

JIM HIPPARD

Why I like One30 Fitness

I am 58 years old. A year ago I weighed 340 lbs., was on medication for type II diabetes, medication for high cholesterol, medication for high blood pressure, felt like I needed a nap all the time, generally felt bad and was kind-of-a jerk around my family too much of the time. Then, to top it all off, my Ophthalmologist took a picture of the back of my eyes and told me I was going to go blind in about 10 years if I didn't make some changes in my life.

The truth is that I already knew I was on a down hill slide. I had tried dieting and exercise on several occasions in the past. I always followed the standard low fat - rubber chicken and dry broccoli - type diet and what I now call the chronic cardio exercise protocol (better known as "aerobics") all with good but temporary success. I was never happy or comfortable with these protocols and the fat problems always came back, usually with a vengeance. At some point in about 2001 I pretty much gave up and slowly but surely achieved the new horizons of un-health described above.

After the eye doctor gave me the blindness prognosis I started trying to find some new answers to my old problems. My newly found solutions still involved diet and exercise, but in very different ways than the doctors, the nutritionists, the government and the fitness industry have historically described to us.

I could write a book about my success, but let me cut to the chase: I now weigh 285 lbs. and dropping; I no longer take any medication; my blood values are good; I have lost 8 inches in my waist; I have terrific energy; I interact with my family in a more positive way and I feel great. I have lost fat at a rate of about 5 lbs. per month.

One of the cornerstones for my success is my resistance training at One30 Fitness. Here's the formula: Muscles burn fat, and good, strong, healthy, muscles are the key to good health. To fully understand what I do at One30 Fitness and the incredible impact healthy muscles have on all of our health, I recommend that you read the book *Body by Science* (BBS), by Doug McGuff, M.D. and John Little. Here is the amazing truth; much of the success with my health improvements is from my 15 minutes per week sessions at One30 Fitness. That's it, 15 minutes a week. We follow the BBS protocol of slow motion movements to achieve maximum recruitment of the 3 major types of muscle fibers and we work to the point of positive failure; which is when the glycogen in the muscles is accessed and used. This has a huge impact on building and maintaining muscles, and maximizing numerous other health benefits. If you want to understand the science behind the success, read the book.

Although you can build healthy muscles without a trainer, having a trainer is very helpful for the following reasons: motivation; keeping your form correct during each exercise; keeping your times under load during each exercise; tracking your loads in the different exercises; planning your routines; and tracking your progress. Also, you need a trainer who is familiar with the above described BBS protocol. One30 Fitness provides all of these benefits and more.

Obviously, diet is also part of the formula and that is another topic that could fill a book. The short version is that the key to the long term success of any diet is your ability to comfortably live with it. That means no feelings of deprivation or loss, just feeling good and having good energy. The typical low fat diet won't get you there. Two quick references that can help anyone learn to eat well are paleonu.com, Kurt Harris', M.D. excellent and free blog. When you get to his home page go to *get started*. Also, I recommend Isabel De Los Rios' \$47 E-book found at dietsolutionprogram.com.