

SLEEK GEEK **HEALTH REVOLUTION**

DAY 4: MOVEMENT

SECRETS OF BODY TRANSFORMATION 4-DAY COURSE

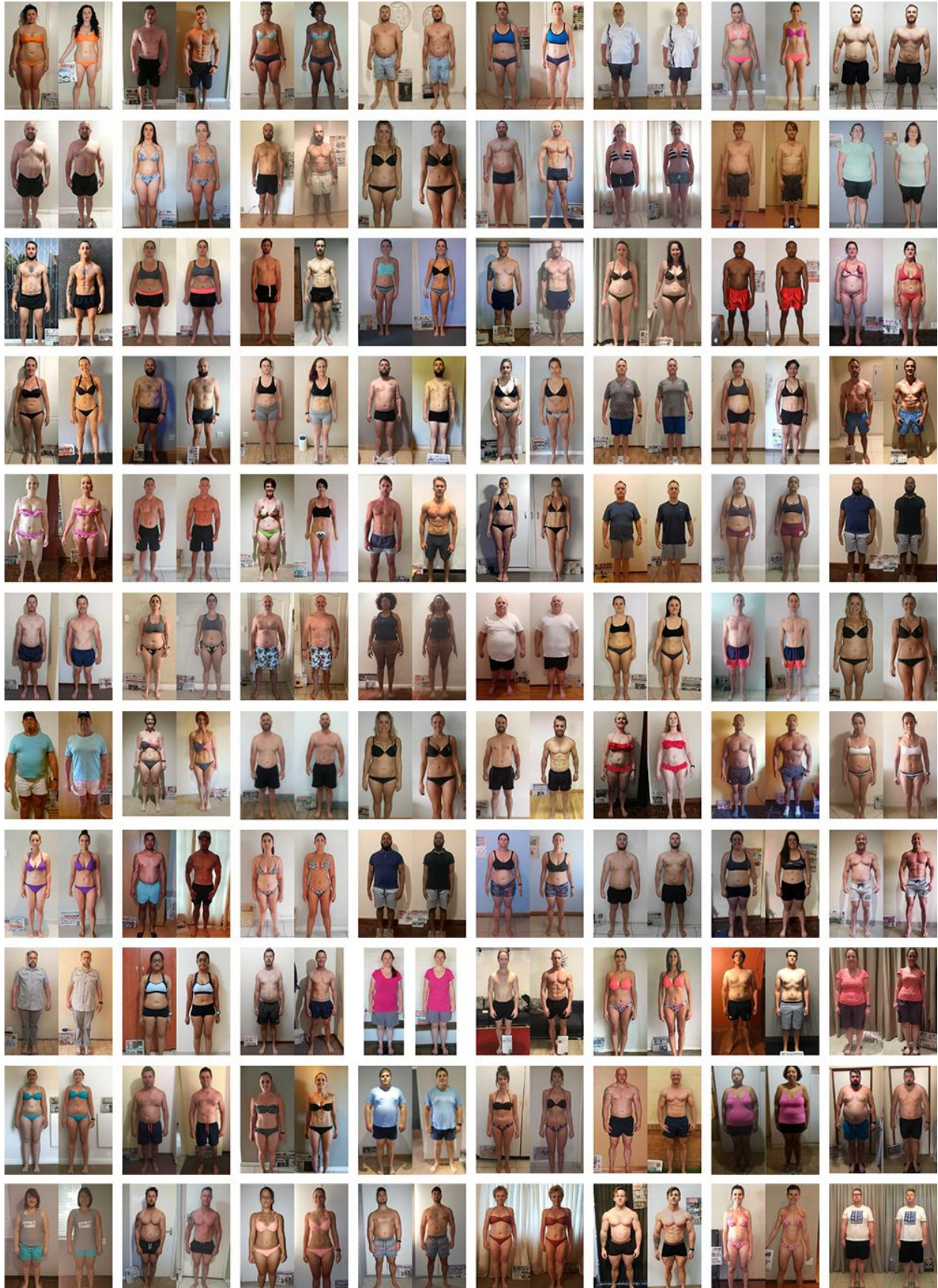


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SECRET #1

**UN-PROCESS
YOUR FITNESS.**

SECRET #1: Un-process your fitness.

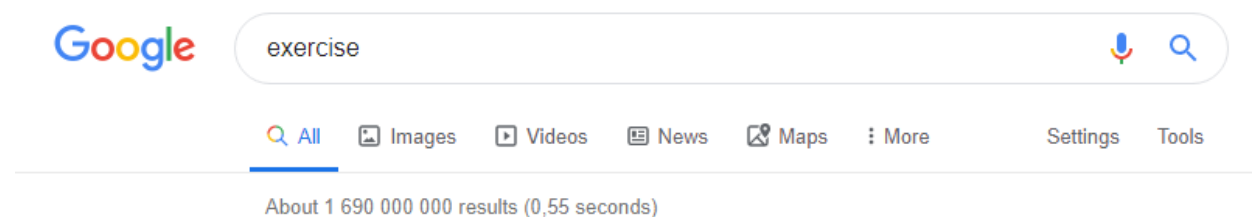
We often talk about whole vs. processed *foods*...

But what about whole vs. processed *fitness*?

When it comes to exercise, there is an overwhelming amount of information and advice out there.

- Strength Training vs CrossFit vs Calisthenics?
- Running vs Swimming vs Cycling?
- Yoga vs Pilates?
- Hiking vs Walking vs Soccer vs Karate?
- Reps, sets, rest, super sets, giant sets, volume, intensity, HIIT, cardio, etc...

In fact, if you type “*exercise*” into Google, you’ll get more than 1,500,000,000 results in less than 0.55 seconds.



YIKES!

Even worse is that most of the information out there about exercise focuses on the minute nitty-gritty details that are so far from the source of exercise: **Basic everyday movement.**

These details ARE important... But NOT not so much if you are a beginner (or even relatively intermediate).

It's kind of like how things like nutrient timing, carb cycling, supplementation, and specific protein intake goals can be really useful – but not so much if you are still bingeing on the weekends and eating fast food takeaways at work for lunch.

Get the basics right first before jumping ahead.

Frequency and consistency come before details:

Two of the most important keys to getting into the habit of exercising (or pretty much anything else) and making it “part of who you are” are **frequency** and **consistency**.

These things come before you try and figure out what the best plan is for you!

Why? Because the best plan for you depends on what you are able to do frequently and consistently. The perfect plan in the world is useless if you can't stick to it.

If you were to watch some of the most active and fit people in the world you would see that what they do for exercise often changes based on what they like or don't like, what's popular and trendy, the season and weather, and whatever fits in with their lifestyle and goals.

The things that stay the same however is that they are always active in some way and it's part of their daily life.



How to un-process your fitness:



1) Start as soon as possible.

- Do what you can with what you have. Just get moving, as often as you can, in any way you can.
- **Ask yourself:** What can I do right now with what I have? (Your body, your furniture, the outdoors, etc)



2) Move often.

- Look for “Opportunities For Movement” (OFM) in everyday life such as taking the stairs, parking further from the shops, putting in some extra energy into the housework, or busting out a quick dance when no one is watching.
- **Ask yourself:** How can I move more often throughout the day? (Regular breaks, schedule it into your diary, park far away and walk, take the stairs, walking meetings or dates, etc)



3) Something is always better than nothing.

- Focus more on an “always something” approach rather than an “all or nothing” approach. Even 10 minutes of pushups and squats or a brisk walk is better than skipping your workout entirely because you don’t have a full 60 minutes or the energy to go through a whole workout.
- **Ask yourself:** What can I do today that is at least SOMETHING?



4) Focus on moving well.

- Learn about how to exercise properly. If you want to make exercise a life-long habit then you need to master good technique before you make things harder and get injured. Get help from a trainer and/or read up on what you’re doing.
- Ask yourself: How can I learn better technique? (Youtube, friends, personal trainers, ask in Sleekgeek, etc)



5) Use the equipment you have available to you.

- Just like how you don't need a Ferrari to get around town, you don't need the perfect gym setup or equipment to get a good workout in. Improvise. If you have two working legs and a ground, you can walk. If you have a heavy thing, you have a weight you can lift (even just your body counts).
- **Ask yourself:** How can I get creative with what's around me? (Tables, chairs, buckets of water, bags of sand, bags of books, a small adjustable dumbbell, your children or partner, etc).



6) Make your exercise fit YOU.

- Do activities that you enjoy. Choose a form of exercise that you will do often and regularly, something that you will look forward to and is right for your level of fitness. Don't worry about what everyone else is doing or what magazines tell you is trendy. In fact, some of the best bodies around belong to guys who "play" and/or do manual labor for a living — the term "farm boy strong" exists for a reason.
- **Ask yourself:** What do I enjoy, or what could I see myself eventually enjoying? (Gym, outdoors, walking, running, martial arts, sports, dancing, swimming, yoga, etc)



7) Keep it fun.

- Whether you love bowling, ballroom dancing, dodgeball, or competitive cup stacking... just get moving. This is your time to do something good for your body.
- **Ask yourself:** How can I keep it fun? (Try new things, get friends or family involved, etc)



8) Mix it up.

- Exercise doesn't need to be limited to only running, or only weight lifting, or only hiking. I personally weight lift 4 times a week with regular hikes, runs, and games of squash in between.
- **Ask yourself:** How can I mix it up? (Stuff you enjoy with stuff you maybe don't enjoy quite so much or aren't good at yet, try with new things, change with the seasons, etc).

SECRET #1 TAKEAWAY: Don't get so caught up in your complicated workout plan that you forget to make being active a normal part of your daily life - plan or no plan. Getting into the habit of exercising frequently and consistently, in whatever way possible, is key to transforming your body.



SECRET #2

**STAND UP
FOR
YOUR HEALTH.**

SECRET #2: Stand up for your health.

Sedentary behaviour (like sitting) and physical inactivity are a LOT more harmful than most people think.

In fact, being sedentary is one of the TOP factors that reduces life expectancy and health-related quality of life (along with smoking, high alcohol consumption, and obesity).

If you're looking to transform your body physically, then sitting is NOT the way to do that.



Even if you go to the gym for 1 hour a day, 7 days a week... If you sit on your bum behind a computer, in the car, at a table, on the couch, or in your bed for the remaining 23 hours of your day then you are **STILL** sedentary!

People are sitting more than ever before.

The benefits of sitting less 🧑 :

[Healthline](#) list some of the reasons that sitting too much may be bad for your health.

But, we would like to reframe that list into the **BENEFITS of sitting LESS**:

- Sitting less makes weight loss easier and weight gain harder.
- Sitting less decreases the likelihood that you will be overweight or obese.

- Sitting less is linked to a longer life.
- Sitting less is linked to decreased risk for disease.
- Sitting less provides benefits that exercise cannot.

Despite how simple “sitting less” seems, it’s clear that getting into the habit of sitting less can provide an ENORMOUS amount of benefit.

⚠ Don’t trivialise this:

While sitting less may indeed be a “**simple**” thing to do... It’s NOT an “**easy**” thing to do, especially not consistently.

Just like how everyone clearly knows that vegetables are healthier than chocolate, it’s much easier said than done to eat the right things consistently.

This is because “knowing” and “doing” are two very different things.

- **Knowing** makes us feel good and productive, but it doesn’t move us forwards and can even hold us back when we get paralysed from overthinking things.
- **Doing**, on the otherhand, actually moves the needle. It moves you forwards and creates results. It has an impact.

We need both, that is true, but we only need a little bit of knowledge and then a lot of action. We learn the most from actually doing, so the less you do the less you’ll actually know (as confusing as that may seem).

“KNOWING” & “DOING” ARE TWO VERY DIFFERENT THINGS



You don't get to the "next level" without first mastering the basics. At Sleekgeek we like to joke that the boring basics are actually the super next-level secrets to success.

We recommend splitting the goal of sitting less into two parts:

- Part 1: Spend less time sitting in general.
- Part 2: Sit for shorter periods of time (stand up and move around regularly).

If you can, a good goal to aim for is standing up and moving around for at least 1 minute every hour during the workday (and after that too if possible).



An easy way to raise your awareness around how much you are sitting versus standing and remove your excuses is to set a simple reminder on your phone to remind you to stand up.

If once an hour feels a bit much, you could always start with setting a reminder every 3 hours and then work your way to a more frequent reminder from there (until it's a habit and you no longer need the reminder at all).

You will, of course, want to restrict these reminders to "waking hours" between say 8am and 9pm so that it doesn't disturb your sleep.

Remember: There's nothing wrong with sitting. It's a normal human posture. Just like lying down to sleep, it's perfectly OK in moderation. But sitting too long or sleeping too much can start to cause problems.

You can also make a game out of it by deciding that you have to stand up for at least 1 minute before you check your email at work or social media at home.

Many smartwatches and fitness trackers have built-in monitors that track how much time you spend moving versus sitting and give you prompts to stand up and move around if you're too sedentary.



SECRET #2 TAKEAWAY: Being fit and active is more than just doing a workout. Fit and healthy people who look great don't just go to the gym for an hour 3 times a week and then slob off for the rest of the time. Even if you go to the gym for an hour every day, if you're sitting on your bum or sleeping for the remaining 23 hours then you're STILL sedentary. Daily movement habits throughout the day are important.



SECRET #3

**WALK TO
FREEDOM.**

SECRET #3: Walk to freedom.

Walking more throughout the day is one of the easiest and most underrated ways to transform your body physically.

According to [Mark Sisson](#), author of the Primal Blueprint, some of the reasons you should be walking more include:

- It helps reduce body fat.
- It improves glycemic control (better blood glucose control and more stable insulin levels).
- It improves triglyceride levels and lowers blood pressure.
- It's good for your brain, (cognition, memory, academic performance, creativity, and logic tests).
- It reduces stress and boosts immune function.
- It prevents falls in the elderly.
- It gives you a chance to think and can be a form of meditation.
- It keeps your buttocks engaged with the world, because excessive sitting causes glute inactivation and atrophy which brings about back pain, instability, and reduces strength.
- It's well tolerated by people with arthritis and many other health conditions who might not otherwise be able to exercise. Remember a little bit of something is still better than nothing.



So how about we bump walking more a little higher up our priority list?

How much should you walk?

Walking is just one of the many ways that you can improve your level of physical activity, so it will depend a lot on how active you are in other ways throughout the day.

However, we know [research for public health](#) has established that:

- Those who take **5,000 steps a day or less** are considered **sedentary** and at a higher risk for obesity, disease, and early death.
- Those who take **10,000 steps a day or more** are considered active and typically have less body fat and better overall health.

For some people, 10,000 steps might seem ridiculously easy (especially if you have an active job) but for most people, it's rather high at the beginning (and for some, it's just about impossible).

Even us at Sleekgeek spend most of our time working from home behind our computers or on our phones... If we didn't push ourselves to deliberately get out and walk more, we would likely only get 2,000 – 3,000 steps a day on average.

So we understand, it's challenging! (But do-able with some effort.)

We recommend using this as a guide to aim for:

- **4,000** steps a day (**beginner** – someone who lives a VERY sedentary lifestyle).
- **6,000** steps a day (**intermediate** – someone who lives a moderately sedentary lifestyle).
- **8,000** steps a day (**advanced** – someone who lives a moderately active lifestyle).
- **10,000+** steps a day (**elite** – someone who lives a very active lifestyle).

Whichever category you choose, it should be a challenge. It should push you out of your comfort zone so that you get better.

Getting your steps in shouldn't be a "happy accident". You should be consciously and actively looking for ways to add in more movement and walking throughout your day such as going for walks at lunch, taking the stairs, parking in the back of the parking lot, walking the dog instead of watching TV, and so on.

If you normally walk with a watch or phone that tracks your steps, you can go look at that data to see what your daily average usually is and then aim for something that's 2,000 – 3,000 steps higher.

How to measure your steps:

Option 1: Pedometer or Fitness Tracking Device:

- If you have some kind of pedometer or fitness tracker that tracks your steps, then you are in luck.

Option 2: Smartphone:

- Many newer smartphones have their own built-in pedometers. If you aren't sure, just search on Google for your phone make + built-in pedometer.
- You should find some websites showing you how to use it if your phone does indeed have a built-in pedometer. If you're still unsure, ask in the [Sleekgeek Health Revolution Support Group on Facebook](#).

Option 3: Treadmill:

- If you are a regular gym-goer and plan to get most of your steps in on the treadmill, then most treadmills will track your steps. This is not ideal because we would obviously like you to be out and about, getting in more movement throughout the day – but it's better than nothing!

Option 4: Estimate:

- The average person walking at a brisk and determined pace can expect to walk roughly these number of steps based on distance and time walked (table on the next page):



Steps	Distance Walked	Time Spent Walking
1,000	0.8km	10 minutes
2,000	1.6km	20 minutes
3,000	2.4km	30 minutes
4,000	3.2km	40 minutes
5,000	4km	50 minutes
6,000	4.8km	1 hour
7,000	5.6km	1 hour 10 minutes
8,000	6.4km	1 hour 20 minutes
9,000	7.2km	1 hour 30 minutes
10,000	8km	1 hour 40 minutes

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🤔 How to do it?

Walking 6,000 steps, for example, is roughly an hour of walking per day.

When we first learned this ourselves, our first thought was “Where the heck do we find another hour in our day to walk?!”

Then we took off our “excuses hat” and put on our “solutions hat”...



We realised that 1 hour of walking could be:

- 2 x 30-minute walks
- 3 x 20-minute walks
- 4 x 15-minute walks
- Or even 6 x 10-minute walks.

When we broke it down like that, it became much more do-able.

We could easily afford to take 4 x 15-minute walks during the day instead of sitting around during my breaks and scrolling social media or talking to people.

Surely you can too?

PLUS, this is on top of all the other steps you would normally get in throughout the day walking from your bed to your bathroom, from your bathroom to your kitchen, from your kitchen to your car, from your car to your office, from your desk to the bathroom, and so on.

SECRET #3 TAKEAWAY: Walking more throughout the day is one of the easiest and most underrated ways to transform your body physically. Try to make walking more a bit of a higher priority and watch the benefits.



SECRET #4

**JUMP AT
THE OPPORTUNITY TO
MOVE MORE.**

SECRET #4: Jump at the opportunity to move more.

There's a saying, "*Success leaves clues*".

Something that the most successful healthy and fit people all have in common is **they see themselves as healthy and fit people** who do healthy and active things on a daily basis.

This is part of their identity.

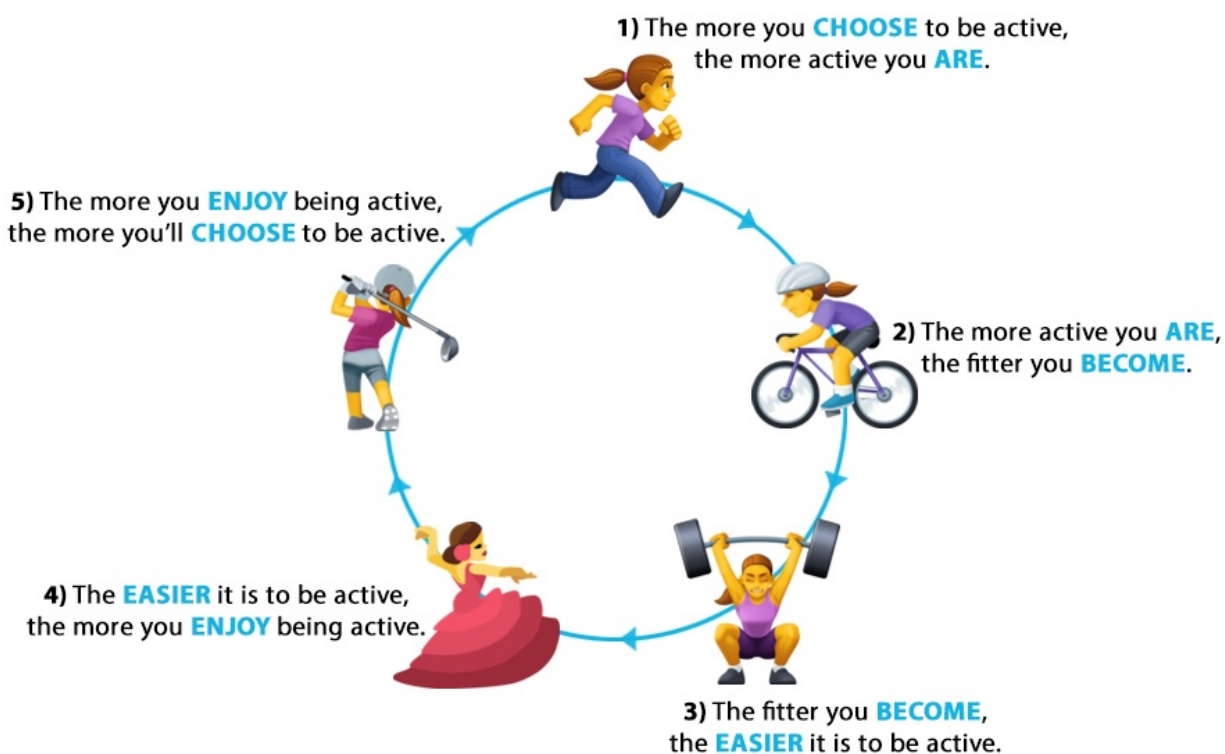
If you were to ask them, they'd say: "*I am the kind of person who takes every opportunity to be active.*"



Sure, it is true that some people ENJOY being active more than others...

But, it's also true that:

- The more you **CHOOSE** to be active, the more active you **ARE**.
- The more active you **ARE**, the fitter you **BECOME**.
- The fitter you **BECOME**, the **EASIER** it is to be active.
- The **EASIER** it is to be active, the more you **ENJOY** being active.
- The more you **ENJOY** being active, the more you'll **CHOOSE** to be active.



So even if you don't enjoy being active right now, by taking consistent daily action you can become the kind of person who enjoys it over time.

It all starts with choosing to be more active in the first place and looking for opportunities throughout the day. It's intentional.

Opportunities for movement:

Opportunities for movement are all about making a choice to move more whenever the opportunity presents itself.



For example:

- Choosing to take the stairs rather than the escalator or lift.
- Choosing to park towards the back of the shops parking lot rather than right outside the door.
- Choosing to put some extra energy into housework.
- Choosing to bust out some dance moves when your favourite song comes on.
- Choosing to take a break from work by going for a quick walk rather than checking social media or gossiping with a co-worker.
- Choosing to go for a walking meeting or date rather than sitting in an office or at a coffee shop.

- Choosing to take the “scenic route” when walking from one place to another.
- Choosing to physically play with your kids rather than entertaining them with an iPad.
- Choosing to get up and move around every time there’s a commercial break on TV.
- Choosing to carry the shopping in with multiple trips (gasp).
- Choosing to walk around (or even just pace) while on the phone.

It’s that simple.

Every choice that you make and every action you take you are “voting” for what kind of person you are.

The more often you vote to be active rather than sedentary when given the choice, the better you get at identifying these opportunities to do so.

SECRET #4 TAKEAWAY: Opportunities for movement are all about making a choice to move more whenever the opportunity presents itself. Even if you don’t enjoy being active right now, by taking consistent daily action you can become the kind of person who enjoys it over time.



SECRET #5

**FIND YOUR
MINIMUM.**

SECRET #5: Find your minimum.

At Sleekgeek we're always saying that you should be LESS "*all-or-nothing*".

When you have an "*all-or-nothing*" mindset, then you always want to be **perfect**.

- Your meals have to be perfect, or they're not good enough.
- Your workouts have to be perfect, or they're not worth it.
- Your plan has to be super detailed, or it's terrible.
- Your progress has to be exactly what you want, or it doesn't count.



This can be a damaging mindset to have because very rarely do you get “all” and you almost always end up with “nothing”.

- You might plan to do 6 workouts per week and then – for whatever reason – skip one, so you decide that your routine is ruined and you’re just not going to do any other workouts this week. You’ll start again on Monday.
- Or you might not be able to order the perfect meal at a restaurant that fits your diet, so you give in and order the indulgent starter, the calorie-bomb burger, large fries, dessert and drink half a bottle of wine on top of everything. Plus 3 donuts for breakfast the next day. You’ll start again on Monday.



So what’s the alternative to “all-or-nothing”?

🏆 “Always something”:

Well, the opposite of “*all-or-nothing*” is “*always something*”.

Having an “**always something**” mindset means that you make the most of any situation. Even if it's not perfect. In fact, especially if it's not perfect.

- Maybe you can't do 6 workouts this week, but you can do 5. If you can't do 5, you can do 4. Maybe you can do a quick 10-minute workout rather than your full 60-minute workout. Something is better than nothing.
- Maybe you can't eat the perfect healthy meal while out at a restaurant. But that doesn't mean you're going to throw your diet away and eat until you've undone all of your recent progress. You can still order something healthyish and skip the starters and order a coffee or some tea for dessert. You can still order a calorie-free drink rather than the wine. You can just do your best, because something is better than nothing.



What has this got to do with exercise minimum?

Exercise is all about:

- Moving around
- Getting active
- Breaking a sweat
- Getting stronger
- Burning some calories
- Getting the blood pumping.

It doesn't have to be perfect. It's not "all-or-nothing".



This is why working with a “range” can be a better idea.

- You might have a goal of IDEALLY working out 6 days a week...
- But 3 days would be more REALISTIC.

So that's your range: Exercising 3-6 days a week, with 3 days a week being your exercise minimum.

Furthermore:

- You might have a goal of IDEALLY working out for 60-minutes at a time...
- But you know that you can STILL get a good workout in with just 15 minutes too.

So that's your range: 15-60 minutes of exercise, with 15 minutes being your exercise minimum.

Heck, maybe if you just make it to the Saturday parkrun, you're winning.

Or if you play with your kid on the beach. Or if you take your dog for a walk.

SECRET #5 TAKEAWAY: Don't try and be a hero by setting the bar super high. Rather, set the bar at a realistic and do-able level so that you can do it consistently (even during tough times). Then, when you're feeling good and life is going well, you can go above and beyond.

Next Steps:

You're all done! Good job for sticking it through to the end of this course.

Now it's time to put your new knowledge to the test in the [Sleekgeek 8-Week Transformation Challenge](#)!



We've been running this challenge 3 times a year since 2012 with **34 challenges** run to date with over **30,000 challengers** taken part, over **34 tonnes** of weight lost, and over **R3.5 million** in prizes given away!

The 4 x 1st place prizes are R10,000 cash each. You could be the next winner!

The next 8 weeks are going to pass whether you like it or not, so why not use the time to get leaner, fitter, healthier, and happier?

Plus, you'll get so much more content just like this in our full Transformation System.

Click the button below to become an official Challenger in the [Sleekgeek 8-Week Challenge](#)!

 **Sign Up**

