals. It is recommended by thousands of doctors and health professionals around the world and has my highest endorsement because I use it everyday. Go to the website above and watch the video.

❼ Vital Choice Wild Salmon Fish Oil.
Personally, I like to use omega fats from wild fish instead of farmed raise fish. For that reason I use and recommend the Vital Choice Wild Salmon Fish Oil.

❽ Juice Plus+ Complete® Meal Replacement
This is a whole food based beverage mix that provides balanced nutrition in every scoop. Juice Plus+ Complete can be used in any number of ways: as a healthful "on-the-go" breakfast, pre-exercise energy drink, post-workout recovery drink, or a late night snack. It comes in your choice of two delicious flavors: French Vanilla and Dutch Chocolate. I recommend it because it is what I use every day and it is also the tastiest meal replacement I have used in 20 years.

About the Author

Del Millers, Ph.D.
Author, Speaker, Life Coach

DEL THE AUTHOR

Books by Del Millers:

DR. DEL'S RAPID FATLOSS MANUAL
A Scientific Approach to Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS MEAL PLAN:
A Science Based Eating Strategy for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS COOKBOOK:
Quick & Easy "10-Minute Meals" for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS DETOX-CLEANSE PROGRAM:
A 21-Day Whole Food Based Plan for Jumpstarting Your Body's Fat-Burning System.

SIMPLY DELICIOUS:
Quick & Easy 10-Minute "Fit" Recipes and Nutrition Guide.

DEL'S 10-MINUTE TOTAL BODY WORKOUT:
When all you've got is 10 minutes to spare!

DANCING WITH GOD:
How you can Make Exercise a Playful Adventure of Body and Soul!

Del The Speaker

SPEAKING ENGAGEMENTS AND SEMINARS:

Speaking the Spirit of the Body's Wisdom

When Del Millers speaks, people listen. He knows an awful lot about the physical body, and he looks like it. He also knows an awful lot about the mind and emotions, and he demonstrates it. And that he has a very intimate and personal relationship with his own spiritual nature puts him in a very unique position to be able to support, motivate, and encourage people to reach new levels with their personal dreams and ambitions. As one client puts it, "I have had many personal fitness trainers and many dance and tennis teachers. Del is the first one to really help me reach my goals. He's tough and demanding and kind at the same time. He knows what he's doing; he's an expert."

Del has been extremely successful as a motivational speaker and coach because he addresses all aspects of the human being. He is intelligent, well spoken, and engaging, whether he's exploring the many aspects of health and nutrition or describing how exercise is really like dancing with God. He fascinates audiences and individuals alike because he practices what he preaches. He is a happy man with a firm grasp on his reality—and he assists others to reach the same amazing place. He is, in a word, inspiring.

Del holds a Masters Degree in Spiritual Psychology, a degree he earned by demonstrating self-mastery, and a Ph.D. in Nutritional Sciences. He is also an accomplished writer, poet, and performer as well as a master instructor of Kung Fu and Tai Chi Chuan, a Personal Fitness Coach and a sought after corporate consultant. Del is truly a pioneer, combining the fields of Fitness and Transformation.

Del Millers is a powerhouse, standing on a solid foundation of education and experience. When he speaks, people want what he's got. The good news is, he knows how to deliver.

Private Consultation

Dr. Del is available for phone or email fitness, nutrition and life coaching.

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and write, "subscribe" on the subject line.

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YOUTUBE
Visit Dr. Del's education channel at Youtube.com/drdelmillers

TWITTER
Stay in the loop at @drdelmillers

DEL MILLERS INTERNATIONAL

Inspiration, Support & Encouragement,
For Your Journey Towards Wholeness!
http://www.delmillers.com