

THE OVER 40 SOLUTION

**MAX
MIND**

Lean Body

10 **TOP** *Age Reversing*
**SECRETS YOU
NEED TO KNOW**

HEALTH, WEIGHT LOSS, AND LONGEVITY

TOM & DAWN TERWILLIGER



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THE AUTHORS



Tom Terwilliger: Born and raised in Long Island, New York. I was the youngest of six kids. My mom was a weathered 46 when she brought my twin brother Mike and I into the world. My folks knew how to create balance in the mits of chaos; after all they had 3 boys and 3 girls.

My love for fitness developed early on when I began studying martial arts at age 8. As an early teen however, it was strength training that helped me build confidence. After countless training routines, endless tuna and water diets, several coaches, and a landfill of milestone trophies I was able to fulfill my dream of winning the Mr. America title. My career since has included owning several athletic clubs, 16 years as TV show host/producer on Fox Sports Net and the opportunity to coach and train countless celebrities and athletes.

Today, I'm a #1 bestselling author, motivational speaker, empowerment trainer, and a leading authority on human performance. My greatest pleasure and passion still comes from helping as many people as possible achieve their dreams and change their lives by changing their minds and their bodies.



Dawn Terwilliger: As the youngest of two kids, I had a hard time finding my power growing up. Getting a word in edgewise at the dinner table between my father and brother was all but impossible and often frustrating.

It wasn't until I found and fully immersed myself into strength training and fitness that I was able to step into my real power. In fact, it was so inspiring and empowering that fitness became not only my passion but my life long career.

Today at age 44, I'm a Kinesiologist, ACSM certified personal trainer, and a successful fitness competitor and model. I've been blessed to have been featured in a number of fitness books, magazines and videos. Over the last several years, Tom and I have devoted our lives to supporting others in creating their best selves through fitness, mindset and emotional intelligence.



“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.” ~ Buddha

Conquering what life can throw at you can be a difficult task, even under the best of all possible conditions. But if your body is fighting itself just to survive, you can't possibly hope to defeat any kind of real opponent... especially yourself. It's possible that in your quest to lose weight and defeat the premature aging demons your greatest adversary will be you. Your thoughts, your feelings and your self image can all work with or against you. Your greatest obstacle may be a mental image you carry with you of a pudgy or scrawny youth, overweight adolescent or some other disempowering self image. If so you will need to work on changing that inner picture if something new and better is going to manifest in the flesh. For you to successfully put into practice the following ten secrets or what we call rules you will have to start from the inside out.



You will have to conquer yourself.

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Hi, we're Tom and Dawn Terwilliger and we've been helping people just like you conquer their greatest challenges and obstacles to achieve extraordinary results in their lives for the past two decades. We've worked with everyone from Hollywood celebs, to pro athletes, to fortune 500 CEOs and everything in between. What you'll find in this guide are just a few of the rules we personally follow and have our clients follow as part of an overarching strategy for losing unwanted fat, developing lean muscle, slowing the aging process and most importantly creating a joyful and energized life. Our goal for them just as it is for you is to provide the time tested and proven tools, rules and strategies for success.

It is up to you to put them to use.

Over the next several pages you'll also discover numerous power thoughts for creating a strategic nutrition plan for maximum energy, weight loss and longevity. There are also tips for when, where, and how you should be training as well as the creation of a success mindset. Along the way we will share with you what we also believe to be a tremendous recourse. We believe this because we created it and because it works. For those reasons we are unabashed in sharing it with you. It is called the [Max Mind Lean Body Method](#); a program we created specifically for men and women struggling with weight challenges, mental and physical fatigue, premature aging, and loss of personal power.

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The **MMlb Method** is all about regaining your power and using it to create the body and life you deserve regardless of age.

Our objective is to serve you - that's it!

We created this guide as well as the **MMlb Method** for that very reason. All we ask is that you keep an open mind as you read on.

Most People Fail Before Ever Leaving The Gate

If there is one thing we've learned over the past 30 plus years of successfully guiding people through the battle you are about to wage on fat, atrophying muscle and aging it is this; your ability to be successful will depend in large part on two things:

A. Willingness to truly be successful. You might not be surprised that a lot of people who outwardly express a desire to lose weight, build new lean muscle and finally get back into great shape never follow through. The truth is on an unconscious level most of them are fearful of stepping into their true power. It would mean recognizing that even after age 40 they are still not living up to their potential. And that after all these years they are



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still holding back. After a certain age the “Red Pill” can be quite uncomfortable to swallow. To be successful at your new weight loss and fitness goals you must be willing to stop allowing your story, all the BS obstacles and excuses along with the desire for comfort to hold you back.

B. Willness to develop a plan. 80% of the people who actually follow through and truly make an effort will fail. That’s right 80%. Not because they didn’t try, or weren’t prepared to work hard at it and not because they weren’t willing to step into their power. But rather because they weren’t willing to take the time to understand and ultimately follow a plan all the way until it’s final and successful outcome. Like most of us, they want it NOW! Investing the time in the development of knowledge and the formulating of a plan just takes to freaking long. They are not willing and therefore they become unable.

You must be prepared to overcome those two simple challenges if you are going to set yourself apart from the rest. Can you do that?

Moving Forward

There is a lot to digest and assimilate in this guide and if you tried to put all the “rules” into place at once it would be tantamount to a complete paradigm shift. That can be overwhelming for most of us. So we recommend that

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you pick two or three rules, ideas, or actions that could make a HUGE difference and put only those few into place immediately. Once you make those changes a permanent part of your new self (it take up to 21 days) go back and implement 2 or 3 more. Keep that up until your old habits and unproductive behaviors have faded into the past, completely replaced by new personal power actions, routines, and habits.

“Be like a postage stamp — stick to one thing until you get there.” ~ Gary Keller

Be a Strategist NOT A DIETER!!!

There is a very good reason why the Spartan Warriors were only provided a small amount of rations to eat during their formative training years. The Spartans were great strategists and they knew keeping themselves “a little hungry” was essential to keeping themselves sharp, lean, and ambitious. Eating a reasonably low amount of calories has a number of positive effects on your overall health as well.

A study done in 2009 highlighted that DNA itself is kept more stable by a variety of different stressors. One of the foremost stressors identified was caloric restriction. Simply put, when your calories are reduced, your health grows more robust from the inside out.



But of course, no extreme is healthy. Obviously, we want to eat enough of the macro-nutrients (carbs, proteins, and fats) to support our metabolism, daily energy output and provide the much needed micro-nutrients.

Unfortunately, there are no hard and fast rules as to the number of calories a person should consume each day, as there are simply too many variables. In the [MMlb Nutrition Guide](#) we provide a simple and very effective way to calculate your estimated caloric need. It's a good place to start.

According to the World Health Organization, total caloric intake has to be balanced against a proper combination of the various macro-nutrients (carbs, proteins, and fats) and micro-nutrients (such as vitamins, minerals and amino acids). Surprisingly enough, there is a de-emphasis on “How many calories you should eat,” and an increasing emphasis on “How many nutrients you should eat.” I guess we learned a little something from our Spartan ancestors.



But this also flies in the face of everything we tend to practice in this world of abundance we live in. We do the exact opposite. We consume massive amounts of empty calories with little nutritional value. As a young physique

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athlete I was all about eating “mass quantities” of macro-nutrients in order to give my overworked muscles everything they needed to support growth. I would devour large plates of pasta, rice, potatoes along with tons of chicken, red meat, and fish. The only time I would restrict caloric intake or load up on veggies would be leading up to a contest or competition season. Then in order to get super lean and muscular in a short period of time I would employ the same strategies we’re about to share with you.

You’ve already been practicing (unwittingly perhaps) the mass quantity part of the strategy; it’s what’s gotten you where you are right now. It’s now time to employ the other half of the equation.

I promise you it works.

Along with getting leaner and stronger you will be healthier than you have ever been in your life - as long as you don’t take it to ultra extreme like I did the last 4-8 weeks leading up to a contest. That’s when it starts to become somewhat unhealthy.

It requires extreme measures to chisel the human body down to single digit levels of body fat.

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Our bodies were not designed to live for extended periods of times that lean. There are countless ramifications for doing so.

After age 40 it is particularly unhealthy to do so. Our skin, hair, nails and organs all need a certain amount of body fat to remain strong and youthful. Without ample amounts of essential fats our internal organs can stop functioning properly and our brain can begin to short circuit. We can also suffer from all sorts of endocrine system problems including a slowing of or complete shutdown in the production of our sex hormones testosterone and estrogen. The building block elements (fat-cholesterol) of these hormones are not available. For women extremely low body fat can lead to Amenorrhea - an abnormal and potentially unhealthy absence of menstruation.

In order to crank up your fat burning metabolism, develop new, healthy, strong and lean muscle and recapture a more youthful and vibrant appearance and energy level you need to remember and follow a few strategic rules. These key elements will never change, no matter how much or how little calories you consume.

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THE RULES: TOP 10 AGE REVERSING SECRETS YOU NEED TO KNOW

1. Eat Every 3 Hours



Here is the Rule: If you are serious about keeping (and perhaps gaining!) new lean muscle, cranking up your metabolism like it was back in your 20s and having the physical strength and stamina to live this post 40 life to its fullest than **you must eat smaller more frequent meals throughout the day.**

A long time ago, your ancestors had to hunt for and gather the food that sustained life. Any nut or berry they picked could be dangerous, and the meat they consumed ran away (and sometimes fought back). Meals were almost always hard to come by. Our ancestors ate a good deal less frequently than we do. They also went short, sometimes extended periods of time with little or nothing to eat.

Because of those harsh conditions, the human metabolism adapted to periods of famine. During these semi-starvation periods the human metabolisms learned how to slow itself down and store fat that might be needed for survival later on.



Despite all of our modern conveniences, our bodies have changed very little over the past hundred millennia. To the modern body, just as to the ancient one the last meal you ate might be your last for quite some time. As a result it takes approximately three hours for our bodies to begin going into what is commonly called ***calorie preservation mode*** or starvation mode.

At that point our metabolism slows down considerably in preparation for a famine that may last weeks. We begin to store nutrients for future survival. The body recognizes fat as its richest source of available energy and so, like a penny miser who hordes his or her fortune for a “rainy day” your body hordes its riches source of fuel. Other than your brain and other vital internal organs, your fat reserves are the last thing your body will turn to as an energy source. When forced into this “calorie preservation mode” it quickly begins to use its available glucose stores...which can run out pretty fast. Next on the calorie providing chopping block is the catabolism of lean muscle tissue.

That’s right your body will begin to eat its own lean muscle tissue. If you don’t believe your thigh, chest, and arm muscles would be the first things to be sacrificed during starvation you do not understand how the human metabolism works. Consider the fact that muscle tissue actually requires calories (among other nutrients) just to

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function. Under normal metabolic conditions every pound of muscle uses approximately 50 extra calories per day.

So, if your body breaks down a few pounds of muscle and gobbles it up for fuel, not only will it get back the calories which were being “stored” in that muscle tissue, but it will also conserve the calories which that muscle would have “used” if it had been retained. This cannibalistic tactic would allow you to survive longer (not stronger) during extended starvation. This is why it takes as long as three weeks to starve to death. Your literally body eats itself to death. Morbid but true.

Keep in mind that you don’t actually have to be starving for your body to react in this way. It is a self preservation strategy based on thousands of years of adaptation and survival. All your body requires is the *perception* of what it’s experiencing - not necessarily the reality. After all, few of us have to experience actual starvation in our lifetime.



A large part of your ability to re-ignite your metabolism and build new lean calorie burning muscle will require staying out of the calorie preservation/starvation mode. This requires eating small but frequent meals throughout the day.

If the idea of preparing 5-6 meals a day seems a little daunting - I get it.

Without a strategy it can be. This can easily be overcome by preparing certain foods and or whole meals in advance. I prepare 5-6 chicken breasts, 2-3 servings of fish and my sweet potatoes on Sunday well in advance of the week so I am prepared. I also pre-chop my veggies so they are ready to be steamed, grilled or blanched. In addition (and this will make it a lot easier), I usually only eat 3 actual meals and supplement the other two with protein smoothies. We go into great detail on how to pre-prepare your meals in the [MMlb Nutrition Guide](#).

2. Satisfy The Micro First



Here's the rule: Satisfy your body's micro-nutrients needs first before satisfying any need or desire for additional macronutrients.



This simply means making sure through both the foods you eat and the supplements you take that you have given your body everything it requires from a vitamin, mineral, and amino acid perspective before satisfying any desire for additional energy providing, muscle building and metabolism stimulating macro-foods.

At the very top of your shopping list should be all the healthy **nutrient rich foods** that would otherwise be left to last.

Nutrient-rich foods are foods that contain an abundance of vitamins and minerals (micro-nutrients) but *not* a lot of calories. This includes a variety of healthy foods, such as fresh fruits, vegetables, legumes, nuts and seeds and lean meats and fish. Getting the majority of your vitamins, minerals and amino acids through these real nutrient rich whole foods ensures your body gets what it needs. Next on the list would be supplements like a multi-vitamin with minerals.



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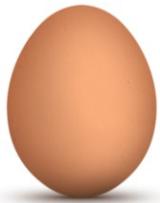


Side Note: When it comes to exercise, Dawn and I are big proponents of training the most important muscles first, THE CORE. Most people leave their midsection until last than either skip it or half-ass that part of the workout. NO, NO, NO!!! Make it a priority.

It's the same with your micro-nutrients – put them first in your mind, in your cart and in your body.

When you sit down to eat, gobble up the healthy good stuff first like your life depends on it... because it does. There should be no broccoli, asparagus, zucchini, brussel sprouts, or green beans left on that plate when you're done even though it looked like a rain forest when you began. Then get to the lean protein. If you leave your veggies to last you will not eat them all. I guarantee it.

3. Never Miss Breakfast



Here is the rule: You must eat within 40 minutes of getting out of bed in the morning. Shower, brush your teeth, drink 8oz of water, get dressed, and freakin' eat something healthy. Your metabolism, your energy levels and your day will thank you. If you don't they will punish you.



I know this sounds like your mother talking, ***“Make sure you have a good breakfast honey”*** but the truth is she was right...as usual. You and I have heard this for years, “breakfast is the most important meal of the day” but rarely do we hear why. Let me explain. If you’re like most people you probably have your last official meal (dinner) sometime between 6 -8pm. You might follow that with some sort of late night snack...probably something less than healthy.

Now, here is what happens...

We talked about the importance of eating every 3 or so hours. Well, guess what? If you sleep an average of 7 hours and your last meal was an hour before bed that makes **8 hours** with no food. That’s a mini fast and your body is now in starvation mode and reserving energy and calories. By morning your body is not only ready but in dire need of both food and water. If you stretch this “fast” for another few hours or longer your body will officially begin to shut down its energy usage. This means your brain will not function optimally, you’ll be lethargic, and your muscles will begin the process breaking down and providing the raw materials for energy as your body hordes fat for future use.

If you skip breakfast you could be putting your body into starvation mode for up to 12 hours or more.

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This is not what you want!!

I know, I know. I hear it all the time. *"I just can't eat in the morning."* Bullshit, you have trained your body NOT to eat in the morning so now it feels unnatural.

Would you send your kid to school without proper breakfast and expect them to perform at their best?

Of course not, as an adult you know better. Well you are no different. In the mornings your blood sugar levels are super low and they will stay that way until you eat.

If you think coffee is the answer. WRONG!

Coffee is the worst thing you can put into your body in the morning. It artificially elevates your blood sugar then leaves you in the energy gutter to die before the clock strikes 10am. Plus, it irritates your intestines disrupting later digestion.

Re-train your body to eat in the morning. Start with something light. Half an apple with a smear of peanut butter, low fat goats milk yogurt with fresh fruit, one egg and some fruit or how about a healthy protein smoothie? No

time? Again, I call bullshit. You can and will prepare something the night before. Blend your smoothie, hard boil and egg or two, or slice some fruit before packing it in for the night. Then take it on the go if necessary.

4. Avoid Over Eating



Here is the rule: Slow down your eating. I know you are frequently in a rush or pressed for time but you can't make it up by gobbling down your food like some refugee. You must take your time when you eat. One of the things great physique athletes do and do well is shrink their tummies as far as they can leading up to a contest. That's how they develop such a small waist. You can employ the same tactics they do in making that happen. Let me first explain

what happens when we frequently overeat or eat too fast at meal time. And this goes double if your accustomed eating a BIG breakfast in a hurry.

By eating beyond nutritional need and *beyond full* you actually stretch the lining of your stomach. To contain that lining your abdominal muscles also stretch. The transverse abdominal muscle in particular which wraps around your midsection from back to front is there to keep your gut from pushing outward and straining your lower back.



Once the abs and the transverse are overstretched you're gut begins to protrude like a pot. Eating too fast facilitates this problem.

Note: Exercise, portion control, and eating slowly like the strategies outlined in the [MMlb Over 40 Solution](#) can reverse this problem.

Every time you over eat you teach your stomach not to feel satisfied unless it is stretched which now requires over more eating.

When you eat so fast you stop recognizing when your body has released the hormone, Leptin. Leptin is a chemical released by the body (stomach, muscle and fat cells) that alerts you that it is satiated (full) and to stop eating. If you are not eating slow enough you could just chew right past the message and wind up over eating-again!

Digestion begins in your mouth while chewing so make sure you don't swallow your food whole to get it down faster. Here is a simple way to get your meals eaten faster without rushing. Reduce the size of your portions by half. See how simple that can be. Two birds with one stone.

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5. Eat Unprocessed Foods

Here is the rule: If the foods you are considering eating did not either come directly out of the ground, on a tree or bush or from some naturally grazing animal you do not want to eat it.

Not only did our ancestors develop lean, strong and durable physiques by eating foods which did not come from a can or wrapped in plastic, they thrived and reproduced under the toughest of conditions! So obviously there is something to be said for foods you can eat in a reasonably unprocessed form.

Everything else is either man made, chemically altered, or so full of crap you do not want it in your body. The detrimental effects of various chemicals added to processed foods is well beyond the scope of this guide, however you need to keep in mind that fast foods, processed foods and chemically altered foods will negatively alter the natural state of your health and the function of your body.

If your body does not function well you won't function well, you'll be fatter, you'll age faster, you'll be weaker, you'll look older, you'll feel less capable and you'll be much, much, much more susceptible to illness and disease.

Once you reintroduce the types of healthy, unprocessed, unaltered foods your body was designed to eat and begin to feel the empowering impact on your mind, body and spirit you will never want to go back to the crap you once thought you loved.

6. Maximize Hydration

Here is the rule: The common rule of thumb when it comes to water consumption is one gallon per day for the average size man and women.

Your blood, like your body, is primarily composed of water. You need plenty of good old H₂O not only to survive but for almost every metabolic process in your body. Weight loss and muscle development are no exception.

Granted, this amount may seem a bit daunting, if you are not used to drinking much water. There are a few different ways to accomplish the one gallon a day requirement. For one thing, you can just carry around a gallon of water with you, and swig it every so often. This is common practice of the physique athletes you see in the gym. For them it serves a dual purpose:

- a. It assures they get what they need in regards to cell hydration – which they recognize as critical.





- b. It tells the world or at least the other physique athletes in the gym who they are. It's a bit of a tribal thing.

Question- Is some “muscle-head” smarter than you or just more disciplined?

I realize carrying a gallon jug of water around might be a little cumbersome for the rest of us who aren't necessarily looking for that tribal connection. But you still need to stay hydrated.

You can also try the simple 1 -2-3 strategy:

1. You start by drinking 1 big glass of water right after you first get up in the morning.
2. You drink 2 glasses or about 16 oz every three hours for the rest of the day.
3. Do it consistently.

Assuming you're up and active at least 12 hours a day that should give you ample amounts of time to down plenty of water, without making you have to go to the bathroom every ten minutes.

The other solution is to keep a 32oz water bottle on your desk or nearby and make sure you have to refill it every 2 or so hours.



The other thing that will help you stay hydrated throughout the day is to minimize your consumption of coffee, tea, pop, juice, and YES alcohol. Not only do these things add additional unwanted calories to your daily caloric intake but they also have a negative effect on your blood sugar, insulin over-production and metabolism. They can greatly contribute to dehydration and fool you into thinking you have had enough fluids. You haven't! Anything other than clean fresh water, including fluid replacement drinks like Gatorade will likely have the opposite effect on your ability to get and stay hydrated.

7. Train ---With Intensity

Here is the rule: When it comes to developing a strong, lean, toned and athletic body you must include at least two 30 minute high intensity (physically challenging) strength training sessions per week. If your goal is to gain new shaped muscle take it up to three days.

OK, so you already know that exercise is important. But you should also know that high intensity strength training is the most effective form of exercise for





losing body fat...FAST. Studies have shown that long endurance activities such as running, cycling or aerobics (traditionally used for weight loss) actually cause lean muscle tissue loss over time. High intensity interval strength training has the exact opposite effect.

Plus, high intensity strength training makes you STRONG.

There is an intangible element to strength that simply cannot be purchased or surgically implanted. Strength chisels the jaw line, defines the brow, widens the shoulders and tapers the waist. It exudes a chemical pheromone that is unconsciously irresistible to everyone who comes in contact with it. Strength is what everyone wants but few have. Strength is confidence, poise, and self-reliance. It does not yield to physical, emotional or spiritual resistance.

Physical strength comes into play in everything we do. Being strong, both physically and emotionally helps us feel confident. Strength makes us more self-reliant and gives us the ability to help others in need.

After age 30, we begin to lose up to a pound of lean muscle tissue every year. You can be sure that if you haven't been actively training, conditioning and maintaining your muscles at high levels of intensity you have been losing

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your muscles. This is one of the main reasons you've been putting a little (perhaps a lot) of extra body fat on every year. It's also why your body has been on a steady decline over the past few years.

HIIT performed using [MMlb Method](#) will not only allow you to safely burn the fat and “*hold onto*” your muscle but have you gaining NEW shapely, tone, strong and attractive muscle...quickly.

8. Reduce Stress Levels

Here is the rule: Unless you learn to reduce or mitigate your levels of chronic stress your body will continue to breakdown, age, and put on weight. Take 20 minutes to practice QiGong Meditation following your workout and again at one other time during the day.

Cortisol is an extremely catabolic hormone produced by your body's adrenal glands. Its production is elevated when you are under stress, whether physical or emotional. Part of its job is to help your body use sugar (glucose) and fat for energy (metabolism), so that it can rally and fuel the resources needed to deal with and manage stress. Certainly an effective high intensity workout, like the Max [Mind Lean Body Method](#) places a little, if not a good deal of stress on the body. This short term acute stress isn't a bad thing as long as it does not become chronic (prolonged) or left unmitigated.

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In addition, the chronic levels of stress most of us are subject to on a daily basis is more than our bodies are equipped to handle. As a result our immune systems are over taxed, our cortisol levels are dangerously elevated, and our cells are constantly on the defense. In this state your body prefers glucose for fuel and will hold onto fat.

It's almost impossible to get lean under these conditions!

Following your workout and at one other point during the day you must consciously calm the body and shut down the release of cortisol. I think you'd agree that as soon as you're done with our workout as well as your hectic day you want the battle to end and the body breakdown to cease.

It won't on its own. You have shut it down.

You can do this through a quick version of a simple but extremely effective ancient Chinese meditation practice. [The MMlb Over 40 Solution](#) is about balancing the results producing Qi energy of high intensity workouts with the rapid and deep body/mind recovery of meditation. You'll find its weight loss, muscle building and rejuvenating effects extraordinary.

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9. Find a Good Coach

Here is the rule: If you want to be successful at losing the weight and building a strong, sexy body you must find someone who can help you push past your own self imposed barriers.

Anyone, including the highest level athletes and entrepreneurs wanting to achieve success in a challenging new area must find a good coach, mentor or trainer to help them achieve their potential.

I personally find it extremely productive to have a trusted mentor or coach show me what my next steps should be, even when I think I already know. That's why Dawn and I both have personal coaches. Having a coach can take the ambiguity out of making a decision and force you to take decisive action.



Performance in any area is almost always based on expectations.

A good coach will always expect more from you than you will of yourself. Plus, when left to our own devices we all have a tendency to underperform and cut ourselves slack afterwards. But most of us hate to let others



down...especially those who won't cut us any slack or accept excuses. We will never push ourselves as hard as an experienced coach or mentor can and will.

When I was preparing for competition (back in the day) my coach, Tony Pandolfo would not only put me through my paces in the gym but he would help keep me on track when I would get discouraged or lacked the needed focus. More than anything else that's what we do with our clients. We keep them on track and focused. Find someone who will do the same for you.

10. Become Part of a Support Group or TRIBE

Here is the rule: You are far more likely to make it to the end zone if you have a team backing you up or watching your ass...literally.

There is a saying, "No man is an island" and that goes for women too. Sometimes we just can't do it on our own. If you have only a few pounds to lose or simply need to get your butt back into the gym you can probably handle that on your own. My guess however, is that you need more than that or you wouldn't be reading this. That's Ok.

Listen we all need help now and then.

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There is a very good reason why there are some many organizations like AA and Sex Addicts Anonymous (and so on...), we can't always do it on our own. Losing a significant amount of weight, adding 3, 5, or 10 lbs of new lean shapely muscle or overcoming the BS programming that has you believing you're too old or that it's too late to change can all be daunting without a significant amount of support.

**It takes a smart, committed, and determined person to recognize when they need support or help.
It takes an honest and courageous one to admit it.**

There is power in numbers. The [Max Mind Lean Body System](#), as well as, the MMlb Tribe is all about finding or taking back the power you need to make to the next level and the next and the next. But I can assure you that you are not a rock or an island when it comes to making it happen on your own. Even with the greatest program on the planet like MMlb System most people need other tribe members as well as an experienced coach to help them over, under around, or through the countless physical, mental, and emotional hurdles they will encounter along the way.

Here are a few suggestions for finding or creating the support you need:

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1. Reach out to friends and loved ones,
2. Join a group training program and find a partner,
3. Start your own small group within your circle of friends or church,
4. Connect with others at the gym.

Or you can join an existing tribe we're you will be welcomed with open arms. The [MMlb Tribe](#) is a group of smart, determined, and empowered men and women just like you and me who want to be their best. The MMLb Tribe members are determined never to let age or any other obstacle stand between them and body and life they want to create. Not only do the members have each other for support, direction and mentorship but they also have exclusive access to both Dawn and myself as their coaches. Every week we provide very specific and empowering tools, videos, interviews, challenges and an inside look at how the lean and fit lifestyle is done from people who are successfully doing it.

The Max Mind Lean Body Tribe isn't for everyone.

You need to be over age 40 and prepared to support others on their quest. You must also be determined to succeed at your weight loss goals and objectives. If you are willing to quite or use excuses for not succeeding then the MMLb Tribe isn't for you. The Tribe as well as the coaching from Dawn and I can help you overcome any and

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every negative mindset, emotional block or physical challenge you may be up against. But you must first be committed to your own success.

To learn more about the MMlb Tribe go to MaxMindLeanBody.com/Tribe

As we said earlier, Dawn and I both find it helpful and productive to have a trusted mentor or coach show us what our next steps should be, even if I think I already know. So with your permission we would like to take on the responsibility of being your coaches - at least for the next few minutes.

Here are what we would suggest be your next action steps.

As I mentioned earlier trying to take on too much at one time can be overwhelming and you will wind up doing none of them. There is an old saying, *“He who chases more than one rabbit winds up with none.”*

Pick one, two, or three of the previous rules and implement them until they become your new default setting.

Allow a short 21 days for any new behaviors to take hold...then and only then, should you reach for more rabbits.



Your Immediate Action Steps:

1. **Stop missing meals and start eating more frequently.** Start with very small meals every 3 hours. Introduce a supplement protein smoothie for either breakfast or in the later afternoon instead of having 2, 3 or 4 cups of coffee.
2. **Pick 1-2 crap foods you eat on a regular basis (as a meal) and replace it with a nutrient rich food or meal.** Example: Lose the burger and fries and replace them with a lean chicken breast a large salad and some delicious fruit.
3. **Decide on breakfast and commit to it for the next 3-4 weeks.** A couple of eggs with fruit or a piece of fruit with peanut butter, low fat goats milk yogurt with fresh fruit, or a healthy smoothie.
4. **Reduce your usual portions** and eat more slowly and deliberately. Begin the process of shrinking that gut.
5. **Cut all the processed and fast food crap.** You know exactly what that is. Start eating as “whole’ and natural as possible. This requires some advanced planning and preparation. So get to it.
6. **Start immediately training yourself to drink a hell of a lot more water everyday...**that’s non-negotiable.
7. **If you’re not already exercising START immediately.** If you’re already training you must begin taking your intensity and focus from where it is to a whole other level. **PUSH YOURSELF!!!**
8. **Reduce your Stress levels.** In the [MMlb Method](#) we share a very simple and extraordinarily productive QiGong Meditation process that can be done anywhere at any time. It will radically slow the aging process, reduce stress, help you shed the pounds and have you looking and feeling 10-15 years younger in just 20 minutes a day.
9. **Find a coach.** We’d love to help you with that [MMlb Method](#). Or look for a qualified caring trainer or coach.
10. **Become part of or start a tribe.** It takes a smart, committed and determined person to recognize when they need support or help. Join the [MMlb Tribe](#) or reach out to others who may also need your help and support and start an empowerment group.

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Thank you.

We hope you have enjoyed this guide. More importantly we hope you have learned something you will take action on immediately to change your current trajectory. You have only one life...you should enjoy it and you must inspire, support and encourage others with how you live it.

Now get out there and make some good stuff happen.

TOM & Dann

I hope you will come pay us a visit our blog at MaxMindset.com

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