

Regaining Youthfulness

World weightlifting champions show how to be your own fitness coach and achieve a 20-year-old's body.

What's the one thing people are looking for when they set out to get fit? The surprising answer: youthfulness. And even more surprising, the way to attain it may be to get off the treadmill, stop squeezing a trip to the gym into an already overbooked day, hold off buying the latest exercise equipment, quit counting calories (or carbs, or points, or fat grams), forgo frozen diet dinners, and stop working so hard.

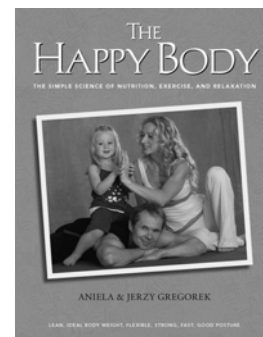
Professional trainers **ANIELA** and **JERZY GREGOREK** have developed a proven way to help people lose weight, reverse serious health conditions, and slow down the aging process. In their comprehensive new book, *The Happy Body: The Simple Science of Nutrition, Exercise, and Relaxation*, with a foreword by Stanford University School of Medicine's Eric Weiss MD, this dynamic husband and wife team introduce readers to the successful and innovative fitness program they've become famous for among the hundreds of athletes, celebrities, and ordinary people whose bodies, lives, and health they've transformed.

Based on standards and goals established over the course of three decades of practice, and backed by sound scientific study, The Happy Body program features structured exercise sequences (simple weightlifting and floor exercises), relaxation techniques, and nutrition guidelines. The program slows down the aging process by restoring six qualities of youthfulness—flexibility, strength, speed, leanness, ideal body weight, and good posture—making you feel as youthful as you were at 20.

Using detailed step-by-step photographs, easy-to-follow charts and formulas, and concise written instructions, the Gregoreks show how to design a personalized fitness plan consisting of 18 exercises you can do in your own home with a set of inexpensive hand weights. They demonstrate how to do each exercise the right way so as to avoid injury, and include guidelines that enable you to customize a routine for your own body type, fitness and health goals, and progress.

There's no guesswork. The Gregoreks demonstrate how to precisely calculate how much fat you will lose, muscle you will gain, what you can expect your body to look like, and exactly how long it will take you to reach your ideal body size and shape using their Happy Body fitness, relaxation, and nutrition guidelines.

—MORE—



If you want to become truly lean and fit, you need to follow a structured routine, like an athlete—and that is easier and more pleasant than you may expect. The Happy Body program will teach you everything you need to know to be your own coach. It establishes exact scientific and testable methods and goals to engineer your own weight loss and fitness within precise time periods.

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Along the way, you will learn to:

- Assess your current fitness level and track your weekly progress in six key categories of youthfulness.
- Establish your Ideal Body Proportions based on 13 possible body types—and see visible changes every week.
- Set achievable goals and develop the ideal exercise profile and nutrition plan for your specific body type.
- Learn eating and exercise techniques that maximize your proportion of muscle to fat.
- Get and keep your body in perfect condition doing as little as 30 minutes of exercise a day.
- Become adept at executing and pacing the essential resistance exercises.
- Save money and decrease waste by making smart food choices and having fun in the kitchen (mouthwatering recipes included!).
- Look and feel dramatically younger and reverse many serious health conditions.
- Start meditating to relax, stimulate weight loss, and feel happier.

There is also a spiritual component to The Happy Body program that is essential to slowing down the aging process. As people perform the exercises on a daily basis, their lives develop a rhythm that helps them become calmer, more meditative, more relaxed, and more mindful. As documented in the book by many Happy Body practitioners, people who previously hated exercise begin to look forward to it. The key is knowing that fitness and well-being are possible—and totally within your control. This book is ideal for anyone who wishes they had a personal trainer and nutrition coach. With *The Happy Body*, the Gregoreks coach you every step of the way.

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ANIELA and **JERZY GREGOREK** came to the U.S. from Poland in 1986 as political refugees during the Solidarity Movement, and have since built a successful personal coaching and athletic training practice in LA. Aniela is a five-time World Weightlifting Champion who holds six world records, and Jerzy is a four-time World Weightlifting Champion with one world record. The Gregoreks founded the UCLA weightlifting team in 2000 and are its head coaches. They have devoted the last three decades of their lives to researching and designing The Happy Body program. Using these techniques, they have transformed hundreds of people—from housewives and physicians to athletes and celebrities—who came to them with every conceivable body shape and desire.

Little Known Fitness Facts

- An extra apple a day results in 15 pounds of fat in a year.
- Dieting without exercise makes you lose muscle.
- You can't lose weight through exercise alone.
- Doing the same exercise routine every day means you'll do it well forever.
- Fast, anaerobic exercises that last 6-8 seconds make your body more flexible, stronger, faster, leaner, more upright, and more energetic. Endurance exercises do the opposite.
- Working out with weights for 30 minutes *builds* muscle; endurance training for hours *burns* muscle.
- When relaxed, your body burns its own *fat* for energy. When you're tense, your body burns *muscle* for energy.

6 Ways to Exercise Properly

1. Change your idea about it.

Stop thinking about exercise as a way to burn calories and counteract overeating. You will never lose weight through exercise. Start thinking of exercise as a way to combat aging. With this vision, you can learn to exercise properly. Start by measuring your current flexibility, strength, speed, body type, and posture. Now you can set meaningful exercise goals.

2. Speed it up.

Brief, quick-interval exercises make us more flexible and younger; endurance exercises contribute to our hardening and aging process. Once you learn to do an exercise well, doing it fast will increase its benefits.

3. Incorporate breath.

Incorporating a special kind of breathing that weight lifters use stimulates the production of hormones that increase muscle growth and lengthens muscle fibers. Inhale before every exercise repetition, move while holding your breath, and exhale after each one so the body achieves complete repair, recovery, and relaxation before starting again.

4. Develop all of your body.

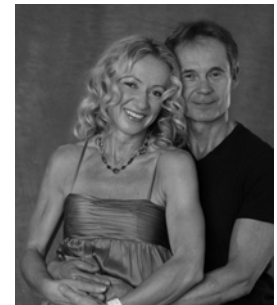
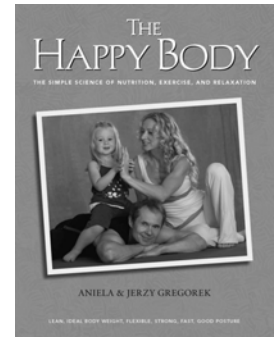
The best exercise program promotes flexibility in all parts of the body by using exercises based on four primary movements that we all do in our everyday lives: pressing, pulling, squatting, and bending.

5. Make it safe.

In order to increase flexibility and strength without causing injury, exercise must start at your own level of fitness and increase according to your ongoing measure of progress. If you do the exercises properly and regularly, your levels will quickly change and you can increase the degree of challenge for steady results.

6. Chart your “youthfulness progress.”

Take a “before” picture in underwear or a swimsuit. Retake that photo every six weeks, and post them in sequence so you can see the change. Track your progress weekly using a chart that records body fat, body weight, muscle weight, and fat weight, and that records your progress in flexibility, strength, and speed.



4 Secrets to Fat Burning

Avoid burn out. Quit training each day before you reach the point of exhaustion.

Meditate. Meditation triggers the parasympathetic nervous system, which controls recovery from action and burns fat for energy as it does this.

Listen to music. Calming music creates mental relaxation, which helps in fat burning and muscle building.

Sleep well. Sleeping boosts your physical performance and makes your metabolism work more efficiently.

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7 Eating Tips for Weight Loss

Time your meals. To eat up body fat, time your meals so that you eat every 3 hours within a 12-hour period. Decide whether you want to base your schedule around lunch or dinner, and make these two meals 6 hours apart.

Undereat. Eat only enough to give you energy for 2 hours. Stop eating before you feel full. Undereating prevents your stomach from expanding, which in turn speeds up your digestion and raises your metabolic rate.

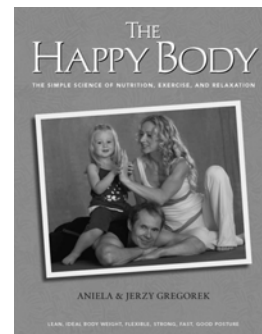
Eat only nutritionally complete foods. Eat foods that contain protein, fat, sugar, fiber, minerals, and vitamins in a healthy ratio. When one of these elements is deficient, your metabolism slows down. Eating complete foods speeds up metabolism as well as the digestive and eliminative processes.

Balance meals and snacks. Through the day, make sure all of your meals and snacks have provided you with the right amount of protein to build muscle for your body type, and the right amount of vegetables for proper digestion.

Eat “clean” foods. Foods that are full of hormones, antibiotics, and pesticides are unhealthy for your liver and kidneys. If you eat organic food, you will avoid the poisons that age your organs and shorten your life, and you will supply your body with minerals and vitamins that promote healthy digestion and elimination.

Completely avoid trigger foods. Trigger foods are the foods you associate with extreme pleasure—and that you eat for reasons other than nutrition. Think of such trigger foods—potato chips, french fries, nuts, donuts, cookies, and so on—the same way an alcoholic learns to think of alcohol. If you eat them, it will sabotage your motivation and you won’t stop. Just say no.

Use your hand as a guide. If you need to lose weight, eat the volume of one of your hands in protein and two of your hands in vegetables for lunch and dinner. To maintain weight, eat the volume of one and a half of your hands in protein and three of your hands in vegetables. If you need to gain weight, eat the volume of two of your hands in protein and four of your hands in vegetables.



A Different Kind of Diet

The Happy Body eating program is not a diet in the normal sense. It will give you total control over your body weight and body proportions—you’ll know the exact date at which you’ll arrive at your ideal body proportions! It’s simpler than regular diets because there are far fewer variables to remember. It’s more scientific because it gives you precise formulas to calculate your progress.

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7 Ways Not to Lose Weight

Diet without exercise. If you lose weight only by dieting (without exercising), you will lose muscle, making you weaker. As you get weaker, you must eat to recover your strength, thereby regaining the lost weight, if not more. Moreover, the weight you regain will be fat, not muscle.

Strength training. If you lose weight only by strength training, your muscles will become sore and inflamed. Eventually you must stop exercising to heal your injuries, causing you to regain the weight in fat, not muscle.

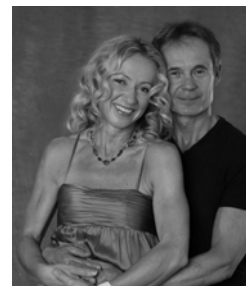
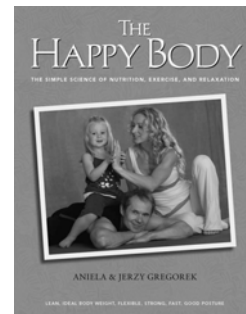
Diet and endurance training. If you lose weight by dieting and endurance training (long periods of running, cycling, etc.), you will reduce your muscle size and decrease your metabolic rate. Even worse, you will wear out your joints from the exercise and become inflexible, which may lead to chronic pain that forces you to stop exercising.

Stress and anxiety. If you stop eating due to grief or anxiety, your body starts burning lean body mass as energy, not fat, and your metabolic rate is reduced. People in this emotional state also sleep poorly, which keeps them from recovering adequately, leading to chronic fatigue and increased stress hormones that promote weight gain.

Diet pills or other substances. Diet pills, herbs, and beverages that artificially stimulate your metabolic rate or suppress your appetite don't work in the long run, and lead to side effects that will cause you to stop them. Then you'll immediately regain the weight.

Sauna, steams, and sweating. If you lose weight by dehydrating your body as in a spa with heat or body wraps, the loss will only be temporary. The body will demand to be rehydrated and you will regain the weight as water.

Surgery. If you lose weight by surgical means, such as liposuction or stomach stapling without also changing your diet and lifestyle, you will eventually regain the weight as fat. People who have undergone these drastic procedures are as obese or more obese than before they had the operation.



Tips for Eating Out
Don't discuss your program. If a host notices your lack of appetite," say you're allergic. She'll leave you alone.

Protein with alcohol. If you have alcohol (tequila, vodka, cognac, or whiskey—no sweet drinks), don't eat anything except protein with it.

Skip the menu. Choose a protein, and ask the waiter what vegetables they offer.

Follow your schedule. When traveling, eat at your scheduled time. Use an energy bar to stay on schedule.

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