

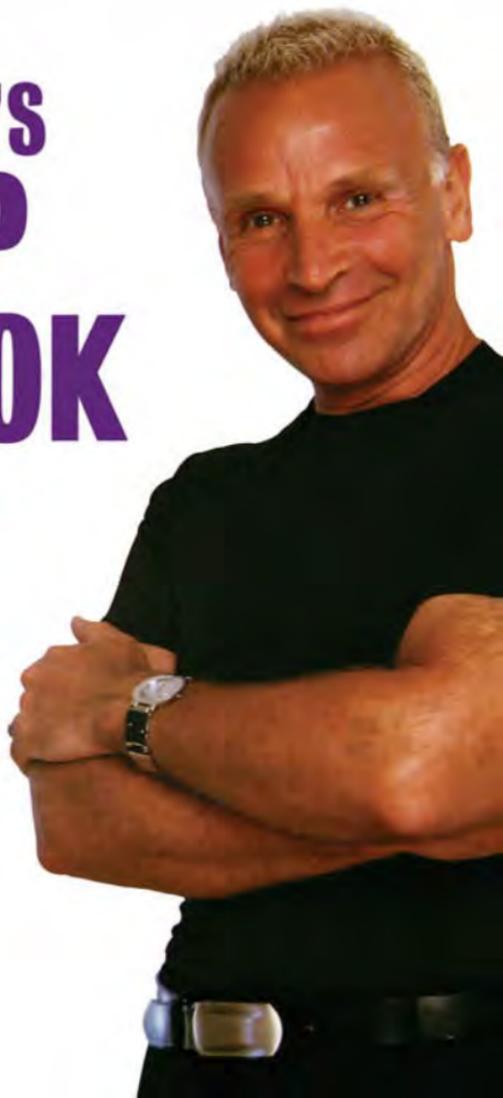
By the author of JONNY BOWDEN'S SHAPE UP!

JONNY BOWDEN'S SHAPE UP WORKBOOK

EIGHT WEEKS TO DIET AND
FITNESS SUCCESS WITH
RECIPES, TIPS, AND MORE

JONNY BOWDEN, M.A., C.N.S.

Village.com™ weight loss coach



**JONNY
BOWDEN'S
SHAPE UP
WORKBOOK**

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Library of Congress Catalog Card information is available from the Library of Congress.

ISBN: 0-7382-0515-X

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Printed in the United States of America.

Perseus Publishing is a member of the Perseus Books Group

Text design by Jeffrey P. Williams

Set in 11-point Berkeley Book by Perseus Publishing Services

First printing, December 2001.

Visit us on the World Wide Web at <http://www.perseusbooks.com>

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*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful and beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves, who am I to be so brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?*

—NELSON MANDELLA

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CONGRATULATIONS!

This workbook contains everything you need to start shedding fat *immediately* in the fastest and healthiest way possible.

The workbook contains all the *food lists*, *exercises*, and *assignments* that made the original Shape Up! program so successful. You don't need to read the previous book (*Shape Up! The Eight-Week Program to Transform Your Body, Your Health, and Your Life*) in order to begin this program (I'd love for you to read it, but it's not *necessary*). All you need to do is read the food lists on (page 45), start your to-do list, do the preassignments on (page 8), pick a start day, and begin.

Do the program exactly as directed and it will work for you.

I guarantee it.

When I first wrote *Shape Up! The Eight-Week Program to Transform Your Body, Your Health, and Your Life*, there was a lot of controversy and disagreement in the nutrition community about “low-carb” diets. But the conventional nutrition establishment is beginning to see the light. Many highly respected nutritional experts are now starting to publicly say that the USDA food pyramid—which is the basis of conventional nutrition advice—is a mess! What good is it to recommend six to eleven servings of grain if wheat makes you bloated? What good is recommending dairy if you don't tolerate the casein and lactose in most dairy products? And what good is continuing to recommend “low-fat” diets when they are clearly making an awful lot of people fatter than ever? Obviously, one size fits all does *not* apply to diets. (I'm not sure it applies to much else in life either, but it *definitely* doesn't apply to diets!) We need the ability to tailor-make diet and exercise plans to fit a wide variety of metabolic types, body types, biochemical makeups, and lifestyles.

And that's where the Shape-Up program comes in.

The Shape-Up program puts *you* in the driver's seat of your life. If you do these assignments exactly as written—even if you don't understand at first *why* you're doing them—I can guarantee you that you'll not only lose weight but you will come away

viii * Congratulations!

with a deeper and more profound sense of your own power in the universe than you ever thought possible.

If you'd like to read more about this program, and understand some of the science and the theory that went into making it, by all means check out *Shape Up!* (Did I mention that I'd love for you to read it?) But if you're eager to get going and don't much care for all the nutritional theory and personal stories and motivational pep talks, you can just plunge right in and begin right here.

Let the games begin!

Warmly,
jonny

GETTING STARTED

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GETTING STARTED

Quick Start

1. Read “How to Use This Journal” (p. 4).
2. Read the food lists marked “A,” “B,” and “C” (p. 45). You’ll be using them in your assignments. Remember that you do not have to make any drastic changes for now. Concentrate on the foods you’re going to *add* to your diet on a regular basis.
3. Read and sign the contract (p. 7).
4. Start your personal to-do list. Just write down a couple of things you need to do this week (in the section labeled “To-Do List,” p. 25).
5. Answer the questions in the Starting Assignments 1–6 (p. 8).
6. Choose a start date, call that Week One, Day One, and begin.

On each day’s page, fill in what you ate and what exercise you did. The first week you’re only going to be walking, so you can read the rest of the section on exercise (p. 11) later on. Try to answer the “end-of-day” questions as often as possible

At Your Leisure

1. Read the full explanation of the exercise program. You will be adding one to two exercises a week. There are diagrams to explain how to do them.
For advanced exercisers: You may use the suggested intermediate/advanced routines laid out in the Exercise section (p. 21), or you may use your own routines.
2. Read the full description of foods and food lists (p. 45).
3. Read the explanation of the To-Do List (p. 25) so that you understand how to use it in your assignments.

4. Read the section on the self-evaluation questions (p. 31). For those who want to do even more with this aspect of the Shape-Up program (highly recommended but not necessary), I've included some of my favorite journaling exercises in the section called "Exercises: Not the Physical Kind" (p. 35).

How to Use This Journal

The journal is the key to this program.

It's your classroom and your teacher for the next eight weeks.

Wherever you are right now, that's the place to start. The journal can facilitate your progress whether you are an athlete or a complete beginner; whether you have ten pounds to lose or more than a hundred.

The journal is much more than a food diary, though obviously keeping records of what you eat is a big part of it. But the real value of the journal is to get you more in touch with your life—to make you more conscious and less reactive where food is concerned.

Let me explain.

It is impossible in the world we live in to lose weight and change your body by accident. It's a completely uphill battle, and it will not happen without *mindfulness* and *consciousness*. You're going to be making permanent lifestyle changes that affect not only your weight but your entire sense of well-being, and that's going to mean that you need to take a serious look not just at what you eat and how much you exercise but at the whole way you *think* and *feel* about those things. Just as breaking the grip of addiction isn't as simple as "just saying no," changing your body isn't as simple as telling yourself to "just eat less." (In fact, counterintuitive as it may be, eating *too* much less works directly *against* you in the war against fat!)

Changing your body takes you smack up against a mirror in which you are forced to confront a lot of areas in your life that many of us would just as soon not look at, let alone examine under a harsh light. But the truth is that if you don't *look* at those things, you are surrendering your power to *change* them. And if this program is about anything at all, it's about gaining that power back, not only over food but over all areas of your life.

This journal is a tool for letting you really see what's going on with you. Food is integrated into your life. So is exercise—or at least it *will* be by the time you're finished with the program. So how can you look at either of these areas—food and exercise—without also looking at the life they are a part of?

The answer is: You can't.

And that's what the journal is for.

At the beginning of each day, take a moment to answer the question at the top of the page: "What am I going to accomplish today?" Understand, we're not talking stuff like "bringing peace to the Middle East" here. Just take a moment to think about what you need to do today or what you'd like to get done. It can be anything from "do my workout" to "take the kids to soccer" to "close the Anderson deal" to "call my parents." The purpose of the exercise is to get you to develop the habit of *saying* what's going to happen and having it coincide with what actually *does* happen.

Because, make no mistake about it, *that* is the beginning of personal power.

At the end of each day, there are a few questions I'd like you to answer before going to bed. They're on a page called the "End-of-Day Questions." Let's be real: You're probably not going to answer these questions every single day of the eight weeks. Doesn't matter. Do the best you can. If you get to them each day, terrific. If not, do the exercise as often as you can. I've only left a short space for the answer to each question for a reason: I don't want this to be a big chore. Just reflect for a few seconds on each question, jot down what comes to mind, and move on. If for any reason on a given day one of these questions really sparks a "eureka" response and you need to say more, there's an extra sheet at the end called "anything more." Use it to complete whatever you can't fit on the "end-of-day" page. Remember, don't let this part of the day become an obstacle. The point is to increase awareness and consciousness, and for you to learn whatever lessons you need to learn to be in the moment, complete the experience, let go, and move on. The point is not to make you crazy or to give you more to do than you want or need.

Pick a start day for beginning the eight-week program. It doesn't have to be tomorrow. In fact, I'd prefer that you first take however much time you need to read over the section "Getting Started," fill out the contract, and answer the questions in the six short assignments on the following pages.

Get familiar with the format of the program and mentally prepare for the journey ahead.

Welcome to your new life. It's going to be your finest creation.

The Top Ten List of Things to Know About Shape Up

1. The more you participate, the more you get. Just like in life.
2. The more you give away, the more you benefit.
3. There are no stupid questions.
4. Everything is related. It's not all about weight or pounds. Even though you may think it is. Trust me.
5. Learn from every experience.
6. Most unhappiness with weight comes from the meaning you attach to it.
7. Accept what is in order to move on. *"What is, is. What ain't, ain't."*
8. Beating yourself up accomplishes nothing, except ruining your day.
9. Beauty, attractiveness, and sexuality come in all sizes.
10. Don't postpone joy.

☞ THE CONTRACT ☞

I want you to make this contract with yourself. It's an important part of this program. It's not a promise not to cheat, or to always "Think positive," or anything else like that. You're only promising one thing: to stay in the game. I'd like you to read it over carefully and fill it out and sign it. If you really want to go to the wall with this one, re-write it in your own hand. I want you to own it. Whatever it takes.

I, _____, promise to commit to this program by being willing to look honestly at my behavior and feelings, no matter what comes up, and to record them in my journal.

I, _____, promise that before I break any of the promises or ignore any of the assignments, I will sit down and re-read this contract.

I, _____, promise not to let toxic influences — including well-meaning friends — interfere with my resolve to complete this program.

I, _____, promise to remember the reasons I am doing this program in the first place, especially when I am tempted to stop doing it.

I, _____, promise to recognize the inevitable negative thinking and doubts that will certainly come up for me during the program and, while recognizing and honoring them as my feelings, will not empower them by allowing them to stop me. I will remember that "feelings are not facts."

I, _____, promise to keep my commitment to myself and will make my word law in the universe. I will not drop out without discussing this with at least one other person. I will not hide from what comes up for me and will find opportunity in everything that occurs, no matter how much I may feel like giving up.

Signed _____ Date _____

Starting Assignments 1–6

Starting Assignment 1

Make a list of three things you most like about your body.

(Hint: Don't say "nothing." That's not allowed. It can be anything from your skin to your fingernails to your smile to the shape of a particular body part. If you honestly can't think of one thing, make something up.)

1. _____
2. _____
3. _____

Starting Assignment 2

Make a list of three things you most dislike about your body (I know what you're thinking; no more than three!!).

1. _____
2. _____
3. _____

Starting Assignment 3

Make a list of three things you could do right now that would make a difference in your health or well-being today.

(Hint: These things could be as simple as refusing dessert just for tonight or cutting portions in half for just one meal. And here's a note to your "inner voice" that we talked so much about in the book *Shape Up!*: Don't invalidate whatever you come up with by saying, "Well, that wouldn't make that much of a difference." That's not what's important here. What's important here is that you list something—some tangible

action—that would be a step, no matter how small, in the direction you want to go. We'll worry about how “big” or “important” it's going to turn out to be later.)

1. _____
2. _____
3. _____

Starting Assignment 4

Make a list of three things that you are giving up by not being fitter and having a body you can be happy in. What is it costing you?

1. _____
2. _____
3. _____

(If you're really ambitious and want some “extra credit,” try tackling this one as well: What do you gain by keeping things the way they are? What's the hidden pay-off?)

Starting Assignment 5

What are five ways you could add activity to your life? If you're already active, what are five ways you could add *more* activity to your life?

(Hint: You don't have to do any of these yet. Just dream them up. Maybe it's as simple as walking one bus stop from your house. Maybe it's having an imaginary ten minutes a day to jump rope. If you can't think of any ways . . . keep thinking. Make something up. This is not an action plan, it's an exercise in visualization. Start writing!)

1. _____
2. _____

3. _____
4. _____
5. _____

Starting Assignment 6

Make a list of foods that you consider your downfall. Then ask yourself when they call to you the loudest. What are the biggest stressors that trigger unwanted eating for you? What foods do you reach for first? What situations (or people) trigger it? (Examples: M&M's and popcorn while watching TV; ice cream when I feel lonely; beer when I'm out with friends after work.)

<i>Food</i>	<i>Notes (People/Places/Things/Circumstances)</i>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

EXERCISE