

From Dad Bod to Rad Bod:

3 Simple Steps to Lose Weight and Gain Muscle Starting Today

Tired of the emotional rollercoaster and empty promises of fad diets that leave you frustrated and disappointed? It's time to get real and take control of your health for good!

Imagine shedding weight, building muscle, and transforming your body—all with simple, sustainable moves you can do anywhere. No magic pills, no overnight gimmicks, just real results that last.

Take the power of walking and crank it up a notch with PhitWalking—our unique approach that combines the fat-burning benefits of walking with muscle-building resistance exercises. **Why settle for just losing weight when you can sculpt a stronger, leaner, and healthier you at the same time?**

Building muscle doesn't just make you look great; it revs up your metabolism, turning your body into a fat-burning machine. It's a win-win that walking alone can't deliver.

You made a smart move grabbing this eBook—now it's time to put it into action! No more excuses. Your journey to a fitter, stronger, and healthier you start now!

Myth #1: I will have to eat like a rabbit

No, you don't have to munch on anything but raw veggies like a rabbit to shed those extra pounds! We strongly promote protein to help you build muscle. Effective and sustainable weight loss is all about embracing a balanced, nutritious diet that fuels your body while helping you create a calorie deficit.

Most importantly, you can focus on making gradual, sustainable changes to your eating habits. Extreme diets may offer quick fixes, but they rarely lead to lasting success. By following these principles and our recommendations, you'll find that healthy choices become second nature, and you'll naturally crave better foods.

With the right approach, weight loss doesn't have to feel like a chore—it can be a journey that's balanced, enjoyable, and perfectly tailored to your lifestyle!

Myth #2: I will need to join a gym to build muscle.

Think again! You can absolutely build muscle while walking—no gym membership required! By combining aerobic exercises with resistance training, you can create a powerful workout that not only burns calories but also builds muscle and boosts your overall fitness. This approach, often called circuit or combined training, is incredibly effective for improving cardiovascular health, increasing muscle strength, and enhancing endurance, all while you're out on a walk.

Imagine transforming your everyday walk into a muscle-building powerhouse by incorporating resistance devices into your routine. Carry light hand weights or other resistance devices to strengthen your upper body as you walk. You can even add in some bicep curls or shoulder presses for extra muscle engagement. If you're looking to up the intensity as you progress, try incorporating stair climbing or walking on inclines—these variations target your glutes, hamstrings, and calves, promoting even more muscle growth.

Myth #3: I will fail yet again

Not with this program! Many programs fail because they are diets that set you up with unrealistic expectations, promising rapid results that are nearly impossible to achieve. When the weight doesn't fall off as quickly as hoped, disappointment sets in, and it's easy to give up. Many times, you initially lose weight then you plateau. The reason is that you have lost water weight, not fat. This is not making you healthy, it is making you less healthy. The restrictive nature of many diets doesn't help either—cutting out entire food groups or slashing calories may work in the short term, but it often leads to cravings, binge eating, or simply throwing in the towel.

Rigid diets also struggle to fit into real life. Social events, travel, or unexpected changes can throw off even the most dedicated dieter, making it hard to stick to the plan. And when emotional eating kicks in—whether due to stress, boredom, or even happiness—diets that don't address these triggers are doomed to fail. A lack of knowledge about proper nutrition, portion sizes, or balanced meals only adds to the problem, leading to poor choices even when trying to diet. This is not a diet. We offer you a proven roadmap that you slowly build upon. You must know where and how to get to your destination if you finally want to arrive. Think of us as your health GPS.

Why Listen to Me?

My name is Neal. As I was approaching 60 years old, just after Covid, I had ballooned to 265 pounds and I like many people, tried all the fad diets, keto, Atkins, fasting. When I was younger, I could yoyo. I could abuse my body and then lose weight as I wanted. As I aged, this magic ability disappeared and life and perhaps my mortality was catching up with me. I was only successful when I was able to eat in a sustainable way while walking and then eventually implementing resistance exercises while walking. Today, I weigh less than 200 pounds and look better in a bathing suit than I have in decades. By the way, I have also gotten off blood pressure and cholesterol medications and have thrown away that awful CPAP machine!

Over the past couple years, I have worked as a success coach and have helped many people, engaged with them 1 on 1 to lose weight, gain muscle and get their health back doing the same things that I have done.

Why wait until you are thinner to start building muscle. You can do two things at the same time and still chew gum if you choose! Please stop with the fads today and finally do something that is long term. This plan is what you have been looking for....it will take

a little effort at the beginning, but I promise results and that it will get easier as you quickly see results. *All I ask in return is that you leave us a positive review after you have changed your life.*



This is me. The first 3 photos are me at around 265 pounds from 2018-2021. The last photo is me at 62 Years Old in 2024 . A new man - under 200 pounds with more muscle. *If only this grew back my hair, life would be perfect.*

Step 1: Sensible Eating (For Normal People)

To lose weight and gain muscle, it's essential to focus on a diet that supports fat loss while providing the nutrients necessary for muscle growth and recovery. Here's the what and why for a sensible eating approach:

LOW CARB BEEF STUFFED TOMATO

Course: Lunch
Prep Time: 15 minutes
Cooking Time: 15 minutes
Total: 30 minutes



INGREDIENTS:



Ground lean beef
8 oz/ 226 grams



Tomatoes
4 medium pieces



Cheddar cheese
(1 oz/ 28 grams)



Sour cream
4 tsp



Red onion



Lettuce



Olive oil



Taco sauce



Salt and black pepper

Caloric Balance: Maintain a caloric deficit for weight loss without risking muscle loss. Use apps to track calories, aim for a total of **1200 to 1500 calories daily**, and stay hydrated. Stick with it, and you'll see results on the scale!

Timing and Portion Control: Eat 4-5 smaller meals daily to maintain energy and curb hunger. Each time you eat you want to burn off the sugar that is created from excess calories or it will turn to fat. For that reason, it is not enough to limit your calories for the day, you need to spread the calories out in multiple well-balanced meals. **4-5 meals spread out over 10-12 hours** will accomplish this. By eating 4-5 meals a day and by drinking a lot of water, you should not have the urge to snack between meals. You will feel satisfied and absolutely lose fat if you have 1200-1500 calories over 5 meals.

Limit Sugars and Processed Foods: Avoid sugary drinks, snacks, and processed foods as they are high in empty calories that can impede weight loss and muscle gain. Shoot for **less than 5 grams of sugar** in any meal. Fruit should be eaten in moderation. If you choose to have a sugar substitute, monk fruit extract or Stevia are best.

Prioritize Protein: Include lean sources like chicken, turkey, lean beef, fish, eggs, and legumes in your diet. Shoot for **20 grams** minimum per meal. Protein is essential for muscle repair and growth and helps keep you full longer, aiding in weight loss. Make sure each meal has a good source of protein.

Incorporate Healthy Fats: Include avocados, nuts, seeds, olive oil, fatty fish, and nut butters in your diet. These fats support hormone production, which is vital for metabolism and muscle growth.

Include Complex Carbohydrates: Choose whole grains (**avoid white flour**), sweet potatoes, vegetables, and legumes. These carbs provide sustained energy, crucial for workouts and recovery.

Eat Plenty of Vegetables: Choose a variety of colorful veggies for a range of vitamins, minerals, and antioxidants. They're low in calories, high in nutrients, and support digestion and satiety.

Stay Hydrated: Drink **at least 8 cups** (2 liters) of water daily, more is better. Hydration is essential for muscle function, recovery, and metabolism.

Consider Supplements: Use protein powder as a post workout meal. It is well balanced, high protein and convenient. Add Creatine to help you build more muscle. Pre-workout powders are great for energy and post-workout powders are great recovery. They also come in some great tasting flavors that give you a break from straight water if you prefer a little variety.

Step 2: Start a Walking Routine- (No Burpees Required)

Starting a walking program is a great way to improve your fitness, boost your mood, and maintain a healthy weight. Walk outside or on a treadmill. Here are the best steps to help you begin and stick with a walking program:

Set Clear Goals: Define your reasons for walking (e.g., weight loss, health, stress relief) and establish specific, measurable targets, like walking 30 minutes a day, five days a week.

Get the Right Gear: Invest in supportive walking shoes and wear comfortable, weather-appropriate clothing, such as moisture-wicking fabrics for heat or layers for cold.

Start Slowly: Begin with short walks, gradually increasing distance and time. Always warm up with 5 minutes of slow walking and cool down with 5 minutes of gentle stretching.

Incorporate Variety: Vary routes, terrains, and walking speeds, and add intervals or bodyweight exercises to your routine.

Focus on Form: Maintain good posture with head up, relaxed shoulders, and engaged core. Breathe deeply for optimal oxygen intake.

Stay Safe: Be aware of your surroundings, use reflective gear in low light, and carry water for hydration.

Listen to Your Body: Start slowly and increase intensity gradually. Rest if you feel pain or fatigue, and take at least one or two rest days per week.

Gradually Increase Intensity: Slowly extend walk duration and distance, and add challenges like hills (or inclines on a treadmill) or stairs to boost intensity and target different muscles.

Starting a walking program is a great step towards better health. By following these steps, you can create a sustainable and enjoyable walking routine that fits your lifestyle and helps you achieve your fitness goals. After you are comfortable in this routine, it is time to add resistance training to your walks.

Step 3: Add Resistance Exercise (No Grunting is Necessary)

By walking you are building muscle from the waist down, but what if you could also simultaneously build muscle from the waist up? There are a number of choices of portable and mobile resistance exercise options available. Examples: light dumbbells, resistance bands, or other lightweight resistance devices. (See PhitStick on page 8)



When incorporating resistance exercises into your walking routine, you have a couple options for how to integrate them. Each approach has its own benefits and can be tailored to fit your fitness goals and preferences. Your goal though in either method is to fatigue your muscles. You want to feel like you can't do any more sets. This is what builds muscle as opposed to just toning. **Here's a breakdown of the two main methods:**

1. Integrating Resistance Exercises During Walking:

Combine walking with resistance exercises for a full-body workout. Examples include walking lunges, arm circles, curls, push-pulls, military press with dumbbells or other resistance devices. Pros: Efficient time use, increased intensity, and enhanced functional strength. Cons: May affect balance and coordination. If you have balance or mobility issues, start slow or use the method below.

2. Performing Resistance Exercises During Walk Breaks:

Walk for a set period, then pause to do resistance exercises like dumbbells, resistance bands or isometrics such as push-ups or squats before resuming walking. This method allows focused effort, reduces injury risk, and offers flexibility. However, it may interrupt workout flow and consume more time.

Choosing the Right Approach for You

Consider Your Goals: Integrating resistance exercises during walking boosts intensity and combines cardio with strength benefits, while performing exercises during walk breaks focuses on targeted strength training with proper form but may offer less fat loss.

Personal Preference: Choose the method you enjoy and can sustain: integrate exercises for continuous movement or take breaks for structured intervals.

Fitness Level: Beginners may find resistance exercises during walk breaks easier, while advanced individuals might prefer integrating exercises for a more challenging workout.

Sample Routine:

Integrated Method: Walk with light dumbbells or resistance device, focusing on different muscle groups each day. Stretch between sets and avoid working the same muscles daily to allow for recovery.

Break Method: Walk with light dumbbells or resistance device, stopping periodically to perform resistance exercises. Change muscle groups daily and stretch between sets.

Both methods are effective based on your goals and preferences. Experiment to find the best fit for your fitness plan. **Here are videos of resistance exercises that can be done while walking. Resistance bands, and dumbbells can be substituted for the PhitSticks that are shown in the videos.**



Resistance Exercise Videos

Possible Hurdles Along the Way:

Hurdle #1 Planning

Weather: Don't let bad weather put a damper on your fitness routine—there are plenty of exciting indoor alternatives to keep you moving and motivated! If walking outside isn't an option, take your workout indoors and explore new ways to stay active. Know in advance what you do on cold or rainy days to replace both walking and resistance exercise.

Plan Your Meals: If you plan your meals in advance and make them to take with you as needed you will be successful. You never want to skip meals, and you never want to eat badly due to not planning. If you plan ahead, you can have variety and enjoy your meal times. Protein bars are a great option for your on-the-go times. Choose bars with low calories, less than 5 grams of sugar and 15 or more grams of protein. **We have included some bonus recipe videos that will make your journey, easier, healthier and most importantly, more delicious!**



PhitWalking Recipes

Listen to Your Body: If your body, not your brain, is telling you that you can't exercise today, take the day off but be sure to use that time wisely. Get over your illness or injury. If you are ill, drink plenty of fluids and get rest. If you have a leg injury, ice it for a quicker recovery.

Hurdle#2 Motivation (Keeping a Log):

Keeping a log when you're on a weight loss and fitness program is crucial for several reasons. First, it provides accountability. When you track what you eat, how much you exercise, and even how you feel, you're more likely to stick to your plan because you're keeping yourself honest. A log also helps you identify patterns—both good and bad. You might notice that you tend to snack more on stressful days, or that you have more energy when you eat certain foods.

Additionally, logging your progress gives you tangible evidence of your hard work. Seeing the numbers change on the scale or the inches come off your waist is incredibly motivating. It also allows you to celebrate small victories, which is important for maintaining motivation over the long term.

Finally, a log can serve as a roadmap. If you hit a plateau or feel like you're not making progress, you can look back at your log to see what's working and what might need to be adjusted. It turns your weight loss journey into a science, where you can tweak and fine-tune your approach based on real data. In short, a log is a powerful tool that can keep you focused, motivated, and on the path to success.

We have included a complimentary log page for your use. You may choose to create your own or modify this for your particular needs.

Hurdle #3-Procrastination

Staying consistent with your walking and resistance exercise routine might seem challenging, but it's the key to unlocking all the amazing benefits of this simple yet powerful exercise. Here's how to keep yourself on track and make PhitWalking a regular part of your life:

First, set clear goals. Whether you're walking to boost your fitness, manage your weight, or reduce stress, having a clear objective will fuel your motivation. Make your targets measurable, like aiming for 30 minutes of walking a day, five days a week, or hitting a certain number of steps daily. You may also have a target such as gaining muscle on your arms or chest.

Create a schedule that works for you. Pick a specific time of day to walk and stick to it—consistency in timing can help turn walking into a daily habit. Planning ahead by scheduling your walks in your calendar or planner will ensure you treat them as a priority.

Reward yourself for staying committed. Celebrate your milestones with small treats like a new workout outfit, a relaxing bath, or your favorite healthy snack. Stay engaged by mixing up your routes, varying your pace, and setting new challenges to keep things interesting.

Finally, focus on the benefits. Remind yourself of how much better you feel after walking—whether it's improved mood, increased energy, or better overall fitness. Track these positive changes and let them inspire you to keep going strong.

With these strategies, staying consistent in your walking routine will not only become easier but also something you look forward to each day!

PhitStick- Designed for PhitWalking

We have created a device that will make it easier and allow you to get the most from your PhitWalking experience. The PhitStick is optional, but it is small, light, effective, flexible, multi resistance level and made specifically for PhitWalking. It can fit on your wrist in between exercises, and it can even store your keys or money on the inside. It can also be used while sitting watching TV or taking a break while at your computer working. As a customer of the PhitWalking-eBook, you are offered a significant discount on the product to assure your success. Here is a link to learn more: <https://phit.club> (Look in Product section for PhitStick) Coupon Code "RadBod" gives a 20% discount on the PhitStick.



Coaching- The Winners Edge:

If there's one game-changing decision you can make to guarantee success on your fitness journey, it's getting a coach. Sure, you might be one of those rare individuals who are naturally self-motivated, but let's be real—how badly do you want it? A coach isn't just a luxury; it's the secret weapon that takes your efforts to the next level. I had a coach and it was instrumental in my success.

A coach provides that, ensuring you're always on the right path. But it's not just about the plan—it's about the motivation and accountability that comes with it. Your coach becomes your partner in this journey, pushing you to stay consistent and holding you to your commitments.

And let's talk about technique. Proper form is crucial for maximizing results and minimizing injury, and a coach ensures you're doing every exercise correctly. Bored with your routine? A coach keeps things fresh by introducing variety and creativity, making your workouts not just effective, but also fun and challenging.

Efficiency is key in today's busy world, and a coach knows how to maximize your workout time by focusing on exercises that deliver the best results. They help you set realistic goals and give you the support needed to crush them, one by one.

But it doesn't stop there—a coach often provides nutritional guidance to complement your workouts, ensuring you're fueling your body for success. And when the going gets tough, the emotional support and encouragement they offer can make all the difference in maintaining a positive mindset.

In short, a coach doesn't just enhance your fitness journey—they supercharge it, making it more effective, safer, and infinitely more enjoyable.

Before starting any new exercise or nutrition program, it is strongly recommended to consult with a doctor or healthcare professional. This is especially important for individuals with existing medical conditions, those who are new to exercise, or those making significant changes to their diet. A healthcare professional can provide personalized advice and ensure that the new program is safe and appropriate for your specific health needs and goals. Your health and safety should always be the top priority.

PhitWalking Journal

Date _____

Daily Food Log (300 calories per meal total is the goal-don't skip meals)

	Protein	Carbohydrate	Healthy Fat	Veggies	Total Calories
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Daily Calories					

Ounces of Water _____

Minutes of Walking _____

Number of Steps _____

Resistance exercise _____

Notes:

Date _____

Daily Food Log (300 calories per meal total is the goal-don't skip meals)

	Protein	Carbohydrate	Healthy Fat	Veggies	Total Calories
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Daily Calories					

Ounces of Water_____

Minutes of Walking_____

Number of Steps_____

Resistance exercise_____

Notes:

