

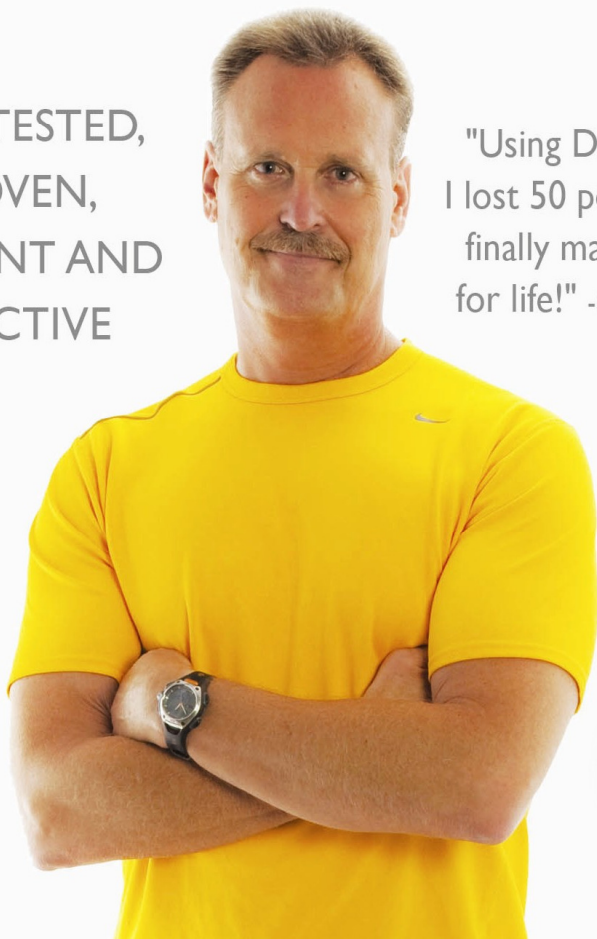
THE ULTIMATE FORMULA FOR GETTING AND STAYING FIT FOR LIFE



FROM AMERICA'S FITNESS COACH®

TIME-TESTED,
PROVEN,
EFFICIENT AND
EFFECTIVE

"Using Dave's method
I lost 50 pounds and have
finally mastered fitness
for life!" -CHARLES WEBSTER



There are 1,440 minutes
in a day. At least use
10 of them to workout!

FIT10

THE ULTIMATE FORMULA FOR GETTING
AND STAYING FIT FOR LIFE

Learn how and why people get fat
unrelated to what they eat.

Learn how to overcome the obstacles
and excuses not to exercise.

Learn how to build and maintain strength
with a bad back and aging joints.

Learn why a 10 minute workout can
accomplish more than an hour of exercise.



DAVE HUBBARD

FIT10™

The ultimate formula for getting and staying fit for life

© 2013 FIT10 *The ultimate formula for getting and staying fit for life*
All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission in writing from the author.

Published by Mill City Press
Photos of Mr. Hubbard taken by Drew Stauss

All pictures property of the author. All rights reserved

America's Fitness Coach LLC
1000 Whitlock Ave, Suite 320 #118
Marietta, Georgia 30064
www.AmericasFitnessCoach.com

Revised edition formally titled: BAD CHUTE! Why most Americans fail with fitness
First printing: August 2011

Medical Disclaimer: The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. The author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these, or any exercises are safe for you. Consult your doctor and physical therapist before starting this, or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book. Results from using the exercises explained or recommended vary. Exercise and proper nutrition are necessary to achieve and maintain weight loss and muscle definition.

*This book is enthusiastically dedicated to
all who have taken personal responsibility,
regarding their health and fitness, by
setting aside at least ten minutes a day to
build strength, lose fat, and stay healthy.*

"Dave Hubbard's book recommends the perfect solution for getting in shape and staying fit. I am losing weight, gaining strength, and getting in good cardio shape in the same amount of time as it takes to shower or brush my teeth. This plan is a no brainer!" **-Trey Pope, author, Barbecue On My Mind**

"Dave's fitness solution takes away all my excuses. I made a commitment to exercise every day, and have been doing so now for years." **-Barbara Hemphill, Author, "Taming the Paper Tiger"**

"With 7 children, I needed to get back into shape. My problem is time, Dave's fitness solution is the answer." **-Linda Chambers**

"I endorse Dave Hubbard's fitness methods, and have found them to be a great solution for my patients." **-Dr. Joe Phillips, M.D. OG/Gyn**

"I've never felt so good, physically or mentally, than I do today, thanks to what Dave has taught me about exercise." **-Anne Potoma**

"Sharing Dave's exercise method with my patients is a joy and a privilege. This type of exercise is do-able, safe, affordable, fun, and it works." **-Dr. David Kamnitzer, DC**

"Dave Hubbard's fitness solution really works!" **-Robby Robertson, Navy Seal**

"My husband and I have been using Dave's recommended exercises and we love it! Thanks for making exercise quick and fun." **-Judy Nelson**

"I have lost 35 pounds and am now wearing a 36" pant! Dave's fitness methods are by far the simplest, most effective I've used!" **-Mark Metcalf**



ABOUT THE AUTHOR

Dave Hubbard specializes in helping people improve their quality of life by enhancing their daily well-being, with better fitness and less stress. Dave is an experienced speaker of over 30 years, and an expert at engaging and inspiring people to make small changes that produce big results that last a lifetime.

Dave played left offensive tackle for the New Orleans Saints in the 1970s. Hank Stram was the coach, and Archie Manning the quarterback. After stepping out of the NFL he had a near fatal accident that led to what he calls his "fitness-crisis".

Dave then began to explore why so many people were failing to reach their fitness goals, including those who were exercising several hours a week. He discovered that the missing ingredient in most people's exercise was strength (or muscle mass).

More and more people were spending a lot of time doing aerobic exercise but were still ten to twenty pounds overweight, and frustrated.

In the 90's Dave changed the paradigm of exercise when he developed a new formula for fitness that allows anyone to get and stay fit in only 10-minutes a day (FIT10™). In 2000, he was re-

warded a U.S. Patent. Dave's exercise program has been featured in television infomercials, and on QVC.

Dave's unique formula of exercise allows anyone, at any age, to lose fat and get fit by changing to a vigorous anaerobic workout that is done every day and in less than fifteen minutes. The added bonus of this method is that it takes a fraction of the time most think they need to spend exercising, with much better results.

Today Dave is known as America's Fitness Coach®. He has presented to hundreds of businesses and organizations, challenging busy professionals to take better care of their most valuable asset - their body!

Dave is a frequently published author in magazines and online, and has been featured on radio, television, infomercials, and QVC.

Dave lives with his wife Melinda in Marietta, Georgia. They have two adult children.

CONTENTS

XII Introduction

19 CHAPTER 1

Jumping to Conclusions

A fitness crisis begins

31 CHAPTER 2

Get Out and Go

Our bodies are miracles in motion

38 CHAPTER 3

Bad Chute

The real cause for concern

45 CHAPTER 4

No Sensation of Falling

So gradually established it's not apparent

54 CHAPTER 5

Brain Lock

Why diets don't work but everyone's on one

69 CHAPTER 6

Tunnel Vision

America's obsession with aerobic exercise

79 CHAPTER 7

A Better Approach

The "S" factor

90 CHAPTER 8

Taking Responsibility

That part of truth no one wants to hear

101 CHAPTER 9

No Pain, No Gain?

Denial—still alive and well in fitness fantasy world

111 CHAPTER 10

There's Got to Be Another Way

If you don't have ten minutes there's no hope for you

119 CHAPTER 11

Overcoming the Obstacles

The tyranny of the non urgent

132 CHAPTER 12

Why a Brief Workout Everyday is Better Than a Long Workout Every Few Days

A track to run on

143 CHAPTER 13

More Motivation to Exercise

Exercise is about total health and wellness

154 CHAPTER 14

What About Nutrition?

The Greek word for diet means lifestyle

163 CHAPTER 15

More Helpful Information on Healthy Living

The latest scientific research on staying healthy

238 CHAPTER 16

21 Day Fitness Challenge

Making fitness a daily habit for life

247 POSTSCRIPT

INTRODUCTION

Sadly many American's today are in declining health and out of shape physically. Our evolution from an agricultural society, to an industrial society, to a technological society has left our bodies behind.

Most *baby-boomers*, now approaching retirement, appear to be equally concerned about their *future-financial-health*, and their *future-physical-health*. Yet, statistics show they invest much more in their *future-financial-health*. Most people take much better care of their financial portfolio, and the material things they own, than they do their most valuable asset—their body!

Have you ever wished your body came with instructions? In 1989, when I began lecturing around the country on health and fitness, I could not believe how uninformed most people were about the fundamentals of exercise and fitness, especially as it relates to its effects on the body.

After giving it a lot of thought I realized that the vast majority of people have (A) very little scientific knowledge about the actual effects of exercise on the body, and (B) very little practical knowledge of the benefits of maintaining strength. I discovered this was especially true for anyone who has never participated in a competitive sport that required them to consistently push their body to extremes physically, in order to achieve peak per-

formance.

I realized that I was taking a lot for granted. I grew up on a ranch. I learned how to work hard at a very young age. I had two older brothers, an older sister, and a younger sister who were extremely athletic. They constantly pushed me to compete against them physically in any, and every activity imaginable. I just assumed that everyone went through a similar situation growing up.

I came to realize, however, that only a very small percentage of people fit into that category. And, to make matters worse, P.E. (physical education) classes-that used to be mandated as part of one's basic education-have, for the most part, been dummed down, and in some cases completely eliminated. This has left a huge portion of our population now taking better care of their cars and pets than they do their own body.

If you're like me you have probably tried to program the old VCRs to record a TV program without reading the instructions. If so, you found out that it's virtually impossible. In a way that's what's happening with most people today as it relates to their health and fitness. Since they've never read their body's *instruction manual*, their attempts to get and stay physically fit have been met with frustration, causing them to eventually give up.

As an ex NFL athlete I have been at both extremes with my health and fitness. I've been in phenomenal shape physically, and I've been overweight and out of shape physically. This book is about what I've learned both at, and between,

those two extremes.

For the last twenty plus years I have enjoyed good health, and am in great shape physically. It should interest you to know that I only workout for ten minutes a day. Do I have your attention now?

I strongly believe that if your workout takes longer than 10 minutes a day, you may be wasting your time! The key word in that statement is *workout*. In my opinion there is a big difference between getting some exercise, and getting a "workout".

A workout is that scheduled period of time during a given day, week, or month, that you set aside specifically to do what is necessary to get and stay physically fit. And, in my opinion, a workout should involve intense anaerobic exercise to build strength. Generally speaking, a workout is not fun.

Exercise, on the other hand, can be any type of activity that gets your body moving. In this sense, and only this sense, exercise can actually be enjoyable.

Here's an example: I love to take my dogs Maggie and Darlene for a long walk at the National Park that borders our subdivision. We are usually gone 30-45 minutes. I throw sticks for them to retrieve, and we have a grand old time. There is no question that during that time I'm getting some exercise, but it's not a workout. If that's all I did, to give my body what's really required to be physically fit, I would fall far short.

Another example would be doubles tennis. I love

to play tennis; it is an enjoyable form of exercise. But it takes much more than playing doubles tennis every once in a while to maintain my strength and fitness. It takes a workout!

From this point on I will use workout and exercise interchangeably. Just understand that unless specified, when I talk about exercise, I'm really referring to a workout.

I grew up working out. We lived on a working ranch. We raised our own beef, and for many years grew our own fruits and vegetables. I got up early everyday to milk the cows before going to school. There were chores to do every day. On the weekends there were more chores and typically a project or two that required hard work.

Because I grew in height so early (I'm 6' 7"), I was not as mature physically as my peers. Consequently, I learned to compensate by spending hours in the weight room. I venture to say I worked out more than most. In fact, I was lifting weights before it was popular, or even mandated for an athlete as it is today. Eventually it paid off for me in a big way.

Years later, when I stepped out of professional football, I felt like I had worked out enough for several lifetimes. Married and with children—in a sedentary job—my fitness began to decline. Then, after a serious back injury, it really went south. I found myself in a place I had never been before—out of shape physically, and with little time or motivation to turn things around.

This book is the story of what I have learned through that experience, and what I did to get back on track physically. On my journey I discovered something about me and others as it relates to the conventional approach to exercise and fitness.

You may ask what qualifies me to be called America's Fitness Coach? Here's the way I see it. I consider myself the everyday-normal-person-fitness-guy. In other words, when I pull my shirt up you will not see washboard abs! I do not look like the fitness fanatics that you most often see associated with *getting fit*. I am, however, in great shape for someone in his mid 50s, with a bad back and bad knees.

I like to draw a distinction between myself and Tony Horton. Tony is the famous fitness guy attached to a popular series of exercise infomercials called P90X. Tony is everything you would expect from a fitness trainer on TV—extra lean with chiseled muscles and a 6-pac.

I'll be the first to admit that I am not as fit as Tony. To look like Tony I would have to exercise differently, and much longer. And, even more importantly, I would have to be extremely careful about what and how much I eat. Tony Horton's fitness programs are great, but they involve a much greater time commitment (60-90 minutes a day), and a lot more exercises than I do.

I was looking to create a method and formula of exercise that would get me off the every-once-in-a-while-when-I-could-get-around-to-it approach.

That was clearly not working! The other thing that wasn't working was the weekend-warrior approach.

One day I had an epiphany. What if the approach most people were taking was not the best? Could there be a radically different and ultimately much better way for people to get and stay physically fit in the 20-21st century? What follows is the secret to my success, and since 1993 the success of thousands.

Since 1989 I have been motivating and educating people to get fit for life. I enjoy teaching people the truth concerning how their body works—either for or against them—depending on how they exercise.

I believe it's best to first exercise your mind before you exercise your body. Comedian Emo Phillips once said, "I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this." Very funny! But seriously, it is your brain that tells you what to do. So if you expect your brain to instruct you accurately, it must receive accurate information.

Whether you realize it or not your brain is filled with hundreds of thousands of sound-bites of information on health, fitness, exercise, nutrition, etc. These bits of information have entered over many years of reading and watching so called "experts" give their advice on the latest greatest technique or discovery.

Is it possible everything you've learned about ex-

ercise is wrong? Probably not everything, but a lot of what you've learned may be incorrect. Why does it matter? Because many people are wasting time doing things their brain is telling them to do to get fit, and it's not working.

Over the years I developed a formula that I believe is essential for anyone wanting to develop a new habit. Especially a habit they intend to continue for the rest of their life. The formula is as follows: **Education + Motivation x Application = Results**. Get any of those out of order and you're likely to fail.

As it relates to exercise, typically people become motivated to make a change because of an upcoming reunion, etc., and then quickly jump onto the current fad solution. Then, after several failures, they give up.

It is my hope that the information in this book will challenge your thinking and change your life regarding how, and how often, you exercise. The old saying goes, "You can lead a horse to water, but you can't make him drink." That's true, but you can salt his oats!

I begin my oat-salting with a true story of a near death experience that happened to me many years ago. The key points of this story will hopefully serve as hooks—hooks on which you can hang the truths that you will learn about exercise and fitness. Using this method I'm betting you will not soon forget them. —*Dave Hubbard*

CHAPTER 1

JUMPING TO CONCLUSIONS

*"If you live to be one hundred, you've got it made.
Very few people die past that age."*
-George Burns

It was going to be an absolutely gorgeous day, typical for the month of September in Napa, California. I was about to embark on the adventure of a lifetime, as if the thrill and danger of professional football had not proved enough for me.

This was something I had wanted to do since I was a small child. I'm not exactly sure why and to this day I find myself groping for an answer when someone asks. I was always sort of a daredevil. I have always been willing to take risks to do something different or unusual. At least that used to be the case. I find myself far less willing to take chances, as I get older.

Early that morning I waited in my car at the church parking lot for the others to show up. I emotionally worked through what I thought were my final, "are you really sure you want to do this?" second thoughts. As I saw the others pull into the parking lot, I quickly regained the strength of my resolve to follow through with what I had told myself and others I would someday do. This day I was to go parachuting.

We all piled into two vehicles and set out for an

hour's drive to Yolo County, near Sacramento. Our adrenaline was pumping just talking about what a great day this would be. All of us were doing this for the very first time so no one really had a good idea of what we were getting into, but we knew it would be great.

I guess if I were to try and narrow down why I always wanted to do this, it would be first of all, to push myself through the fear, and in so doing become a stronger human being. I was never one to turn down a challenge. I had already gone way beyond myself as an overachiever, surprising the wildest predictions of my coaches, my peers, and my family, by actually making it as a professional athlete in the National Football League. With football now behind me, I was ripe for a new challenge. I knew this would give me all I bargained for.

Secondly, always fascinated with the magnificent miracle of God's creation and having the desire to fly without the cumbersome confinement of an airplane (which I have never been able to fit in comfortably), I simply wanted to float over God's good earth and take it all in. I wanted to see what I knew most people would never see, from a unique vantage point. Plus, I knew that a potential side benefit could be another story I could use for illustrations in my teaching.

I had done my homework. I knew that statistically this was not at all dangerous. In fact, what we were going to do that day would actually be much safer statistically than our ride in the automobile to our destination. After all, I may be crazy, but I'm

not stupid.

When we arrived, I remember being taken back by the shabby appearance of the training center and drop zone. This was not at all what I had expected. There was a condemned looking little one-story building sitting in the middle of an open field. Off to the side was a staircase that went up to a platform-there was no plane in sight.

People coming from different areas of California to jump that day had begun arriving. Together we got out and approached the building. None of us dared admit it, based on what we were now looking at, that this did not seem like a real good idea. Be that as it may, now caught up in the group dynamic of peer support and foolhardy commitment, each of us paid the \$69 for our training and the one jump we had anxiously come all this way for.

I didn't see anyone who really looked like they were in charge or knew what to do with this now large group of people who had gathered and paid to jump. We were all mingling and getting to know each other, standing on the patio next to the condemned looking building, when we heard the rumble of a small plane high overhead. As we looked up, our eyes were drawn to a small speck that had jettisoned from the plane. As the speck got closer, we could see it was a person. Male or female, we did not know, but we were convinced of one thing, whoever this was - they knew what they were doing in the skydiving department.

This ballerina of the skies did cartwheels and somersaults before opening that big umbrella.

Then with the utmost predictability and precision, maneuvered in position and landed on tiptoe, smack dab in the center of the picnic table 10 feet away.

Pulling off his helmet, he said with a bit of comedy and conviction, "Hi, I'm your instructor."

He had long hair; an earring and a been-there-done-that wild look about him. It was obvious he had experienced a lot of life, and probably most of it flying through the air.

Suddenly I didn't care any longer about the appearance of this place. It didn't matter that the building looked dilapidated and the parking lot badly needed to be resurfaced. I didn't care any longer that I didn't know what I was getting into. This guy obviously did. This guy knew how to jump, knew how to fly and knew how to land, and I was absolutely convinced that he knew how to teach me to do the same.

I was to later learn that he was an ex-Viet Nam jumper and had literally thousands of jumps behind him. Jumping was his life. He had been teaching people how to jump for six years, six days a week at this location. He had never had a mishap. That was good enough for me. I was ready.

From that point on, my jump couldn't come soon enough. But, I was going to have to be patient. Because this was our first jump, there were some things we needed to know. It would take almost a

full day of training for each of us to gain the knowledge and the confidence we would need to step out of that airplane.

He began his instruction by telling us what, of course, I already knew, that the sport of parachuting was very, very safe. But he cautioned us that Murphy's Law was certainly in effect with parachuting as it was in every other aspect of life. In other words, if something could possibly go wrong, it probably would go wrong. So in order to beat Murphy at his game, we would have to learn the steps necessary to get ourselves out of that seemingly fatal predicament should it occur. In other words, what do you do if the unthinkable, the unimaginable occurs, and your chute doesn't open?

Most of our training was centered on our learning and becoming confident with a cadence. This cadence consisted of a very precise set of commands, each strategically following the other and in succession leading us through the steps necessary to open our spare chute. As an ex professional football player I was not a foreigner to cadences; in fact, I'm willing to bet I was more familiar with a cadence than anyone else who had paid to jump that day.

The first statement in the parachute cadence is "arch one thousand." The meaning of that first statement was twofold. Arch reminds you to throw your chest out and throw your arms out in a spread-eagle position. One thousand reminds you that in 3 seconds, the main chute will be open. As you say, "arch one thousand," you're to turn your

head over your right or left shoulder and look behind you to watch the parachute open.

The next statement in the cadence is "check two thousand," in which case you turn your head to the other side of your shoulder and look behind you again. Next you say, "Check three thousand," and turn your head once again to the other side and look for the last time. Three seconds has now passed. This is the longest it should take for that chute to be open. If it is not open after three seconds, what you will see is the chute trailing you, but empty of air and just flopping like a dishrag. You now officially have a serious problem!

The next two words in the cadence are "bad chute". I couldn't believe my ears. Everyone just burst out laughing when he said it. It was a nervous laughter. It seemed so silly, but those two words said it all. As the laughter died, the instructor got very serious and explained to us why those two words were chosen.

He told us that a bad chute is a very, very bad chute. "Naughty, naughty chute", he shouted, exclaiming that, "a bad chute will never be a good chute—no, not ever!" The only thing to do with a bad chute, he said, was to "get rid of it". The temptation is to try and fix it. You might say to yourself it's just tangled a bit...it just needs to come loose...to unravel a little more. And so there you are wasting precious time trying to fix a bad chute that is unfixable. Yes, truly, the only thing to do with a bad chute is to get rid of it.

At this point in the training, he made a statement

that all of us found extremely difficult to believe. He said with parachuting there is no sensation of falling—even in a free-fall. How could that be? All of us were expecting the sensation of our stomach coming up to our throat as in a big fall in a roller coaster ride. He explained that when you jump you're going almost the speed of the plane. Add to that the fact that you have no frame of reference. There is nothing you see that allows you to judge your speed or distance. Therefore, you don't feel like you are falling.

You're so high over earth that you don't see the ground getting closer. You feel like you have all the time in the world. He made this point with great emphasis, knowing how important it would be should anyone find himself or herself with a bad chute. Feeling that you have all the time in the world there would be a tendency to take your sweet time dealing with the situation.

After "bad chute", we're to say, "Cut away". Placing our hands on the clasps, we were to open them and out would pop steel rings. We were to place our thumbs in the steel rings and pull. In doing so, we would have completed our assignment. Upon pulling those rings, the bad chute would be detached completely from the pack and would leave our body.

As it leaves our body, a cord—attached from the bad chute to the aluminum handle on the spare chute—pulls the spare chute open. That spare chute (mounted on my chest) is spring loaded and would literally explode straight up into the air. Then, except for a brief and frightful interruption,

we would glide down in just the same way that we would have had our original chute opened.

Finally it was time to jump. We had practiced all day. We were more than ready to go. We each put on our jump suits with both main chute and reserve chute loaded and ready. I was to be the first to jump that day. I heard the engines cut back—we were slowing down. That could only mean one thing. The moment of truth had arrived. I looked down immediately wishing I hadn't.

Everything was so tiny, so far away. Then I heard a voice interrupting the silence. It was the pilot. In a calm and very confident voice he simply said, "Feet out." I remember muttering to myself, "Easy for you to say." Taking one last look at the assistant who promptly gave me a "thumbs up" and a wink of encouragement, I turned my body sideways and swung my feet out. Immediately they flew up and almost hit the side of the plane. After all, we were going 90 miles an hour. I fought to get my feet on that little platform. I was not having a great deal of success due to the wind velocity. I finally overcame the resistance and settled my feet onto the little platform. No sooner had I accomplished that task than I heard the pilot in a strong calm voice say, "Get out."

I felt fairly secure with only my feet out of the plane. Getting out was a whole different story. At six-foot-seven it was very awkward for me to get out of the door and get myself positioned correctly. They purposely make the platform only the size of a shoebox so that it forces you to dangle the other foot off into space. As I bent over under

the wing I could feel the underside touch my back. Just at the moment I worked my body into position, I realized that this might just be the stupidest idea I had ever had in my life. Right at that moment of fear and doubt, I heard the final command. The pilot said with a loud voice and with just a hint of laughter, "Go!"

Without hesitation and with complete faith and dutiful obedience to the command of a pilot I didn't even know, I let go. It was an amazing feeling, impossible to describe.

All fear was gone as I quickly threw out my chest and arms and shouted, "Arch one thousand." Then looking over my left shoulder I shouted, "Check two thousand," then flipping my head to the other side, I shouted, "Check three thousand." I couldn't believe my eyes...I had a BAD CHUTE!

They teach you that there are two things that happen to most people in a shocking and highly stressful situation. I experienced both. The first is called BRAIN LOCK. Chances are you've experienced this—maybe you've been studying for a test or concentrating on something important, when all of a sudden your brain seems to lock up. You're stuck—stuck on one thing in particular and you can't get off it. I brain locked immediately on bad chute. I said it about 150 times. I said it over and over again, "Bad chute, bad chute, bad chute, *oh shoot*, bad chute!"

The second thing that happens to most people in a stressful and shocking situation is what's called

TUNNEL VISION. With tunnel vision you lose your peripheral vision. You can only see and focus in a very limited area. Your whole perspective is myopic—you lose the big picture. This was the one that really got me off course. After singing all the verses of the bad chute chorus and getting over the fact this was not a dream but something actually happening to me, I got to the next statement in the cadence—the most important one—"cut away."

Here's where I really got off the cadence. I immediately began looking for the clasps but I could not see them. I reached up and grabbed the straps; I moved my hands up and down the straps until I found the clasps. I felt them in my hands. I was rubbing my thumb over the smooth metal of what could only be the clasps but I wouldn't open them. I was paralyzed by the fear that I might be pulling the wrong thing because I could not see what I held in my hands. It was a totally irrational fear but I was now off the cadence, confused and panicking.

As the instructor had warned us, I had **NO SENSATION OF FALLING**, or at least no sensation of how fast I was falling. I felt like I had plenty of time to figure everything out and get back on track. What I didn't realize was that I was falling at 125 miles per hour and was quickly running out of time.

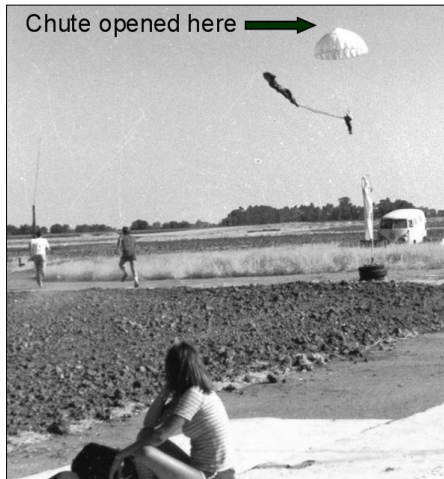
Like seemingly every other situation in life, I had waited entirely too long before asking God for help. It was definitely time to pray! I remember my prayer was very short and to the point. I didn't risk

using any words that might confuse the situation.

I simply shouted, "**GOD, HELP!**"

Immediately I heard God say, "**PULL NOW!**"

I pulled and it felt as if I hit the ground immediately. I hit with a tremendous force. I've hit and been hit very hard in the NFL, but I had never been hit that hard! At first I thought I had broken every bone in my body. Then the pain began to concentrate in one area and I realized I must have broken my back. Knowing it was important for me to lie perfectly still with a back injury, I did not attempt to move. The last thing I remember was people gathering around me. Most of them thought I was dead. I felt like I would be soon. I was only about 200 feet from the ground when I pulled.



THIS PICTURE WAS TAKEN RIGHT AS MY CHUTE OPENED

Well, I didn't die. In fact, because of what I experienced, I began to live my life differently. I was flat on my back for some time. The old saying goes, "When you're flat on your back you only have one place to look; straight up." Let's just say that I began living my life with renewed attention to what is really important. This horrible ordeal had given me a new perspective on living.

The Allegory

The dictionary defines the word allegory to mean a representation of ideas or principles, through the telling of a story. I'm now going to use the true story of my parachuting accident as an allegory, to help you better remember the health and fitness ideas and principles I have discovered and implemented successfully.

CHAPTER 2

GET OUT AND GO

*"It's so much easier to suggest solutions when you don't know too much about the problem."
-Malcolm Forbes*

The parachuting story, absent crises, is short and simple. If all goes well, you simply jump out of the plane at the pilots command, and recite a brief cadence. The cadence is hopefully totally unnecessary, as the jump itself does all that is really needed to deploy the parachute. Once the chute is open, you merely enjoy the ride, ultimately landing safely at your journeys end.

Here's the allegory to health and fitness: I'm convinced the ordeal I went through to actually get out of the plane and jump, is very similar to what it must be like for each of us when we're born physically. Think about it. We are folded up in the fetal position nervously waiting for the pilot (God) to give us the command to "get out" and "go".

Obviously I do not remember whether I suffered the same fear and anxiety during my physical birth as I did getting out of that plane, but having personally witnessed four human births, it's reasonable to assume that it's every bit as traumatic.

Once out of the womb we spread our arms and scream, just as I did when I jumped. In case you

think I'm stretching things a bit with the similarities, think about this; in both physical birth and a static-line parachute jump there is a cord attached. How about that!

From there, as it relates to health and fitness, if all goes well, a big parachute should open for everyone. That chute, in this allegory, represents good health and fitness, allowing for a *great ride* though life until we land gently at our inevitable death. George Santayana said, "There is no cure for birth and death, save to enjoy the interval." But as Jean Kerr so aptly put it, "The average, 'healthy, well-adjusted adult' gets up at seven-thirty in the morning feeling just plain terrible."

Because of many factors resulting from our modern society—as it relates to health and fitness—many people today have a BAD CHUTE physically. Most were not born with a bad chute—it *went bad* over time. Now, falling to a premature death with a bad chute, it is critical they follow each step of the cadence carefully in order to pull the spare chute (representing a fit and healthy body).

The problem, however, is that the same things that prevented me from pulling my spare chute open, are preventing people from opening their spare chute to renewed health and fitness: BRAIN LOCK, TUNNEL VISION and NO SENSATION OF FALLING.

Before I go on to explain what the BAD CHUTE represents in this allegory, let me make sure you understand that it is totally reasonable, and scien-

tifically legitimate, to talk about fixing health problems, in ways other than drugs. Most of us have grown up with the idea that we need not worry a great deal about our health issues because modern day medicine will come to the rescue. What's the motto? "Better health through chemistry!"

Our bodies are miracles in motion. We are made up of over 100 trillion cells. We have over 650 muscles. Our body is covered with 4 million nerve endings with impulses traveling at 300 feet per second. Our body has over 60,000 miles of tubing just to carry the blood.

In one 24 hour period...

Your heart beats over 100,000 times
Your blood travels 186 million miles
You breath 23,000 times
Your kidney filters 42 gallons of liquid
You speak over 25,000 words
You exercise 7 million brain cells
(Some more and some less)

Speaking of the brain; the brain, about the size of a softball, perched like a flower on top of the spinal column, is connected by the finest fibers and filaments to every nook and cranny of our bodies.

Statistics say there are an estimated thirteen billion nerve cells inside the brain, and most of these cells have junction with five thousand other nearby nerve cells. Some fifty thousand of these synapses, or junctions, exist in our bodies.

The number of known cells in the brain far ex-

ceeds the number of stars we know about in all the galaxies. Take the skin, for instance: There are four million structures sensitive to pain. Five hundred thousand keep track of touch or pressure. Another two hundred thousand keep track of touch or pressure. Another two hundred thousand keep track of temperature.

"The Body", wrote Theodore Herzl, "is a marvelous machine...a chemical laboratory, a powerhouse. Every movement, voluntary or involuntary, is full of secrets and marvels."

Do you know that every minute millions of new cells are made in your body? Whether you are 6, 16 or 65, your body replaces 300 billion cells every day. That's the good news, but there's a catch. Beginning at about 30, the new cells are not as healthy as the cells they are replacing. Your body is made up of trillions of cells that live mostly for a few weeks or months die and are constantly replaced by new cells.

Although people may think of their body as a fairly permanent structure, most of it is in a state of constant flux as old cells are discarded and new ones generated in their place. Each kind of tissue has its own turnover time, depending in part on the workload endured by its cells. The cells lining the stomach last only five days. The red blood cells bruised and battered after traveling nearly 1,000 miles through the maze of the body's circulatory system, last only 120 days or so on average before being dispatched to their graveyard in the spleen.

You replace about 1% of your cells every day. That means 1% of your body is brand-new today, and you will get another 1% tomorrow. Think of it as getting a whole new body every three months. Though not entirely accurate, it's pretty close. With that in mind, you are walking around in a body that is brand-new since three months ago—new lungs, new muscles, new skin, etc. Take a look at your legs and realize that you will have new ones in another few months.

The key to staying younger longer is to keep producing healthy cells. Whether your "new body" is functionally younger or older is a choice you make by how you live! You choose whether those new cells come in stronger or weaker. Your cells don't care which choice you make, they just work with what you give them.

Eat more "real" God-made-food, full of enzymes and nutrients, and less "fake" man-made-food, full of preservatives and void of enzymes and nutrients, and you can change your body. You can restructure how you look, how you feel, how you perform, how you think, and how you age. It's not a miracle or a mystery. It's the biology that God gave you, and put you in charge of!

Exercise, and your cells get stronger; don't exercise, and they decay. When you exercise, your muscles release specific substances that travel throughout your bloodstream, telling your cells to grow. Sedentary muscles, on the other hand, let out a steady trickle of chemicals that whisper to every cell to decay, day after day after day. An active lifestyle can tip the balance in your body

toward growth and renewal.

This book is all about helping you become the *new you*, as it relates to your health and fitness. I think it is incredibly exciting and motivating to know that how I look and feel today can dramatically change in as few as 90 days! Plus, those changes can take place inexpensively and as a result of my own volition...I simply need to begin doing certain things differently.

This book will teach you how you can do things differently, to get different and better results. The key is to take a reasonable and practical approach to turning things around, and to have a can-do attitude. Too many people get discouraged, lose hope, and give up.

By nature I am an optimist. I used to be an eternal -optimist, meaning there was nothing that could move me off my optimism, regardless of the circumstances. My wife Melinda, by nature, is a pessimist. We are perfect for each other because we balance each other out. George Will said, "The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised."

It's not healthy to always think the worst will probably develop out of any given situation. But it's equally unhealthy to always think the best will result, regardless of the circumstances. In the middle of those two extremes lies a more reasoned and practical approach to life.

Here are my favorite pessimist and optimist jokes.

First the pessimist: An optimist and a pessimist were best friends. One day they were fishing together in a boat on a lake. The optimist had his dog along. Neither was catching any fish and both were bored.

The optimist said to the pessimist, "Hey, did I ever tell you that my dog can walk on water?" The pessimist said, "No, this I've got to see!" At that, the optimist took a bobber and threw it out on the water, and hollered, "Fetch." His dog jumped out and was walking on the water to fetch the bobber.

Anxious to hear what the pessimist would have to say about this, the optimist turns to the pessimist and says, "What do you think about that?" To which the pessimist replies, "That dog can't swim can he?"

Now the optimist joke: What did the optimist say, around the 50th floor of the 100 floor building he had just jumped off of? "So far so good!"

Somewhere in the middle of those two attitude-extremes lies the best approach to improving your health and fitness. Is it possible to turn things around? Absolutely! Will it happen quickly? No! Will you be featured on the cover of *Men's or Women's Health* magazine when you've reached your goals? Probably not.



THIS BOOK IS FOR ANYONE WHO HAS EVER WISHED
THEIR BODY CAME WITH INSTRUCTIONS!

Dave Hubbard will forever change the way you think about exercise. If you are exercising but still frustrated and not reaching your fitness goals you need to read this book. If you are not exercising consistently, for whatever reason, you really need to read this book.

Learn how to overcome the obstacles and excuses
preventing most people from getting and staying
FIT FOR LIFE!

"This is almost too good to be true! We are both 63, and would recommend Dave's method of exercise to anyone." -Marlene Koch



Dave Hubbard is known today as America's Fitness Coach®. For 25 years he has given dramatic keynote and general session presentations, interactive workshops, in-depth seminars and lively training sessions that inspire audiences to improve their health and fitness. Dave has been featured many times on radio and television.

Dave Hubbard
America's Fitness Coach®

AmericasFitnessCoach.com

eBook only (no longer in print) **\$14.95**