



# Fit Transition™

## ***The Total Body Transition Program***

By Greg Johnson

**Table of Contents – *in this sample eBook, nutrition, workout, and forms are not included. Download full version at <https://fittransition.com>***

<b>Introduction .....</b>	<b>3</b>
<b>Goals .....</b>	<b>4</b>
My Goals.....	6
<b>In the Beginning.....</b>	<b>7</b>
Summary - Fit Transition 10 Commandments of Nutrition.....	7

## Introduction



This twelve-week program is about *transitioning* to a fit lifestyle. I will help you transition to a lifestyle that you will enjoy and one that is easier to maintain in the long run. You've gotten this far because you have *initiative*, you want to make a change, or you're dissatisfied with the status quo and want greater success by feeling better and looking your best.

Welcome to Fit Transition! First, I want to emphasize the *initiative*. You proactively sought out this program, purchased it, and took the first step towards holistic fitness. Believe it or not, you've already moved down the path to success – and that means *you will be successful!* So with minimal fanfare let's dive right in.

In the brief pages that follow, I will define the core of the Fit Transition lifestyle, incorporating 3 key components that complete this program. These 3 areas consist of Goals, Nutrition, and Exercise. First, read each section to understand its underpinnings. Second, fill out the goal chart so that you can begin your program, envision the new you and track your progress. Third, fill in your custom nutrition plan on the form provided – one for each day. Fourth, print the Phase I Exercise Sheet to guide you in your workout. Finally, enjoy your progress as you begin to notice the desired changes in your body and your life!

## Goals

Here is a true principle: A goal not written is only a wish! Let's start by defining your specific goals.

First, let me make some suggestions. Goals are personal. Your goals will be different from mine, from your spouse's or other family members or friends. You must have in mind a vision of yourself three months, six months, and one year from now...and beyond. What will you feel like when you get there? What will you achieve? What are the defining metrics?

Although the scale is thought of as the weight loss gold standard, a better indicator that you're losing weight in a healthy and permanent way is by tracking percentage of body fat. You will know your body fat is decreasing by how your clothes fit, how you feel, your muscular stamina, and your cardio fitness level.

For example, in writing this, I re-energized my own personal quest for optimal fitness. I've been wearing pants I haven't worn for three years and have been running with my athletic children. I also like what I see in the mirror – but I'm not quite there yet. I have some specific fitness goals in mind.

Second, let me provide some tangible guidance. Your current fitness level can be gauged by where your current % body fat falls in the table below:

The American Council of Exercise suggests the following:  
General Body Fat Percentage Categories

Classification	Women (% fat)	Men (% fat)
*Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

\*The Essential Fat category means you should not drop below this, whether you're an elite athlete or not. Otherwise you won't be around for very long.

Your goal will probably be to strive for the Fitness category. If you're training for a triathlon, cycling, running, or any other kind of competition, the Athlete category is where you will most likely want to be.

Let me be clear about one thing: Goals simply articulated can be achieved simply. Your goal may be: "I want to wear that size 6 dress in my closet within 90 days; or I want to fit into my old 36" jeans and run in a 5k by the end of the Summer."

These are simple goals that are easy to visualize, initiate, and achieve. However, it's a lot easier if you have mileposts or metrics along the way with which to gauge your success. How do you test your body fat? That's easy, we have created

a simple body fat calculator you can use on our web site! If you have access to a university facility, the most accurate method of body fat testing is a new technique called a Bod Pod, or the older, but still very accurate method, hydrostatic weighing.

Also note that you can spend a lot of money on electrical impedance devices, but keep in mind they have a + or - 5% degree of error (I think even greater in some devices.) Your hydration levels also greatly control the outcome of these.

You could also just go to your local gym and have them test you with either fat calipers or other methods that they have. The important thing is that you use the same method consistently so that you can see congruent progress.

One final note on your goals: If you currently weigh 300 lbs. and carry a body fat percentage in excess of 32%, your goals may take longer than the 90 days typical of this program. That's perfectly all right! Just allow for a longer time period to achieve your goals. Set goals that you can achieve in twelve weeks, and then re-evaluate and cycle through the program again until you reach your optimal fitness level.

Fill out and print the following goal sheet on the next page and place it in a prominent location where you can review your goals and progress regularly:

(See form on next page)

## My Goals

Beginning % of Body Fat ____	My 12 Week % of Body Fat ____
<b>Other goals: (clothes sizes, waist measurement, other sizes, achievements, personal milestones or measurements you'd like to achieve!)</b>	<b>In 12 Weeks</b>

**Attach Visualization Picture:** (Find a picture from a newspaper or magazine representative of what you will look like at the end of this 12 week cycle)

## In the Beginning...

God created a beautiful garden in which grew a dazzling array of nutrient-dense fruits, vegetables, and healthy seeds of all kinds. There were no cupcakes or Twinkies, milkshakes or Capn Crunch Cereal.

Fast forward to the US in the 1920s. As it became more industrialized and sugar factories began to expand their production, and as flour mills began to bleach their flour due to consumer demand, a fascinating phenomenon began to occur. Highly documented by Dr. Atkins in his celebrated research, incidents of diabetes, heart disease, high blood pressure, and numerous conditions related to obesity began to surface.

Our diets are now filled with too many nutrition-less carbs, too many sugars, and too little proteins, fibers, antioxidants, vitamins and essential minerals. This leads us to the main tenet of the Fit Transition Program: Nutrition isn't 50% of the battle – it's actually more like 75%!

Now I encourage you to face the hard truth. Many of you who have purchased this program have been working out for years, some of you spending countless hours in the gym doing crunches and ab routines; yet you still cannot see the results and definition you desire.

This is because you have failed to put premium fuel in your "tank." Your body fat percentage is too high, and your strength and endurance haven't increased as you would like because your muscles and cardiovascular systems simply lack the nutrition needed to grow and improve!

I'm going to outline the 10 Commandments of the Fit Transition Nutrition Program, and then illustrate these guidelines with some sample days. At last, you will be able to print a nutrition chart and begin your renewed journey toward proper fueling of your finely tuned machine called the human body!

*[Note: This is an excerpt. To read about the Fit Transition 10 Commandments of Nutrition, please download the full eBook at <https://www.fittransition.com>.]*

### Summary - Fit Transition 10 Commandments of Nutrition

**Commandment #1: Sugar is poison.**

**Commandment #2: White flour is a no-no.**

**Commandment #3: Re-think your carb intake - use your hands to measure.**

**Commandment #4: Eat 5 to 6 small meals a day.**

**Commandment #5: Drink lots of water and no soft drinks allowed.**

**Commandment #6: Protein is your friend.**

**Commandment #7: Take a multivitamin daily.**

**Commandment #8: Don't fret fats...unless they're hydrogenated.**

**Commandment #9: Don't eat after 8:00 p.m.**

**Commandment #10: Have a free period once a week.**

*[Note: This is an excerpt. To read about the Fit Transition 10 Commandments of Nutrition, the workouts, and to gain access to the Exercise Gallery and Body Fat Calculator, please download the full eBook at <https://www.fittransition.com>.]*

## Notes About the Author

Greg Johnson studied anatomy, weight training, jogging, and fitness while earning his degree at Brigham Young University, and has designed fitness programs for friends and family for many years. "I earned my degree in another field, but enrolled in these courses because I enjoyed them, and it has served me well in my personal life and in helping others to achieve their goals," says Johnson.

As of this writing at age 46, Greg maintains a consistent fitness lifestyle, working out every day but Sunday. Greg is just a normal guy but sports some insane lifts for an "old guy" such as weighted dips with over 90 lbs dumbbells, bench press, deadlifts and squats consistently exceeding 300 lbs, and sets of dumbbell curls using 70 lbs dumbbells.

He has learned and implemented these nutritional and exercise principles in his life for years and has seen them work in the lives of others. "It's great to be 46 and be able to run a pass route for your 13-yr. old who is practicing quarterbacking skills, or to play basketball with the scouts at the local church on Wednesdays without pain."

Greg believes that we are all capable of not only physical but spiritual greatness, and encourages all to set goals and achieve them. He would love to hear from you and suggests you communicate with him by logging onto [FitTransition.com](http://FitTransition.com) and leaving your comments on his Fit Transition Blog.